



**Flushdyke J & I School**

# **Food & Drink Policy**

Approved by: Governing Body

Date: June 2020

Review Date: June 2021

## **Introduction**

The Governing Body of Flushdyke Junior and Infant School 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.

## **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.

## **Roles and Responsibilities**

### Role of the Governing Body - The Governing Body has:

- Appointed a member of staff to be coordinator for Healthy Eating;
- Delegated powers and responsibilities to the Headteacher to ensure all school personnel and visitors to the school are aware of and comply with this policy;
- Responsibility for ensuring funding is in place to support this policy;
- Responsibility for ensuring policies are made available to parents;
- Nominated a link governor to visit the school regularly, to liaise with 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;
- 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 School Personnel

School personnel will comply with all aspects of this policy.

### Role of Pupils

Pupils 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.

### Working with Parents

- We work closely with parents to establish the correct dietary requirements for their children;
- Parents may observe school lunches at any time in order to view the quality food that we provide.
- Food in school is a regular discussion point at meetings of the Governing Body, Friends of Flushdyke meetings and PTA meetings.

### **School Systems**

- Pupil's dietary requirements are recorded on the child's electronic record and also in the class dinner register folder. The kitchen staff is also informed.
- The appropriate personnel are informed;
- Systems are in place to ensure that children receive the correct dietary requirements.

## **Food Across the Curriculum**

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

### **Breakfast Club & Tea Time Club**

- All pupils are welcome to attend Breakfast Club and Tea Time Club
- 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 and those pupils in key stage 1 receive free fruit.

### **Water in School**

- Water is available from water coolers at all times in school for children and staff;
- Children are asked to bring their own water bottle that is labelled with their name;
- Water is available at lunch time for all children including those that bring a packed lunch.

### **Packed Lunches**

- Parents are reminded that packed lunches should be healthy and balanced and should contain only water and no chocolate bars, a letter is sent to all parents reinforcing this message every year;
- Children are discouraged in sharing their food.

### **School Lunches**

School lunches are provided by the local authority provider, Kingswood Catering. Meals served comply with the Food-based Standards for School Lunches and The Nutrient-based Standards for School Lunches, these standards are set out in Appendix A and B that forms part of the Food and Drink Policy.

Menus are planned avoiding large quantities of:

- Fat;
- Sugar;

- Salt;
- Artificial additives;
- Preservatives;
- Colourings.

Lunch time is considered by the Governing Body of Flushdyke Junior and Infant School to be an important time of the day when:

- Pupils can nurture and build friendships;
- Pupils can build upon their existing table manners;
- The Governing Body can promote a balanced diet.

### **Food Hygiene – General Requirements**

The school will observe current legislation regarding food hygiene, registration and training. In particular, each adult will:

- Always wash hands thoroughly under running water before handling food and after using the toilet;
- Not be involved with the preparation of food if suffering from any infectious/contagious illness or skin trouble;
- Never cough or sneeze over food;
- Prepare raw and cooked food in separate areas;
- Keep food covered and either refrigerated or piping hot;
- Ensure waste is disposed of properly and out of reach of the children. Keep a lid on the dustbin and wash hands after using it;
- Wash fresh fruit and vegetables thoroughly before use;
- Ensure that all surfaces are kept clean at all times;
- Ensure that all utensils are washed thoroughly after use and stored correctly;
- Wear an apron and other appropriate protective clothing at all times.

Any food or drink that requires heating will be heated immediately prior to serving and not left standing. No food or drink for children will be reheated. Tea towels and cleaning cloths will be kept clean and stored in a dust-free place, e.g. closed cupboard or drawer. Cracked or chipped crockery will not be used.

### **Monitoring**

Monitoring is undertaken by:

- The Local Authority – Kingswood Catering;
- The Headteacher;
- Staff;
- Governors.

Monitoring the Effectiveness of the Policy

Bi-annually the effectiveness of this policy will be reviewed, or when the need arises, and the necessary recommendations for improvement will be made to the governors.

Signed:

Date:

Mrs T Palk  
Headteacher

Signed:       Approved at virtual GB Meeting and sent via email dated 29/06/2020

Mrs J Lawton  
Chair of the Governing Body