

CAVERSHAM PRIMARY SCHOOL



Whole School Food and Drink Policy

Date: Sept 2023

To be reviewed: Sept 2026

Introduction, including rationale.

At Caversham Primary School, we recognise the important part that a healthy diet plays in a child's wellbeing, and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Caversham Primary School is a Rights Respecting School. School policies will respect the UN Convention on the rights of the child. This Whole School Food policy links to

Article 24: Children have the right to good quality health care, safe drinking water, nutritious food and a clean and safe environment so they will stay healthy.

Aim

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
2. To promote knowledge and a positive attitude towards healthy food choices to support the health and wellbeing of pupils, staff and visitors to our school.

Application

The policy applies to all staff, pupils, parents, governors and partner agencies working within

school. This policy covers the areas of:

- Break time snacks, including those brought from home
- Milk
- Water
- School dinners
- Free school meal entitlement
- Packed lunches
- Dining environment
- Teaching
- Breakfast club and after school club
- Specific dietary requirements
- Birthdays
- Christmas parties
- Annual reviews
- Staff food

Break time snacks

Pupils may bring a healthy snack to school from home to eat at morning break time. Any snacks that are brought in from home will be restricted to healthy snacks unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.). All snacks brought into school must follow the school's 'nut free' policy. Pupils are not allowed to share snacks with each other. All pupils should be sitting down to eat their snacks.

Fruit and Vegetable scheme

All EYFS and Key Stage 1 pupils have daily access to a free piece of fruit or vegetable. This should be eaten during the afternoon at some point. Pupils should be encouraged to eat the fruit, or at least to try it if it is new to them. Staff are encouraged to instill positive eating habits in all pupils from a young age.

Milk

Children under the age of 5 are provided with free semi-skimmed milk. From the term of their fifth birthday onwards this ceases. Parents may still order milk for their children via the 'Cool milk' scheme. Pupils drink this during the morning.

Water provision

Water is provided for all staff, pupils and visitors to the school. Filtered water machines are located in staffroom. All classrooms have drinking water taps for pupils to refill their bottles as necessary.

Children are asked to provide their own water bottle, ideally these should have a sports cap to prevent spillage. Parents should fill the bottles up with fresh water at the beginning of each day and bottles should be taken home each day. Pupils are able to refill the bottles on request, at a suitable break in the lesson or classroom activity. All water bottles must be named. Unnamed bottles left in school at the end of each term will be thrown away.

It is recommended that no drinks other than water should be brought into school by pupils, unless recommended by a doctor for medical needs. This is due to the high incidence of tooth decay in children in Reading.

Water bottles are kept in the classroom for easy access. Children are encouraged not to take drinks during teaching inputs to minimise disruption of lessons but are free to have drinks at all other times. Staff should ensure that pupils have access to water after physical activity. Extra water should be taken on during hot weather.

All pupils must have a drink at lunchtime. Children having school dinners will be given a beaker of water, and this can be provided to children who do not have a drink in their packed lunch.

School dinners

Caterlink provide our school meals through the Reading Borough Council contract. Menus are on the school website. For further information, please refer to the Caterlink website.

Free school meal entitlement

Universal Free School Meals:

Children in Reception and Key Stage 1 are eligible for Universal Free School Meals which are free to parents and provided to all children regardless of parental income and all parents are encouraged to take up this entitlement.

Free School Meals:

If parents are in receipt of income support or universal free credit, their child may be eligible for Free School Meals which can generate an additional pupil premium allowance for the school. Being eligible for FSM means that children are also entitled to receive free school meals across KS2 and the school can also support parents/carers with payments for trips, for example. Free School Meals do require parents on low income to actively complete paperwork to register their entitlement and help can be given with the paperwork if required. Please contact the admin team if you have questions regarding eligibility for Free School Meals.

Packed lunches

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, we would recommend basing it on the Eatwell Guide (Appendix 1).

A balanced packed lunch should contain:

- Starchy foods - these are bread, rice, potatoes and pasta, and others.
- Protein foods - these are meat, fish, eggs, beans and others.
- A dairy item - this could be cheese or yoghurt.
- Vegetables or salad, and a portion of fruit.

