



AVANTI HOUSE

Excellence · Virtue · Devotion

Whole School Food and Drink Policy

2019 to 2021

Avanti Schools Trust to read and agree the policy.	
Name	Shriti Bellare (Principal)
Job Title	PSHE and Healthy Schools Coordinator
Date	September 2020
Review Date	September 2021

Summary:

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra-curricular events.

- Only water to be consumed in school
- Fruit and vegetables only to be given as snacks during school day
- books or group items such as stationery to be shared for birthdays as a healthy alternative to cakes and sweets.
- Healthy / balanced approach to party food within school

Recommendation

At Avanti House Primary School, we recognise the important part that a healthy 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 healthy food choices.

The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating. This policy is further supported through the school's PSHE and PE curriculum.

Application

This policy covers the areas of:

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

The policy applies to all staff, pupils, parents, school stakeholders' committee and partner agencies working within school.

Break time snacks

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme. In addition to this the school will also provide daily fruit/vegetable snack to all KS2 children.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

Milk

Our school provides a mandatory milk scheme for all Reception pupils, in accordance with Government guidelines.

Water

Clean filtered drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All pupils have access to water at lunch time meaning there is no need for an additional drink to be brought. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

School lunches

At Avanti House Primary School all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment"

We will provide Universal Free School Meals for children in Foundation Stage two 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.

All pupils must have a school meal (The school does not have provision for packed lunches, due to the ethos of the school, unless recommended by a doctor for medical reasons, which the catering team are unable to provide) School meals are balanced and vegetarian, pupils can choose from two nutritious options and are encouraged to choose a variety of salad options from the salad bar including fresh fruit.

Staff will work with children to provide a clean, safe, attractive 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.)

Packed lunches are provided for school trips and comply with food standards.

Members of School Council work closely with the catering team and provide regular feedback on the quality and variety of meals prepared. The responses are used to evaluate the impact of the food policy and to further improve school meals. The school will ensure that off school site residential will provide a balanced vegetarian and healthy approach to meals in line with the ethos of the school.

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. We reinforce our delivery of the national curriculum by holding a healthy living week annually which enables us to focus on all aspects of well-being including healthy eating.

Before and after school club / Holiday club

Food provision at our breakfast and after school club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification. Children in the clubs have regular opportunities to prepare and cook healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices 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 healthy foods such as fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives.

At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

Monitoring

We consult annually with caterers, pupils, parents / carers and staff and involve them in reviewing school meals.