

Food & Drink Policy

Westbrook Primary School



Aim High, Learn Together, Feel Proud!

Approved by:	Governing Body	Date: 4 March 2024
Last reviewed on:	March 2024	
Next review due by:	March 2027	

We actively support healthy eating and drinking throughout the school day. We will ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to this school.

We believe a good diet, which is healthy and varied, is important for good health and will help maintain body weight. This will enhance general well-being reducing the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

We wish to work closely with the School Council and to hear their views and opinions as we acknowledge and support Article 12 of the United Nations Convention on the Rights of the Child that children should be encouraged to form and to express their views.

We as a school community have a commitment to promote equality. Therefore, an equality impact assessment has been undertaken and we believe this policy is in line with the Equality Act 2010.

Aims

- To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, school personnel and visitors.
- To provide nutritious food that meets the children's individual dietary needs. • To help children learn what healthy food is and for them to understand the importance of food and drink in a healthy lifestyle.
- To work with other schools to share good practice in order to improve this policy.

Role of the Governing Body

The Governing Body has:

- appointed a member of staff to be responsible for Healthy Eating;
- delegated powers and responsibilities to the Headteacher to ensure all school personnel and stakeholders are aware of and comply with this policy;
- responsibility for ensuring that the school complies with all equalities legislation;
- nominated a designated Equalities governor to ensure that appropriate action will be taken to deal with all prejudice related incidents or incidents which are a breach of this policy;
- responsibility for ensuring funding is in place to support this policy;
- responsibility for ensuring this policy and all policies are maintained and updated regularly;
- responsibility for ensuring all policies are made available to parents;
- the responsibility of involving the School Council in the development, approval, implementation and review of this policy;
- nominated a link governor to visit the school regularly, to liaise with the Headteacher and the

coordinator and to report back to the Governing Body;

- responsibility for the effective implementation, monitoring and evaluation of this policy

Role of the Headteacher

The Headteacher will:

- ensure all school personnel, pupils and parents are aware of and comply with this policy;
- work closely with the link governor and coordinator;
- provide leadership and vision in respect of equality;
- provide guidance, support and training to all staff;
- monitor the effectiveness of this policy;
- annually report to the Governing Body on the success and development of this policy

Role of the Coordinator

The coordinator will:

- lead the development of this policy throughout the school;
- work closely with the Headteacher and the nominated governor;
- provide guidance and support to all staff;
- provide training for all staff on induction and when the need arises; ▪
- keep up to date with new developments and resources;
- review and monitor;
- annually report to the Governing Body on the success and development of this policy

Role of the Nominated Governor

The Nominated Governor will:

- work closely with the Headteacher and the coordinator;
- ensure this policy and other linked policies are up to date;
- ensure that everyone connected with the school is aware of this policy;
- annually report to the Governing Body on the success and development of this policy

Role of School Personnel

School personnel will:

- comply with all aspects of this policy
- undertake appropriate training;
- implement the school's equalities policy and schemes;
- report and deal with all incidents of discrimination;
- attend appropriate training sessions on equality;
- report any concerns they have on any aspect of the school community

Role of Pupils

Pupils will:

- be aware of and comply with this policy;
- learn to take pride in their work;

- produce work of a high standard;
- listen carefully to all instructions given by the teacher;
- ask for further help if they do not understand;
- participate fully in all lessons;
- participate in discussions concerning progress and attainment;
- treat others, their work and equipment with respect;
- support the school Code of Conduct and guidance necessary to ensure the smooth running of the school;
- talk to others without shouting and will use language which is neither abusive or offensive;
- hand in homework properly completed and on time;
- wear correct uniform
- liaise with the school council;
- take part in questionnaires and surveys

Role of the School Council

The School Council will be involved in:

- determining this policy with the Governing Body;
- discussing improvements to this policy during the school year;
- reviewing the effectiveness of this policy with the Governing Body

Role of Parents/Carers

Parents/carers will be aware of and comply with this policy.

