

St John's Church of England School

**'I can do everything through Christ, who gives me strength'
Philippians 4:13**



Food and Drink Policy

Reviewed: May 2023

Date to be reviewed: May 2025

Our Vision

.....I can do everything through Christ who gives me strength'

Phil 4:13

At St John's we foster an ethos deeply rooted in the Bible, underpinned by faith and committed to educational excellence. In our community we respect that everyone is uniquely made in the image of God. We grow together in wisdom, compassion, strength and instil a sense of hope for all to flourish. We make a difference.

Core Values

Faith – Being sure of what we hope for and certain of what we do not see.

Strength – Faith in God presents us with the strength to build and progress in our life and the lives of others

Compassion – We are fair, we care and show understanding towards others.

Wisdom – Building confidence, discipline and knowledge to fully develop our talents in all areas of our lives.

Hope – Coping wisely with situations that will help guide us into fulfilling our aspirations.

Rationale:

At St Johns C of E School we recognise the importance of food and drink in our lives. We know that healthy eating and drinking is vital for good health and well-being. We understand that there is a strong link between a healthy diet and effective learning.

Aims:

We aim to:

1. Maintain and improve the health of the whole school community through education, increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely.
2. Ensure that children are well nourished at school – Pupils in lower school to be provided with fruit during fruit breaks and upper school children to bring in their own healthy snack. Every child having access to safe, tasty and nutritious food and water during the school day.

3. Increase children's knowledge of what a balanced diet consists of, where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and on the environment.
4. Ensure that the food provision in school reflects the ethical and medical needs of the pupils and staff e.g. catering for the needs of religious groups, vegetarians, and people with specific food-related allergies.
6. Adopt a whole-school approach to ensure that the guidelines of The School Food Plan are adhered to by treating the dining room as an integral part of the school, where children and teachers eat; lunch is seen as part of the school day; the cooks are acknowledged as important staff members; and food is treated as a vital element of school life.
5. Meet the nationally agreed and locally accredited Healthy School standard in Healthy Eating.

Objectives:

1. To provide a formal curriculum that ensures all information relating to food and nutrition is consistent and up to date; providing opportunities for pupils to develop and practice their skills in making healthy lifestyle choices both in relation to sports and healthy eating.
2. To encourage pupils to choose a variety of foods to ensure a balanced intake in line with the nutritional standards.
3. To encourage the use of foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
4. To provide access to drinking water for the school community through the use of water fountains.
5. To support children with particular needs in relation to food and nutrition issues through the pastoral and welfare support systems.
6. To continue to monitor, maintain and develop the school eating environment.

Curriculum

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions.

Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussion and role-play.

Food based topics including diet, nutrition, food safety and hygiene, food preparation and cooking, origins of food, attitudes to food and diet, advertising, food issues and concerns and healthy eating are covered in a number of subject areas (e.g. Design Technology, Science, PSHE) and there is cross curricular liaison between subjects to ensure consistent messages are provided. We provide an after school cookery club that teaches children different skills related to cooking and making healthy food choices. Trips will also take in to account a healthy life style e.g., Trip to Pizza Hut to make bread,

Nandos to learn about balanced meals or to Sainsbury's to find out about how food gets to the shops.

Participation in national events and initiatives:

The school has completed and is awaiting accreditation for being a healthy school by completing the National Healthy Schools Programme.

The school also participates in Bikability and Scooter Training to encourage children to seek alternative healthy ways of coming to school.

We also encourage as many children to take up after school sporting clubs to keep them active.

The school participates in walk to school week to promote healthy lifestyles.

Resources:

Resources for the teaching of healthy eating in PHSE are stored in the upper school staffroom, in the resources cupboard and in individual classrooms. Resources for special events are provided by PSHE leads.

School Catering:

By working together, we promote healthier eating habits:

- School lunchtime menus are agreed between the school and catering staff. Local preferences are considered within the framework of the nutritional standards.
- Themed lunch days are linked to curriculum areas or calendar events.
- Children are given a portion of vegetables as part of their meals. A salad bar also offers a wider choice of pasta salads, bread and vegetables. They are encouraged to try some, even if it is a small portion.
- Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.
- Parents can liaise with the school regarding pupils who have particular dietary needs.
- A vegetarian option is offered daily.

