

**CAVERSHAM PRIMARY
SCHOOL**



**Caversham Primary School
Extended School Club**

FOOD AND DRINK POLICY

Reviewed June 2016
To be reviewed June 2018

Caversham Primary School

Food and Drink policy

Introduction

The Extended School Club is committed to giving its members consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make.

The club supports the '5-A-DAY' campaign to encourage children to eat fruit and vegetables every day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

Rationale

Caversham Primary is a healthy school. It is therefore important that the After School club promotes health awareness. We provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

Through effective leadership, the After School club creates an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness

Settings for food policy

(We do not use vending machines in our school. Currently we do not run a tuck shop but if we decide to do so in the future, the food policy will be applied to all items sold.)

After School club

The After School Club operates on a daily basis in the school for all children from age 4.

The food offered is consistent with a healthy diet. A cold snack will be provided. This is not intended to replace the children's evening meal. Children choose from water, diluted orange juice, diluted apple juice and diluted blackcurrant squash to drink.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our club is well placed to lead by example.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The After School-club manager is responsible for ensuring that the food served is in accordance with this policy. The headteacher is responsible for supporting the After School Club staff in the delivery of the food policy.

This policy will be reviewed annually to take account of new developments.