

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

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, providing written guidance in a variety of languages and giving healthy eating ideas. 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. 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 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.

This policy was reviewed in March 2024 and will be reviewed again in 2027.