



## 1. RESPONSIBILITIES

The Governing Body recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Governing Body will ensure that the school achieves the current nutritional standards for schools meals.

The Governing Body recognises that meal times are a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships and inter-generational bonds.

The Governing Body also recognises the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

## 2. AIM

To set the highest example and encourage a responsible and healthy attitude to diet, food purchase and preparation.

## 3. OBJECTIVES

To ensure that all aspects of food and drink in school promote the health and well being of the pupils, staff and visitors to our school.

- 3.1 Promote and encourage healthy eating practices by increasing knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet.
- 3.2 To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and environment.
- 3.3 To ensure all food preparation whether by the school kitchen or by the pupils within the curriculum is completed to the highest possible Health and Safety and hygiene standards.
- 3.4 To source, where possible food ingredients from local suppliers.
- 3.5 To ensure pupils who take school meals are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a easily available water supply during the school day.
- 3.6 To make the provision and consumption of food an enjoyable and safe experience.



- 3.7 To encourage an increased take up of the school meals by virtue of the fact that the meals are healthy, nutritious and good value.
- 3.8 To only offer healthy food, well balanced meals to our pupils at school.

## 4. METHODS

- 4.1 The school meals will only provide a healthy menu every day.
- 4.2 There will be a 14 choice, self-serve salad bar every day.
- 4.3 Pupils can self serve their own vegetables every day from a range of four.
- 4.4 Mixed vegetables will not be offered.
- 4.5 Chips will rarely be available and other fried food will not be on the menu.
- 4.6 Parents/Carers and Grandparents are welcome to pre-book a school dinner and take lunch with the pupils.
- 4.7 Pupils can return to the salad bar and the vegetables for an extra portion.
- 4.8 To open on summer days the Friends Garden for the Alfresco Dining.
- 4.9 Free Fruit is available for Infants every day.
- 4.10 A fresh fruit salad is offered as a dessert every day.
- 4.11 Milk drinks are available for sale every lunchtime.
- 4.12 According to season fresh and/or dried fruit, semi frozen fruit kebabs, vegetable soup, or milk are available for purchase every morning break.
- 4.13 Sweets and sugar drinks are not allowed to be brought into school by pupils for breaks or snacks nor will they be sold to pupils (exceptions will be made for birthdays and very special occasions). The contents of lunchboxes are however the private matter of parents unless they break Health and Safety regulations.
- 4.14 Every child will have a water bottle in the classroom and only water or a diluted sugar free juice drink allowed with it.
- 4.15 Pupils have free access to water all day.
- 4.16 Through the sustainable/Eco school agenda and the use of the Conservation Area pupils will learn about.
- Growing of fruit and vegetables
  - Sustainable agriculture
  - Fair Trade
- 4.17 Through the Science and PSHCE curriculum to promote understanding of the effects of a healthy/unhealthy diet and to promote key ideas such as “five a day”.
- 4.18 Introduce foods from different cultures and countries through themed weeks and special menus.



- 4.19 To use food as a means of developing cross-curricular links and for purposes of marking events and celebrations.
- 4.20 Pupils are not allowed off site to purchase food.
- 4.21 The contents of packed lunches are up to Parent/Carers. However it is hoped to persuade Parent/Carers to switch to school meals because of the quality of the school's package. No canned drinks or glass bottles are permitted.
- 4.22 The hall is maintained in an attractive manner to encourage children to enjoy their meals.
- 4.23 The use of Dinner Dynamos to act as 'runners' ensures an appropriate queuing time for school dinner.
- 4.24 All children are given enough time to eat their meals.