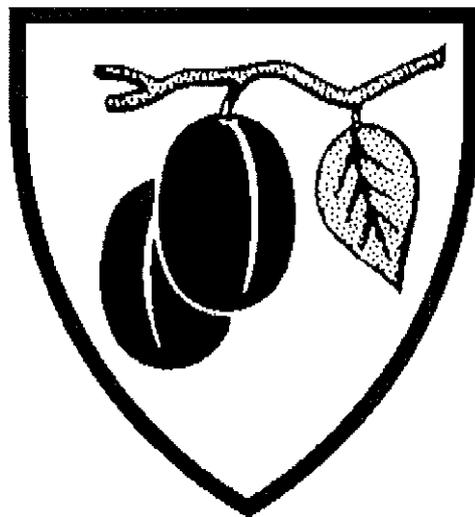


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Plumcroft Primary School  
Universal high expectations  
Knowing every child  
In pursuit of excellence



Whole School Food and  
Drink Policy

## Whole-School Food and Drink Policy

We actively support healthy eating and drinking throughout the school day. We will ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to this school.

We believe a good diet, which is healthy and varied, is important for good health and will help maintain body weight. This will enhance general well-being reducing the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

We wish to work closely with the children and to hear their views and opinions as we acknowledge and support Article 12 of the United Nations Convention on the Rights of the Child that children should be encouraged to form and to express their views.

We as a school community have a commitment to promote equality. Therefore, an equality impact assessment has been undertaken and we believe this policy is in line with the Equality Act 2010.

### Aims

- To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, school personnel and visitors.
- To provide nutritious food that meets the children's individual dietary needs.
- To help children learn what healthy food is and for them to understand the importance of food and drink in a healthy lifestyle.
- To work with other schools to share good practice in order to improve this policy.

### Responsibility of the Policy and Procedure

Approved by the Governing Body on 15/05/2018

### Role of the Governing Body

The Governing Body has:

- delegated powers and responsibilities to the Headteacher to ensure all school personnel and stakeholders are aware of and comply with this policy;
- responsibility for ensuring that the school complies with all equalities legislation;
- nominated a designated Equalities governor to ensure that appropriate action will be taken to deal with all prejudice related incidents or incidents which are a breach of this policy;
- responsibility for ensuring funding is in place to support this policy;
- responsibility for ensuring this policy and all policies are maintained and updated regularly;
- responsibility for ensuring all policies are made available to parents;

- nominated a link governor to visit the school regularly, to liaise with the Headteacher and the coordinator and to report back to the Governing Body;
- responsibility for the effective implementation, monitoring and evaluation of this policy

The Headteacher will:

- ensure all school personnel, pupils and parents are aware of and comply with this policy;
- work closely with the link governor and coordinator;
- provide leadership and vision in respect of equality;
- provide guidance, support and training to all staff;
- monitor the effectiveness of this policy;
- annually report *to* the Governing Body on the success and development of this policy

### Role of School Personnel

School personnel will:

- comply with all aspects of this policy
- undertake appropriate training;
- implement the school's equalities policy and schemes;
- report and deal with all incidents of discrimination;
- attend appropriate training sessions on equality;
- report any concerns they have on any aspect of the school community



## **Food across the Curriculum**

Food and nutrition is taught at various stages throughout the school. This may be in PHSE sessions or science sessions.

### **Fasting at Plumcroft School**

We support all Religious festivals at Plumcroft, however we do have to keep the children's well-being as our priority. For this reason, we expect the following rules to be observed during Ramadam:

- No child in Year 4 or below is expected to fast.
- During hotter, longer fasting periods the children should be allowed to drink water.
- Parents who wish for their child to fast need to put this in writing to the child's teacher.
- Adults working closely with any children who are fasting will be informed, so that the child's well-being can be monitored.
- During fasting, if a child wishes not to go into the playground at breaktimes, then other arrangements can be made for them to stay in.

### **Celebrating birthdays**

Due to a number of religious and dietary restrictions, children are not permitted to bring in treats to share with their class on their birthday.

Menu planning:

Menus are planned avoiding large quantities of:

- Fat
- Sugar
- Salt
- Artificial additives
- Preservatives
- Colourings

### **Breakfast Club -**

- All pupils are welcome to apply to attend Breakfast Club from 8.00 to 8.40a.m.
- The menu consists of a variety of healthy choices

## **Fruit in Schools Scheme**

- We take part in the National Fruit in Schools Scheme where every child from Nursery to Y2 has a piece of fruit as a snack each day.

### **Packed Lunches**

- Parents are reminded that packed lunches should be healthy and balanced and should contain only water and no chocolate bars. Children are allowed one treat in their packed lunch (eg. Crisps, cake or a biscuit)
- Children are discouraged from sharing their food.

### **School lunches**

- All our school lunches meet nutritional standards.
- The ingredients are fresh and there is a good variety of fruit and vegetables.
- This is an important time of the day when we can:
  - Nurture and build friendships
  - Teach table manners
  - Promote a balanced diet

### **Water in School**

- Water is available at all times in school for children and staff.
- Parents are encouraged to provide water with their child's packed lunch and /or send in a water bottle

### **Working with Parents**

- We work closely with parents to establish the correct dietary requirements for their children.
- Parents can request the weekly menus to view
- Parents may observe school lunches at any time in order to view the quality food that we Provide with the permission of the headteacher

Parents will be communicated with in the following way:

- meetings with parents such as introductory, transition, parent-teacher consultations and periodic curriculum workshops
- school events
- meetings with school personnel
- communications with home such as weekly newsletters and of end of half term newsletters
- reports such annual report to parents and Headteacher reports to the Governing Body
- information displays in the main school entrance

Under the Equality Act 2010 we have a duty not to discriminate against people on the basis of their age, disability, gender, gender identity, pregnancy or maternity, race, religion or belief and sexual orientation.

This policy has been equality impact assessed and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any pupil and it helps to promote equality at this school.

of this policy will be reviewed by the coordinator, the Headteacher and the nominated governor and the necessary recommendations for improvement will be made to the Governors.

Date: July 2020