

Avon House School

Food and Drink Policy



**CELEBRATING & SUPPORTING
EVERY CHILD**

prepared: August 2025

To be reviewed: August 2026

Review date:	AC	AC	AC	AC	AC
Reviewed by:	Feb 26	Aug 25	Aug 24	Aug 23	Aug 22



Introduction and context for policy

Avon House School recognises the strong link between healthy eating and pupils' ability to learn effectively and achieve high standards. The school also promotes family health, cultural diversity, and sustainable food practices within the wider community.

Sharing food is valued as an important way to nurture wellbeing, celebrate diversity, and build positive relationships.

Related policies, **This policy should be read alongside:**

- 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 all food provided during the school day meets current mandatory standards, including:
 - School Food Standards (February 2025)
 - School Food in England (DfE, August 2021)
- To ensure food and nutrition education is accurate, consistent, and up to date.
- To involve the whole school community in implementing this policy.

Food provision across the school day

The food provided within school meets, or exceeds, the latest mandatory standards from The Department for Children, Schools and Families (DCSF)

Morning Break

- F1 pupils are provided with a daily fruit or vegetable snack.
- F2, KS1 and KS2 pupils bring fruit, vegetables, or dried fruit in a reusable or recyclable container.

School Lunches

- School lunches are provided by Thomas Franks and meet Department for Children, Schools and Families (DCSF) standards.
- Meals are served in a clean, welcoming environment.
- Pupils and staff eat together, with water provided. Staff ensure each child receives a suitable meal.
- Halal food is available.



Water Provision

- All pupils have access to a school water bottle throughout the day.
- Water is available at lunch.
- Fizzy drinks and flavoured water are not permitted.

Breakfast and After School Clubs

- Breakfast Club is available to all pupils, with encouragement for vulnerable pupils to attend.
- Food provided is healthy and balanced.

Allergies

- The school aims to be nut free but cannot guarantee all products are completely nut free.
- Staff receive 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.

- Year 6 pupils may fast for religious observance with written parental permission.
- Fasting is not permitted on days with PE or after-school physical activities.
- In hot weather, pupils must drink water to remain hydrated.
- If a fasting pupil becomes unwell, parents will be contacted immediately.
- Pupils who fast should avoid strenuous activity.

Teaching about food and nutrition

The school aims to help children understand and enjoy food.

Healthy eating is taught using the Eat Well model and is delivered through:

- Within the formal curriculum – KS1 and KS2 Science and Design and Technology, cross curricular/themed work, PSHEE, themed weeks, activity days, RPS.
- 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 Welfare Administrator and Catering 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 complete Food Hygiene and Safety training regularly (typically every three years, or as required by law).

Partnerships

The school works with:

- Thomas Franks
- School Council
- Sustainability Council
- Parent Forum
- School Governors

Monitoring and Evaluation

The policy is reviewed annually. The Head Teacher monitors food provision and regularly shares lunchtime with pupils.