



Clee Hill Community Academy



Supporting Healthy Choice: Food and Drink Policy

INTRODUCTION AND AIMS

At Clee Hill Community Academy we recognise the important part 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 with 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.

This policy covers the areas of: breaktime; drinks (including milk); lunchtime; curriculum; wrap around clubs; holiday clubs; events and celebrations. The policy applies to all staff, pupils, parents, governors and partner agencies working within the school.

NATIONAL GUIDANCE

This guidance takes into account the DFE guidance: '[School Food In England 2019](#)' which reflects the School Food Standards 2015. This guidance has a range of links to toolkits which schools can use to support provision. It also reflects the Eatwell Plate Model of Healthy Eating.

Food and Drink Provision Throughout the day

Drinks

Water is available for all pupils throughout the day, free of charge. Children are encouraged to use their own water bottles and these can be refilled from classroom sinks. Water bottles should be taken home daily to be washed out. Milk is available for children at breaktime using the cool milk scheme. <https://www.coolmilk.com> Milk is free for all pupils under 5. Please contact the office for further information.

Breakfast

If pupils attend our wrap around club in the morning, a breakfast is available. We offer:

- A fruit bowl and fruit pots
- A selection of carefully considered cereals (for lower sugar, low salt, and high fibre)
- Porridge
- 50/50 bread for toast with different toppings e.g. dairy free spread, reduced sugar jam
- Low fat yoghurts
- On special occasions, children may be offered a treat e.g. pancakes
- Semi-skimmed milk for drinking or to go with cereal or in smoothies.
- Water
- Apple and orange juice

Breaktime

The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day. The school opens this offer up to all children daily. Children in KS2 are welcome to bring in a piece of fruit from home. The school tuck shop also sells toast (50/50 or brown bread) and part of the profit is used to support a child's education in Africa.

School lunches and the dining experience

Food prepared by the Shire Services (with whom we have a catering contract) meets the national school food standards. We will of course cater for vegetarians and for any medical dietary needs or allergies. We know that some children can be fussy, but we are committed to working with parents to help children enjoy a wider range of foods. The menu offers choices to support this.

We ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The school council can make suggestions and ensure that the meals reflect on the needs of the pupils.

In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal. Pupils who have school meals are provided with a nutritious packed lunch if not on the school site for lunch.

Children sit together at the same time. We believe eating is more than just 'refueling' but should be an informal, social situation where children chat and enjoy food together. We also support the development and valuing of manners and eating habits (e.g. please and thank you; using a knife and fork correctly; eating with our mouth closed; not talking with our mouth full; eating over the plate; taking our time (steadily not greedily); elbows off the table; clearing their things up at the end of a meal).

Packed lunches

Parents are encouraged to provide healthy well-balanced packed lunches and advice on healthy packed lunches can be found on the school website. <http://chacademy.co.uk/parents/lunches> Parents are also reminded in school newsletters. Parents may be contacted if packed lunches are not suitable for additional support with providing a nutritious lunch.

- Starchy foods - these are bread, rice, potatoes, pasta and others
- Protein foods - including meat, fish, eggs, beans and others
- A dairy item - this could be cheese or a yoghurt
- Vegetables or salad and a portion of fruit
- A healthy drink such as water, milk or 100% fruit juice (no fizzy drinks).
- **No sweets.** Packed lunches may include **one** small chocolate bar and **one** small snacks or crisps.

Parents are also signposted to websites such as the following:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Cooking and food education in the curriculum

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3. Please see our curriculum maps and DT policy for details of these

opportunities. Our science and PSHE curriculum also supports children in understanding how to be healthy.

After School Provision (CHAMPS)

If children attend our after school wrap around club they are offered a snack. The menu revolves around the following options:

- Fruit (always available)
- Beans on toast
- Jacket potatoes
- Soup
- Sandwiches and wraps
- Selection of salad items
- Pasta
- Desserts - children will be offered a choice of fruit, low-fat yoghurt or frozen low-fat yoghurts.
- On special occasions, children may be offered a treat e.g. buffet tea
- Drinks: Water, semi-skimmed milk (sometimes used for milkshakes with natural, healthy ingredients) and squash.

Theme nights

- Children will be offered up to two treats as a part of activities or games. Prizes for games will be non-food related.

Events and Celebrations

Occasionally our school will have events and celebrations (e.g. fete, Y6 leavers, cake sales for charities). We will aim to ensure healthy choices where we can but this will also be balanced with the irregularity of these events.

Special dietary requirements

- Religious and ethnic groups
- Vegetarians and vegans
- Food allergy and intolerance

Our school and nursery are aware of all food allergies/intolerances and other dietary requirements of the children and aims to work with parents to ensure we meet need.

Food Safety

Clee Hill Community Academy has adequate facilities, suitable equipment, all food handlers appropriately trained (basic food hygiene and preparation certificate) and all possible hazards identified.

SHARING THE POLICY

This policy is available to all staff and parents through the school website.