

Rivington Foundation Primary School

Promoting health and hygiene - Food and drink



Our Mission Statement:

Growing Together to Reach Limitless Possibilities.

Igniting Passion; Embracing Difference.

We Are Kind.

Our Vision:

At Rivington Foundation Primary School we believe that every child's potential is without limit – we grow together. At the heart of our school, all individuals have **limitless** opportunities to thrive in their own unique ways. By igniting passion and embracing difference, we can unlock **limitless** potential for all in our community. Through nurturing and trust, we can open **limitless** doors to exciting new adventures, challenges and experiences to spark **limitless** dreams for every child.

At Rivington Primary School we believe great learning opens doors and expands horizons. A love of learning is the greatest gift a school can bestow and should help all its children become the very best that they can be; developing a thirst for knowledge and building learning habits of mind that will last them a lifetime!

Policy statement

The school regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures:

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration record.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We plan late stay and breakfast club menus in advance, involving children and parents in the planning.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.

We include a variety of foods from the four main food groups:

- meat, fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.





- There are several staff members who hold a level 2 award in food allergy awareness. (Mrs Gell, Mrs Birch, Mrs Hitchen and Miss Shore.)
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We provide a vegetarian alternative on days when meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Pasteurised milk is provided for those who drink it.

Breakfast Club:

Food provided at breakfast times will be similarly nutritious.

We will achieve this by:

- setting our standards for breakfast as high as at lunchtimes. An ideal school breakfast should consist of one portion of fruit (this can be fruit juice), some form of complex/wholegrain carbohydrate, some dairy produce and be low in sugar and salt.
- pupils will be able to enjoy their breakfast in a pleasant environment seated at a table whilst chatting to their friends.

After school clubs:

- Food and drink provided will meet the "Food in Schools" & School Food Trust standards.
- Opportunities are taken to celebrate cultural events through any food provided.
- Pupils will be able to enjoy their after-school club food in a pleasant environment seated at a table whilst chatting to their friends.

Break Time Snacks:

Pupils will be allowed the opportunity to purchase a healthy drink and/or snack at morning break time.

We will do this by:

- adhering to our drinks policy above.
- offering healthy snacks such as fruit and vegetable sticks.

School Trips:

Pupils will be encouraged to bring a healthy packed lunch along on school trips.

We will achieve this by:

- including a brief reminder of what constitutes a healthy packed lunch in the school trip letter sent out to parents.

Lunchtimes:





- On school dinners, a nutritious and tasty meal will be available to pupils at lunchtimes in a pleasant environment.
- We strive to provide food of consistent nutritional quality at lunchtimes which, as a minimum, meets the current Government's food regulations. Please see our packed lunch policy for further information; e.g. food should be wholegrain whenever possible, contain no additives, be low in sugar and provide at least one portion of fruit and vegetables.
- We strive to provide an enjoyable lunchtime experience and environment.
- ensuring that reception pupils, and other pupils who may require it, receive extra support in the dining room to allow them to feel confident at lunchtimes and to learn about our Happy Healthy Lunchtimes Guide.
- involving parents and guardians in an ongoing healthy packed lunch campaign. (Please see attached our Healthy Packed Lunch Guidelines).
- offering extra support and guidance to families on the benefits of healthy eating if appropriate.

Happy Healthy Lunchtimes Guide:

At Rivington Foundation Primary you will be able to:

- Have a seat whilst you're eating at the dining table. Take your time, enjoy your food and eat as much as you can.
- Enjoy a chat with your friends but please don't shout.
- A knife and fork should be used to eat school dinners and a spoon to eat puddings.
- Try to eat one portion of fruit and one portion of vegetables every lunch time to help you to be healthy and to reach your 'five a day'.
- Make sure you have a drink every lunch time. Never pour water back in the jugs.
- Be kind and polite to everyone. Always say please and thank you when necessary.
- Try to keep the hall a nice place to be. Eat carefully to avoid spillages and let the dinner ladies know if a spillage does happen. Make sure your tray is cleared away properly and any rubbish goes in the bin or back in your lunch box.
- Try to be patient and behave nicely when you are queuing up.

Packed lunches:

- We inform parents of our policy on healthy eating;
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt. We discourage sweet drinks and can provide children with water or milk.
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

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Latest Review: September 2019.