Role of Parents

Parents will:

- be made aware of this policy;
- comply with this policy;
- inform school of their child's dietary needs;
- inform school of any foods that their child might be allergic to;
- inform school of any dietary rules connected with their religion;
- be encouraged to take an active role in the life of the school by attending:

- parents and open evenings
- parent-teacher consultations
- class assemblies
- school concerts
- fundraising and social events

- be encouraged to work in school as volunteers;
- be encouraged to organise after school clubs or groups;
- be asked to take part periodic surveys conducted by the school;
- encourage effort and achievement;
- encourage completion of homework and return it to school;
- provide the right conditions for homework to take place;
- hand in homework on time;
- support the school Code of Conduct and guidance necessary to ensure smooth running of the school

Food across the Curriculum

Food, nutrition and healthy eating is planned and taught at an appropriate level throughout each year group.

School Systems

- Pupil's dietary requirements are recorded on the child's registration card.
- The appropriate personnel are informed.
- Systems are in place to ensure that children receive the correct dietary requirements.

Menu Planning

Menus are planned avoiding large quantities of:

- Fat
- Sugar
- Salt
- Artificial additives
- Preservatives
- Colourings

Breakfast Club

- All pupils are welcome to attend Breakfast Club from 8.00 to 8.30a.m.
- The menu consists of a variety of healthy choices

Break-time Snacks

- Children are encouraged to bring their own fruit and vegetables as a break-time snack.

Fruit in Schools Scheme

- We take part in the National Fruit in Schools Scheme where every child from Nursery to Y2 has a piece of fruit as a snack each day.

Packed Lunches

- Parents are reminded that packed lunches should be healthy and balanced and should contain only water and no chocolate bars.
- Children are discouraged from sharing their food.
- Only children in KS2 are allowed to bring a packed lunch to school as the Government provides free school meals for all KS1 children.

School Lunches

- All our school lunches meet nutritional standards.
- The ingredients are fresh and there is a good variety of fruit and vegetables.
- As the Government funds meals for all KS1 children it is expected that these children will have a hot cooked meal every day. The Governors at Westbrook Primary School believe that this is an important

principal and therefore KS1 children will not be allowed to bring packed lunches to school.

This is an important time of the day when we can:

- Nurture and build friendships
- Teach table manners
- Promote a balanced diet

Water in School

- Water is available at all times in school for children and staff.
- Parents are encouraged to provide water with their child's packed lunch
- Children can also bring a water bottle to school each day (plain water only).

Working with Parents

- We work closely with parents to establish the correct dietary requirements for their children.
- Weekly menus are sent home a week prior so that parents can discuss the menu with their child.
- Parents may observe school lunches at any time in order to view the quality food that we provide.
- Food in school is always a discussion point at most Parent Council meetings.

Monitoring

Monitoring is undertaken by Wilson Jones (Caterer), the Headteacher, Staff, Governors, School Council and the Parent Council.

Raising Awareness of this Policy

We will raise awareness of this policy via:

- the School Handbook/Prospectus
- the school website
- the Staff Handbook
- meetings with parents such as introductory, transition, parent-teacher consultations and periodic curriculum workshops
- school events
- meetings with school personnel
- communications with home such as weekly newsletters and end of half term newsletters
- reports such as annual report to parents and Headteacher reports to the Governing Body
- information displays in the main school entrance

Training

We ensure all school personnel have equal chances of training, career development and promotion.

Periodic training will be organised for all school personnel so that they are kept up to date with new information and guidelines concerning equal opportunities.

Equality Impact Assessment

Under the Equality Act 2010 we have a duty not to discriminate against people on the basis of their age, disability, gender, gender identity, pregnancy or maternity, race, religion or belief and sexual orientation.

This policy has been equality impact assessed and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any pupil and it helps to promote equality at this school.

Monitoring the Effectiveness of the Policy

The practical application of this policy will be reviewed every three years or when the need arises by the coordinator, the Headteacher and the nominated governor.