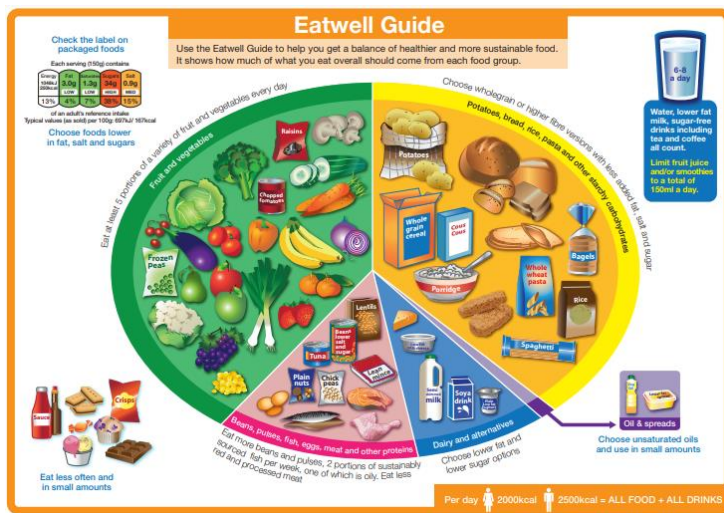




Policy: Food and Drink Policy
Author: Maxine Lonergan
Ratified by: Governors November 2023
Date: November 2022
Review Date: November 2025

<p>Rationale</p> <p>At Greenside School, we put the physical and mental health of our children at the forefront of everything we do. Our aim is to instil healthy habits in the pupils at Greenside from the very beginning of their journey through primary school. We believe that the creation of healthy habits is not through the restriction of foods but rather the education of healthy eating to enable children to make the right healthy choices for them as they mature. This policy will outline the steps we take at Greenside to encourage the formation of these healthy habits.</p>
<p>National and local guidelines</p> <p>This policy has been written to reflect the School Food Standards that were revised in May 2022. It has also been written to reflect the <i>Eatwell</i> model of healthy eating and supports key outcomes of The School Food Plan. The policy supports Ofsted’s commitment to assess pupils’ knowledge of how to keep themselves healthy and our school’s ethos of healthy eating.</p> <p>Greenside self-validated their Healthy Schools status in December 2021. External validation is scheduled for Autumn 2022.</p>
<p>Eating Arrangements</p> <p>Careful consideration has been given to the structure of lunchtimes, particularly post Covid 19. At Greenside we recognise in the light of children missing a large chunk of their time spent with peers throughout the closure of schools that time to eat and socialise with one another is of the utmost importance. Pupils lunchtime is arranged by year group and begins at 11:45am for our youngest pupils.</p> <p>Children with a packed lunch and a hot dinner sit with their class in the school dining hall. Dinnertime supervisors are allocated to each year group in a key worker style system to allow them to form relationships with their class. Teaching Assistants also rotate to support their tier group with the routines of dinnertime. Lunchtime runs until 1:15pm and children are able to choose how long they remain in the dining hall during this time. Fresh water is provided on each table for those having a hot meal or a packed lunch. Greenside has a group of Food Ambassadors who support their peers at dinner time. The pupils at Greenside are familiar with the Food Ambassadors and understand that they are there to support with the formation of healthy habits such as supporting with cutting up food, pouring water, talking about the importance of nutrition and just being available to sit and have a conversation over dinner.</p>
<p>School Dinners</p> <p>School Dinners are prepared using fresh ingredients each day. Greenside employ a catering team from Leeds City Council who prepare four different meals each day;</p> <ul style="list-style-type: none"> One meat option One meat free option One cold option One potato based option. <p>Menus are sent home each term and rotated on a four week basis to allow children and parents/ carers to choose their options in advance. All children order their school dinner at registration time.</p> <p>School dinners are available to all pupils, meals are free for Early Years and Key Stage One pupils.</p>
<p>Packed Lunches</p> <p>To encourage the formation of healthy habits at Greenside, children are encouraged to bring a packed lunch containing a balanced diet to school. Greenside uses the NHS Eatwell Plate as a model for the contents of a packed lunch:</p>



Children are encouraged not to bring foods that are high in processed or refined sugars.

Examples of these types of food are listed in the packed lunch appendix.

Snacks

Children in Early Years and Key Stage One are provided with a daily portion of fruit. Key Stage Two children are encouraged to bring one daily snack to school. Please bring either fruit or vegetables just like the EYFS and KS1 children. The same guidance applies to snacks as to packed lunches, foods high in refined sugar are discouraged.