For suggestions on how to make healthier packed lunches, please refer to the following: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

The following foods must not be included in lunchboxes:

- Nuts and peanuts - there are a number of children in school for whom contact with nuts and peanuts has serious implications and require prompt medical treatment.
- Sweets - these contain high levels of fat and sugar and contribute to dental problems.
- 'Fizzy' drinks or energy drinks.

Parents will be advised of this during induction meetings. If a pupil is found to have these items in their lunchbox, they will be removed and returned to parents/carers at the end of the school day. If a pupil does not appear to have enough in their lunchbox, they should make their class teacher aware who will, if required, inform the Headteacher. The class teacher or head teacher will then follow this up with parents.

The impact of single-use plastic on the environment is of significant concern to many pupils and we would encourage parents to limit the use of products containing it. As well as reducing the impact of plastic on the environment, portioning food into reusable containers can be more cost effective. For example, consider buying a large packet of raisins or other dried fruit rather than individual packets. Sandwiches can be packaged into a Tupperware container rather than spending money on cling film or other single use alternatives.

Lunchboxes are kept inside for health and safety reasons.

If parents/guardians have concerns about the amount their child(ren) are eating at lunchtimes, they should speak to their child's class teacher who will do their best to suggest a workable solution.

Dining environment

Research shows that pupils' surroundings have an impact on their sense of wellbeing. Staff will work with children to provide a clean, safe and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Queuing should be kept to a minimum and supervised. To do this, children will remain on the playground until their class is called.

The dining room should be a pleasant environment for the children to eat in, with noise levels kept to a reasonable limit. Children should be encouraged to find their own space once they have collected their meal and should sit in mixed ages. The older children can act as role models for the younger children. Children should be encouraged to talk to those children around them on the same table.

Foundation Stage staff will support children in the dining room at the start of lunchtimes and will support them to carry their own tray to their table.

Staff will encourage pupils to eat slowly and carefully, spending sufficient time eating, forming good

habits which will continue in later years. This will help to reduce food waste and prevent poor concentration in afternoon lessons due to hunger.

Children are encouraged to be independent during the meal and to clear up after themselves at the end by tidying their plates and cutlery away. Children should be taught and reminded to use good table manners. Often, they will need to be shown how to hold and use cutlery. Reminders and encouragement should be given so that this use becomes habitual.

When children finish, they should be sent out to play with lunchtime support staff waiting to receive them. Children should not be kept waiting in the hall. Lunchtime support staff should use the rotas provided. Lunchtime support staff will receive ongoing training.

Lunchtime staff will monitor who has collected their school dinner. If any children have not had their lunch, this will be raised with their teacher who will clarify if the child is in school that day. If they are in school but have not eaten, they will be located and taken to the hall or other suitable space, alongside a friend of their choosing, to have their lunch.

Some children, particularly those with sensory needs, can find it difficult to eat in the hall or on the playground. For this reason, some pupils are invited to attend quiet lunch club. This provides them with an alternative place to eat their lunch where there is less noise and fewer children, enabling them to feel safe and calm. This can also be a safe place for children who have a difficult relationship with food and eating, for many different reasons, including medical.

Teaching

Food - including healthy food, nutrients, and food technology - are taught as part of the Caversham Primary School curriculum. This may be taught in PSHE, Science, Design and Technology, and sometimes during PE. Hygiene and the safe handling of food are taught explicitly during these lessons.

Healthy eating is also taught as part of the enhanced curriculum. This may be through enrichment activities. Caterlink also provide workshops and cookery lessons involving healthy eating.

Please see the relevant subject schemes for further information about the curriculum.

Breakfast club and After School Club

Food provision at our breakfast club and aftercare is compliant with the National School Food Standards. Relevant staff hold basic food hygiene and preparation certification.

Breakfast is an important meal and should make up a quarter of a child's energy requirements. It

should provide some essential vitamins and minerals. Children at breakfast club will be able to choose from a selection of cereals and toast, alongside other healthy options. Fruit juice, semi-skimmed milk and water will be available.

Children at after school club will be provided with a healthy snack when they first arrive. Later in the evening, they will have a choice from a cold buffet. This will always include a selection of fruit and vegetables alongside other nutritional elements, for example crackers, wraps, sandwiches etc.

