

# **CAVENDISH COMMUNITY PRIMARY SCHOOL**

## **HEALTHY FOOD AND DRINK POLICY**

### **1. Introduction**

We are aware of the current situation regarding rising obesity levels in children and concerns about the effect of junk food on the health and behaviour of children and young people. We also understand the need to improve the diets of children and young people and the role our school can play in this.

### **2. Aims and Objectives**

We aim to encourage our children and young people to develop healthy eating and drinking behaviours. Through our curriculum, we will promote clear and consistent messages about food, drink and nutrition through the classroom setting, through the provision of food and drink and in all other aspects of school life and in conjunction with parents/carers.

We aim to provide a service that is consistent with our teaching of healthy eating and drinking thus enabling children and young people to put their learning into practice.

#### **a) School Meals**

We aim to provide our children and young people with choices that address cultural, religious and special dietary needs and meet the national nutritional standards. We aim to provide a user friendly dining area for both school meals and packed lunches.

#### **b) Breakfast**

We will encourage young people to eat breakfast before attending school and (where applicable) we will promote the school's breakfast club. Food served at the breakfast club will be in keeping with meeting the National Food Based Nutritional Standards. [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

#### **c) Packed Lunches**

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day through e.g. involving parents/carers in policy development, hosting packed lunch workshops, providing written guidance in a variety of languages. Children's packed lunches will be monitored by lunchtime organisers and the named key people, who will contact parents/carers who consistently provide unhealthy packed lunches.

#### **d) Snacks, Rewards and Treats**

Fruit and vegetables are the only break-time snack allowed. High fat, high sugar snacks will not be given as rewards in school. High fat, high sugar snacks will not be given out as birthday treats, even if brought in to school by parents/carers. All birthdays will be celebrated in school and parents/carers are welcome to provide an alternative birthday treat eg a class book, if they so wish.

#### **e) Water**

Easily accessible fresh drinking water is made available to all students throughout the day.

## **f) Food Allergy**

The school has considered the needs of pupils with food allergies and developed appropriate procedures. We will ensure that affected children are not unknowingly exposed to food allergens like nuts & seeds, dairy, gluten etc during school hours. When teaching the food and nutrition curriculum, we will consider the needs of food allergic pupils.

### **3. Policy, Leadership and Management**

The key people to lead in the area of food policy are David Griffiths and Roisin Hanly.

### **4. Monitoring, Assessment and Review**

David Griffiths and Roisin Hanly will monitor the food policy by looking at the take up of school lunches, satisfaction surveys, monitoring lunchboxes etc. Monitoring and reviewing will lead to ongoing policy development with changes if applicable.

### **5. Date and Review of Policy**

The governors agreed this policy on ..... and it will be reviewed in partnership with staff, parents / carers and students again in ..... unless there are changes to National or Local Guidance.