



Food and Drink Policy

Introduction and context for policy

At Avon House School we recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also recognise the role a school can play as part of the larger community, to promote family health and sustainable food practices.

Avon House School recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity, and an excellent bridge for building friendships and intergenerational bonds.

Other relevant policies

- PSHEE
- Drug Education
- Sex and Relationship Education
- PE
- Teaching and Learning
- Science
- Design and Technology

Aim

To ensure that all aspects of food and nutrition in the school helps promote the health and well-being of the school community.

Objectives

- To ensure that food provided across the school day is consistent with our aim and meets the new mandatory standards, covering all school food, introduced from September 2006. We refer to the following documents to ensure this:
 - School Food Standards January 2015
 - School Food in England (DfE) March 2019
- To ensure that food and nutrition information across the curriculum, and in extra-curricular activities, is consistent and up-to-date.
- To ensure that the whole school community is involved in the implementation of this policy.

Food provision across the school day

The food provided within school meets, or exceeds, the latest mandatory standards from the DCSF



- Morning break time - F1 children are given a fruit/vegetable snack daily at mid-morning
- Pupils in F2, Key Stage 1 and 2 bring their own fruit/vegetable snacks. These snacks should be fruit/vegetables/dried fruit preferably in a waste free/recyclable container.
- School lunches are currently supplied by Citrea and meet DCSF mandatory standards. The dining facilities offer a clean, hygienic friendly environment. Each class eats together with their staff with water, cutlery etc on the table and everyone can chat together. Staff ensure that every child is provided with a suitable lunch.

Water provision

All pupils have a school water bottle to which they have access to throughout the school day. Children are encouraged to drink regularly and bottles are refilled from the appropriate taps as necessary. Water is also available in the school hall at lunchtime for pupils to access. We do not allow children to have fizzy drinks or flavoured water.

Breakfast Club and After School Clubs

Breakfast Club is offered to all pupils and we actively encourage pupils who are more vulnerable to attend. The food offered at breakfast and after school clubs is healthy.

Nut allergies

We endeavour to be a nut free school but we cannot guarantee that food products are totally nut free. Staff are offered training to recognise and manage allergic reactions.

Fasting

The school respects that as our Year 6 pupils reach puberty and an age where they can make decisions for themselves, they may want to observe fasting as a religious observance. Parents would request permission for their child to fast in writing to the school. Fasting will only apply to Year 6 pupils and not on days when the child has physical activity lessons or clubs after school. The school will also expect the child to drink water during the day to stay hydrated. If the child who is fasting becomes unwell, the school will inform parents immediately. Children who fast must conserve their energy and not join in strenuous games.

Teaching about food and nutrition

The overall aim of our teaching about food and nutrition is to help children learn about, and to enjoy food. The Eat Well plate, as recommended by the Food Standards Agency, is used as the basis to teach about healthy eating within the curriculum.



Direct teaching about food and nutrition is taught in the following curriculum areas and ways:

- Within the formal curriculum – KS1 and KS2 Science and Design and Technology, cross curricular/themed work, PSHEE, themed weeks, activity days, RE
- Extra-curricular activities – Cookery Club, Gardening Club.

Fundraising

We have a number of fundraising opportunities throughout the year and limit cake sales to roughly one per term. As each school House raises money, in addition to other good causes and whole school activities, we aim to have alternative non-food-based ideas for fundraising.

Inclusion

Avon House School makes every effort to be aware of, and accommodate, children with particular/cultural dietary needs and are sensitive towards over/underweight children.

Through PSHEE and awareness of SMSC, children learn how to behave appropriately to one another and respect differences. Children should learn that this is relevant in our attitudes to food and about how we look. Depending on the context it may be appropriate to talk with a child/family about a specific unit of work.

Parents and staff liaise with the School Nurse and Citrea staff in order to ensure that appropriate alternative foods are used where food allergies are an issue.

Children should be given the opportunity to express their views respectfully and share their beliefs about foods.

Continuing Professional Development of Staff

Staff have access to a Food Hygiene and Safety course at regular intervals.

Partnerships

We work with the following groups to support our aims to have healthy food in school

- Citrea
- School Council
- School Eco Council
- Parent Forum
- School Governors



Monitoring and Evaluation

The school reviews its progress against its policies annually. The Head Teacher is currently responsible for monitoring food provision in school and regularly shares lunch time with the pupils.

Reviewed September 2018 AC

Reviewed July 2019 AC

Reviewed August 2020 AC

Reviewed August 2021 AC