Free School Meals

The school recognises the particular value of school meals to some children. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised. Please enquire at the office if you think you might be eligible. All infant pupils are eligible for a Free School meal.

Provision of food and drink during the school day:

Mid-morning snack:

- Lower school children are provided with a healthy snack of fruit or vegetables. Children are also able to bring in their own healthy snack if needed.
- Milk is offered for free to all children under 5. After this parents can buy it for their children at a reduced rate.
- Upper school children are encouraged to bring **a piece of fruit, vegetable sticks or a healthy similar alternative** as a snack for mid-morning.
- Healthy alternatives: small amount of cheese e.g. babybel, vegetable sticks with hummus, dried fruit e.g. raisins, plain savoury crackers, plain popcorn, breadsticks, plain rice cakes,
- Snacks that pupils bring are monitored. This is promoted with pupils through assemblies and curriculum opportunities and with the parents through the 'Meet the teacher' session and the school website.

Lunch time:

- Information for parents promoting healthy packed lunchboxes is available at the 'Meet the teacher' session, on the website and at the end of this document. We do not allow fizzy drinks, sweets or chocolate in lunch boxes.
- A small 'desert' is permitted, but this must not contain chocolate. Examples: oat and raisin cookie, small blueberry muffin
- We have a '**No nuts**' policy in school due to some of our pupils having serious nut allergies, this includes nut chocolate spreads (e.g. Nutella)
- The school promotes messages on a balanced and healthy approach to eating with regard to school lunches through rewards such as stickers and house points.
- Hot school meals are provided by an external catering service. The school aims to deliver healthy and nutritionally balanced meals.

Drinks:

The school actively promotes water consumption:

- **We are a water only school.**
- The school has installed water fountains that children can access easily.
- Children are encouraged to bring in their own named bottle of water for use in the classroom. Parents and pupils are responsible for bottle cleanliness.
- Children are encouraged to drink water particularly after physical activity and in hot weather.
- The school does not allow fizzy drinks.
- Children are encouraged to bring in water with their packed lunch, water is also provided for children who bring a packed lunch to school and also for those who access hot school meals.

Consumption of food and drink at school:

- All children who have a hot school meal eat their lunch in the upper-school hall, where there is supervision.
- Children who bring a packed lunch eat in the lower-school hall where there is supervision.
- Healthy eating posters and displays are displayed encouraging healthy eating and wellbeing messages.
- The school encourages children to eat together and practice social skills.
- Children are responsible for clearing away and making sure there is no litter.

Monitoring and Evaluation

- The formal curriculum is monitored through subject monitoring systems involving review of planning, lesson observations and children' work.
- Lunchtime supervisors and SLT on duty monitor the content of packed lunches. Any concerns are passed to class teachers who will then contact parents.

Links with other policies:

- PSHE Policy
- Curriculum policies for Design Technology, Science and Physical Activity.
- Health and Safety

Please find attached the Government's Eat Well Guide and information about providing ways to create a healthy and exciting packed lunch.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