All food provided at breakfast club and after school club will be chosen with regard to their nutritional content, with low salt and sugar content. Labels on food products provided will be mainly 'green' with minimal 'amber' labels. Please visit <https://www.nhs.uk/live-well/eat-well/how-to-read-food-labels/> for more information about the traffic light food labelling system.

Specific dietary requirements

Some pupils will require a specific diet which may not follow aspects of the food policy. These will be discussed on a 1:1 basis with parents/carers and will take account of medical advice.

Allergens *(Source: Caversham Primary School Medical Conditions Policy)*

Around 2-5% of children in the UK live with a food allergy, and most school classrooms will have at least one allergic pupil. These young people are at risk of anaphylaxis, a potentially life-threatening reaction which requires an immediate emergency response. 20% of serious allergic reactions to food happen whilst a child is at school, and these can happen in someone with no prior history of food allergy. It is essential that staff recognise the signs of an allergic reaction, and are able to manage it safely and effectively.

<p>Airway:</p> <ul style="list-style-type: none"> • Swollen tongue • Difficulty swallowing/speaking • Throat tightness • Change in voice (hoarse or croaky sounds) <p>Breathing:</p> <ul style="list-style-type: none"> • Difficult or noisy breathing • Chest tightness • Persistent cough • Wheeze (whistling noise due to a narrowed airway) <p>Circulation:</p> <ul style="list-style-type: none"> • Feeling dizzy or faint • Collapse • Babies and young children may suddenly become floppy and pale • Loss of consciousness (unresponsive) 	<p>Action to be taken</p> <ul style="list-style-type: none"> • Position is important –lie the person flat with legs raised (or sit them up if having breathing problems) • Give adrenaline – WITHOUT DELAY – if an AAI is available • Bring the AAI to the person having anaphylaxis, and not the other way round. Avoid standing or moving someone having anaphylaxis • Call an ambulance (999) and tell the operator it is anaphylaxis • Stay with the person until medical help arrives • If symptoms do not improve within five minutes of a first dose of adrenaline, give a second dose using another AAI • A person who has a serious allergic reaction and/ or is given adrenaline should always be taken to hospital for further observation and treatment • Sometimes anaphylaxis symptoms can recur after the first episode has been treated. This is called a biphasic reaction.
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Source: <https://www.allergyuk.org/>

This school uses Healthcare Plans and / or Alert Notices to inform the appropriate staff (including supply teachers and support staff) of pupils in their care who may need emergency help. For children with severe enough allergies to require an adrenaline auto injector, the school will follow the guidance from the Department of Health on their use in school:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/64547/6/A_drenaline_auto_injectors_in_schools.pdf

At the start of the school year communication is sent out about Healthcare Plans (including medical alerts, allergy alerts and purple medication forms).

Birthdays and Celebrations

We know that pupils sometimes like to bring in small treats to share with their friends on their birthday or to mark an important celebration. However, in line with our healthy eating policy and following feedback from parents it has been decided that we will **not** permit the sharing of food as a treat.

If a child brings food into school to share with their peers on their birthday, this will be looked after by the teacher and returned to the child's parents at the end of the day.

School Parties

Parties are usually held during the last week of the autumn term. School provides a 'treat' for pupils during this event. Allergies and dietary needs will be considered and parents consulted.

Gifts of confectionary between teachers and pupils at end of term holidays - such as Christmas, Easter and the end of the academic year - are permitted.

Staff food

Staff who eat with the children are entitled to a duty meal. This is another opportunity for social skills and table manners to be taught.

Any staff working directly with children with a severe allergy e.g. nuts or Coeliac disease should not eat the child's specific allergen(s) in the classroom and should eat their lunch in the staffroom or off site. Staff should alert a member of SLT if they have eaten or come into contact with the allergen before directly working with the child if the child's risk assessment requires this level of caution.

Tea, coffee and fresh water are available to drink in the staffroom.

Staff lunches are sometimes held with staff invited to donate a dish. Staff should ensure that a balance of food is available, taking account of special dietary requirements. If using outside catering companies for provision, then the school should seek to ensure a balance of food, including vegetarian food and halal food, is available.

Appendix 1 - The Eatwell Guide:



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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