



# Oswald Road Primary School

## Food & Drink Policy

Policy approved by Governing Body: June 2020

**To be reviewed in 3 years: June 2023**

Headteacher: Deborah Howard  
Chair of Governors: Richard Price

## **Why is a policy needed?**

At Oswald Road we recognise the important part that a balanced diet plays in a child's well being and their ability to learn and achieve effectively. We believe that the school, in partnership within 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 well-informed choices.

**UNCRC Article 24: Every child has the right to clean water, nutritious food, a clean environment and health education so that they can stay healthy.**

## **Application**

This policy covers the areas of:

- Break time snacks including those brought from home.
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Holiday clubs
- Events and celebrations

## **Break time snacks**

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

We are keen to promote a healthy attitude towards food and are aware of the increasing numbers of children with eating disorders. Our decision on break time snacks has carefully considered this, alongside the understanding that excessive consumption of high fat, high sugar foods is also not a healthy relationship with food. We allow snacks at break time and if a member of teaching staff notes a sustained situation where a child is eating high fat, high sugar foods at break time then our Families and Children's Support Co-ordinator and Health lead will be informed. This will be noted on CPOMS under 'health' and 'welfare'. They will then call the parents and discuss sensitively on the phone or via a face-to-face meeting if preferred.

## **Milk**

Milk is provided free for children who are under 5. Milk is available to purchase for children across school.

## **Water**

Drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water. There is also access to water at lunchtime.

Pupils are encouraged to bring a water bottle every day that they can refill as necessary.

## **School lunches including packed lunches**

At Oswald Road all school meals will be prepared following the government nutritional guidelines.

We will provide Universal Free School Meals for children in Reception and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines.

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. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be representative of a balanced diet.

Packed lunches provided for school trips as part of our Free School Meal provision and any children who are on school dinners or request packed lunch for the trips, comply with National Food Standards.

Any meals taken as part of on or off school site residential will provide a balanced approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

If a member of staff notes a sustained situation where a child is eating excessive high fat, high sugar foods at lunchtime (packed lunch) then our Families and Children's Support Co-ordinator and Health lead will be informed.

## **Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology.

## **Holiday club**

Food provision at our holiday club is compliant with the National School Food Standards. It is prepared by our in-house cook and therefore standards mirror that of the food during term times.

## **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but we would ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in to celebrate birthdays we would ask that food that is not high in sugar or fat content are brought in, or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives.

During parties in school (for example: end of year, Child of the Term tea parties etc) we do offer children treat food. It is understood that treat food is acceptable in moderation.

