

# Fletewood School

## Food and Packed Lunch Policy

### Introduction:

At Fletewood School, we understand the importance of healthy eating, oral health and the pupils' education.

Named member of staff leading on healthy food: Mrs G Rowe

### Food Policy Aims:

Food and sharing food are an important part of what we do as a school. In Fletewood School, we ask that parents provide a packed lunch daily for their child as we do not have the facilities to cater for a hot meal service. The children throughout the school eat in their classrooms so we can encourage them to develop positive attitudes to food and to build on their understanding of good table manners and appropriate mealtime conversation.

Across the school, the children are supported by adults who model sensible eating and healthy packed lunches, and who assist the children with clearing up after their meal.

We aim to encourage all parents to provide a healthy, balanced lunch for their child and will support them with this by offering workshops and providing leaflets and website links to packed lunch information sites (see below). Part of our advice will include understanding that some of our children have allergies, so **we ask parents not to include nut or peanut products in particular, in their child's lunch.**

We encourage our parents to think about the amount of processed foods that are available which make packed lunches quick to prepare but are not necessarily the best food for our children. With this in mind, we ask that as little processed food as possible is included in your child's lunch. We are also committed to reducing the amount of single-use plastic in order to protect our environment. As many single-use plastic products are processed foods, reducing single-use plastic products will inevitably have a positive impact on the quality of food our children eat.

Although we discourage children from swapping or sharing their packed lunch on a daily basis, as you know what you wish your child to eat and have packed their lunch accordingly, on the rare occasion that a child may have forgotten their lunch, we do ask if any of the other children in their class have anything they would like to donate so that child doesn't go hungry. We, of course, consider allergies in this request.

We believe eating is more than just 'refuelling' and should be seen as an informal social situation where children eat together, share responsibilities, and make new friends across the school. With this in mind, we get the whole school together once a week in the school hall to share lunchtime, with the older and younger children mixing with each other and all staff members enjoying mealtime with the children at the same time. We are committed to working with you to make lunchtime better for your child.

Fletewood School is run by the Seventh-day Adventist church and as such, adheres to the health message of no pork or seafood products. With this in mind, all food prepared at school will be either vegetarian or with no pork (including ham and sausage) or seafood products. We ask that parents please respect this when preparing their child's lunch.

## 1. Food and drink provision throughout the day

### • Snacks

At Fletewood School, we understand that snacks can play an important part of the diet of young people and can contribute positively to a balanced diet. Class 1 parents can pay £1 per week for a balanced, healthy snack to be provided daily for their child. In the rest of the school, children are encouraged to bring a piece of fruit or vegetable to eat during morning break.

### • Drinks

Water is available for all pupils throughout the day. Each class has their own water dispenser and each child has a labelled cup which is washed daily.

### • School events

On occasion, the school will offer a hot meal as part of a fundraising event or for a festival that the school may be celebrating. We endeavour to always provide a healthy balanced meal in these circumstances.

### • Birthdays and other special celebrations

As we are such a small school, we appreciate that some children may wish to share their birthday celebrations with their classmates. On these occasions, we are happy for parents to provide a birthday cake but ask that **no cakes contain nuts or peanuts** so that we can ensure that all our children are kept safe.

### • Packed lunches

Parents are encouraged to provide healthy, well balanced packed lunches and have been sent advice on how to ensure this.

### When preparing a balanced child's lunchbox, include:

- Starchy foods – these are bread, rice, potatoes, pasta and others
- Protein foods – including chicken, fish, eggs, beans and others
- A dairy (or equivalent) item – this could be cheese, a natural yoghurt (fruit may be added), or plain soya yoghurt
- Vegetables or salad and at least one portion of fruit
- A healthy drink, such as water or diluted fruit juice

INCLUDE
- Minimum of 1 portion of fruit and 1 portion of vegetables/salad everyday
- Chicken/fish eggs and non-dairy protein e.g. pulses, everyday
- Starchy food such as bread, pasta, rice, potatoes
- A dairy (or equivalent) product – milk, cheese, or natural yoghurt
- Water

LIMIT
<ul style="list-style-type: none"> <li>- Cakes and biscuits to be enjoyed as part of a meal occasionally, not as a snack – no more than 1 item a day</li> <li>- Fruit juices – dilute if possible as the sugar content is very high and detrimental to oral hygiene</li> <li>- Single use plastic: one item maximum per day</li> </ul>

PLEASE DO NOT INCLUDE
<ul style="list-style-type: none"> <li>- Sugary drinks, including carbonated drinks, even if they are sugar free</li> <li>- Sweets and chocolate</li> <li>- Pork products or shellfish products</li> <li>- <b>Nuts, peanuts or products containing nuts or peanuts</b></li> </ul>

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

## 2. Cooking and food education in the curriculum

Although we are an independent school and are not legally obliged to follow the National Curriculum, as of September 2014, food, cooking and nutrition education was made a compulsory part of the state system's education for KS1 to KS3. We feel strongly that this should be included in Fletewood School, so endeavour to provide this as part of our curriculum. We will:

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas
- Address issues through different teaching methods; leading by example, staff training, visitors to the classroom, resources, etc.
- Monitor pupils' learning
- Ensure that EYFS pupils are taught about healthy eating daily and a healthy snack is available for them in their classroom.

## 3. Special dietary requirements

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

Fletewood School is aware of all food allergies/intolerances and other dietary requirements of the children as we request this information on our application form. We do, however, appreciate that some allergies aren't recognised until a child is older. In this case, we expect parents to update us when appropriate.

#### **4. Food safety**

Fletewood School has adequate facilities and suitable equipment to hygienically prepare food with and for the children when conducting cookery lessons or providing festival foods. All relevant staff complete regular appropriate food hygiene training and all possible hazards are identified to ensure the children remain safe.

If there is anything in our policy that you are struggling to adhere to, please come and seek advice from a staff member. We will endeavour to support you as best we can but would appreciate you sticking to our policy as closely as possible. In line with government recommendations regarding healthy food and oral hygiene, we reserve the right to discuss with individual parents any concerns we may have regarding their child's packed lunch.

Date last reviewed: March 2020

Next review date: March 2021