As a school we work really hard with the children to educate them about the importance of eating healthily and we ask parents to support us with this. If inappropriate choices continue to come in packed lunches and snacks the school will be happy to support families with healthier choices.

Ideas for healthy packed lunches and snacks are included in the Food and Drink Appendix.

Drinks

Water is provided to all children at lunchtime and is readily available throughout the school day. Pupils are encouraged to bring a water bottle to school so that they can easily hydrate themselves throughout the day. Spare cups are provided for each class in the instance that a child does not bring a water bottle. Children must bring water to school, in line with the food and drinks policy.

Whole School Healthy Habits

Our school ethos is to encourage healthy habits in our children, part of creating healthy habits is to understand that it is important to enjoy foods that are higher in sugar and salt occasionally. That is why Greenside have carefully planned opportunities throughout the school year where foods higher in sugar and salt content may be enjoyed.

Children at Greenside will enjoy two parties throughout the academic year, one at Christmas and one at the end of the school year. At these party's children will be provided with a small bag of crisps, a portion of cake and a small bag of sweets. Children will also be offered an alternative that is lower in refined sugar for them to choose between.

In addition to the above, at Christmas each class will also have an advent calendar throughout the month of December which will be shared as a class, each child will get one piece of chocolate behind the door throughout the month of advent.

Greenside have carefully chosen these times of the year where children will be offered a small selection of foods that have a higher content of sugar or salt. With this in mind parents are encouraged not to send in foods high in sugar or salt for special occasions, for example for birthdays. Instead parents are encouraged

to send in the child's favourite book to share with their class instead. Birthdays are celebrated and acknowledged in assemblies and class throughout the year.

Curriculum

Baking and cooking lessons are taught across school as part of the Greenside curriculum. All cooking equipment is portable ensuring that cooking resources are easily accessible to all pupils.

All children participate in a number of educational visits throughout the school year. The packed lunch guidance remains the same for children taking their own lunch, children who have a school dinner can order a school packed lunch to take with them on the visit.

In years four, five and six pupils have the opportunity to participate on a residential visit. Freshly made meals are prepared for pupils on their residential visit.

Special diets and allergies

Parents and carers fill in details of their child's special diet or allergy when their child is enrolled at Greenside and this information is renewed and updated annually. This information is then communicated to key members of staff; dinner supervisors and class staff. The information is then recorded in the child's class register so that it is readily available should anybody need it.

Greenside is a nut free school, foods that contain nuts are not permitted by pupils or staff to safeguard our children. Children with a medical allergy are clearly identifiable by a lanyard with details of their allergy which is worn every lunchtime. Details of these children and their allergy are displayed on posters discretely for staff to access in school and further details can be found in the child's class register.

Greenside is inclusive of children with special dietary requirements. Children who are vegetarian or do not eat certain foods wear a white band each dinnertime. More information can also be found about their dietary requirements in their class register and are also displayed in the kitchen for catering staff to be made aware of.

Ratification

This policy has been written for the pupils, staff and parents at Greenside Primary School. It was written by the healthy schools lead and was ratified by the senior leadership team and the school governors. The policy was written with input from Greenside's PE co-ordinator and DT co-ordinator.

Food and Drink Policy Appendix

Packed Lunch Ideas	
Sandwich/ wrap/ bagel/ pitta bread with a filling of	
<ul style="list-style-type: none">• Cheese• Ham• Cheese Spread• Chicken• Tuna	
Savoury side course	Dessert
<ul style="list-style-type: none">• Breadsticks• Crackers• Pitta bread• Hummus• Carrot sticks• Cucumber sticks• Pepper sticks• 6x cherry tomatoes• Sticks of cheese	<ul style="list-style-type: none">• 6x Strawberries• 6x Raspberries• 10x Grapes• Banana• Apple• 10x Blueberries• Yoghurt

Snack Ideas
<ul style="list-style-type: none">• Breadsticks• Crackers• Pitta bread• Carrot sticks• Cucumber sticks• Pepper sticks• Cherry tomatoes• Cheese• Strawberries• 10x grapes• Banana• Apple• 10x blueberries• Pear• Melon

Examples of foods high in artificial sugar that are not inclusive of Greenside's Food and Drink policy
<ul style="list-style-type: none">• Chocolate• Cake• Sweets• Cereal Bars• High Sugar Drinks
Crisps are inclusive of our Food and Drink policy in moderation but we encourage children not to bring these to eat as a separate snack.