6-8
a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts



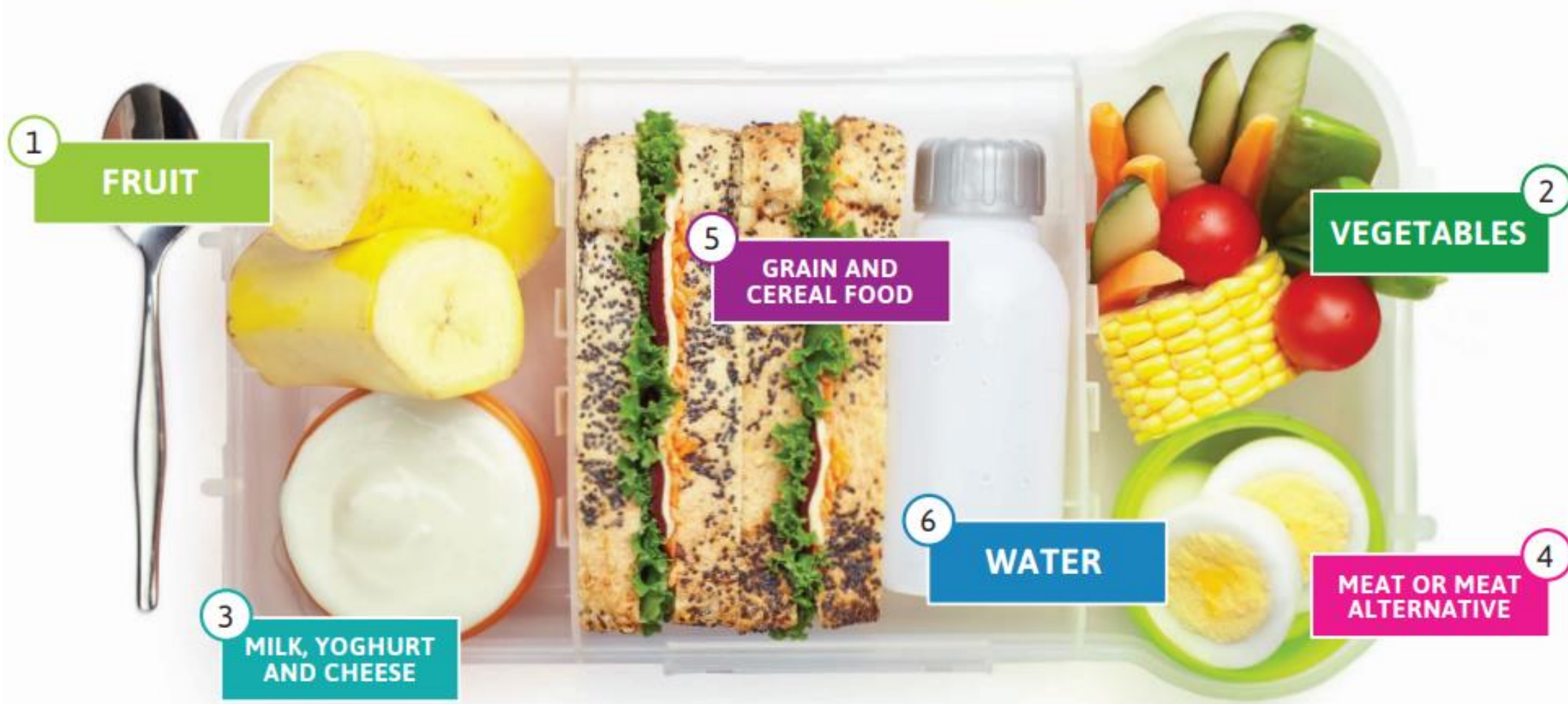
Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

FOR A HEALTHY LUNCHBOX

PICK&MIX

SOMETHING FROM EACH GROUP 1-6!



FOR A HEALTHY LUNCHBOX



SOMETHING FROM EACH GROUP



1. FRUIT	2. VEGTABLES	3. MILK, YOGHURT AND CHEESE (or dairy alternatives)	4. MEAT OR MEAT ALTERNATIVES	5. GRAIN AND CEREAL FOOD	6. WATER
Apple Banana Orange/satsuma Pineapple chunks Watermelon chunks Mango chunks Grapes Plums Nectarines, peaches Strawberries, raspberries, blueberries Cherries Kiwi Pear Dried fruit e.g. raisins	Carrot sticks Sweet pepper sticks Cucumber sticks Celery sticks Tomatoes Radishes Can serve with: Hummus Tomato salsa Cream cheese Natural yoghurt	Cow's milk (soy, rice, oat) Yoghurt Cheese cubes Cottage or ricotta cheese Cream cheese Can serve with: Fruit Vegetable sticks Rice and corn cakes Wholegrain wheat crackers	Tinned tuna or salmon in spring water Lean cuts of meat e.g. chicken, turkey, beef Falafel balls Lentil balls Tofu cubes Can serve with: Wholegrain sandwich roll, pita or wrap Rice or corn cakes Wholegrain wheat crackers Side salad	Wraps Sandwiches Rolls Pasta dishes Rice, quinoa or couscous dishes Noodle dishes Tip: Use wholegrain bread as this is a slow-releasing carbohydrate so will keep children fuller for longer Filler ideas: Cheese Cheese and tomato Cheese and ham Chicken salad Tuna/Prawn with mayonnaise Egg with mayonnaise Hummus with roasted vegetables Cucumber and cream cheese Nut-free pesto with cheese Egg and cress Smoked salmon/mackerel Marmite with cheddar cheese	Take a refillable water bottle that can be filled throughout the day Tip: Freeze overnight to keep it cool in lunchboxes