

West Cliff Primary School Food and Drink Policy

Aims and Values

Caring, Happy, Inspiring, Achieving

West Cliff Primary School wants:

- Every child to reach his or her full potential in a climate which is fun, stimulating and exciting.
- To be a school where children are safe and happy, have pride in themselves and are valued.
- To be a place where there is mutual care and respect.

Aim

We recognise that snack and meal times are an important part of the child's day. It is a social time for children to enjoy food. We aim to provide healthy, balanced, varied and nutritious food and drink to meet the child's needs and encourage them to develop and promote healthy lifestyles and well-being throughout their life. We meet the welfare requirements outlined in the EYFS on food and drink:

'Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.'

Implementation

Before a child starts here at West Cliff we find out from parents their child's special dietary requirements, including any cultural, religious or medical reasons; preferences or food allergies. Parents complete admission forms containing this information, and discuss with the practitioners, children's dietary needs. All practitioners have a file in their class containing this important information. This information is then shared with the relevant persons, including the school cook. We regularly consult with parents about children's dietary requirements that have changed. The relevant forms are then updated.

West Cliff Primary School is a nut free school, and this information is shared with all parents when starting at this school.

Snack and meal times

- The lunch menu is on a rolling three week rota which is based on and considers parental views. This menu is enclosed in the nursery and school information pack; shared during the new parents meeting or when your child begins school or nursery. It can also be found on our website and it is sent out termly via MCAS.
- The menu is organised to provide a healthy, nutritious and balanced diet. High-quality produce is sought that avoid large quantities of fat, salt and sugar and artificial colouring additives or preservatives. Fresh fruit and vegetables are provided daily. We provide a varied diet, in which we encourage children to try familiar and unfamiliar foods. We also encourage children to talk about and make healthy choices. Children with special requirements are catered for, such as vegetarian options are provided daily. Parents may wish to bring in food due to dietary requirements which they may do so in consultation with the staff, to ensure food is nutritious and well-balanced, which is then stored safely.
- At snack, children are offered a variety of fruit and healthy snacks.
- Snack and meal times are treated as a social event to develop healthy practices whilst maintaining good food hygiene.
- We operate a snack time during each session in EYFS where children choose their snack, including a drink of semi-skimmed milk or water which is available each morning. A piece of fruit is provided for all children in KS1 and school provide a piece of fruit for all children in KS2 each day.
- At lunch, Nursery children sit with a practitioner to encourage a positive eating experience. The children have a choice of food and drink and practitioners encourage children to make their own choices and talk to them about their decisions. They are all encouraged to eat their lunch with a knife and fork.
- Children who come to before and/or after school care are provided with breakfast and a snack, in accordance with parental wishes.
- Food hygiene is considered of the utmost importance. All practitioners who handle or serve food are trained in food hygiene during their induction and then regularly reviewed to enable them to handle food safely. We are registered with the Local Authority.
- All food is stored safely in accordance with environmental regulation.
- Children are informed to eat the foods on their plate. As a class prior to our first meal, we discuss sensitively that the foods on our plates or in our lunch boxes may be different and that for us all to be safe we must not swap foods.
- All practitioners are available at the end of the day / session if parents wish to talk about the menu or what the child has consumed.
- We are aware that some children may not want to eat what is provided. However, we do find that when children are sitting with their peers, they are more likely to try new food. If children's food intake/diet is cause for concern or limited, we speak to the parents to cater for the child's preferences and gradually expose them to more foods.

Drinking water

We encourage and support children to drink throughout the day. Children (and staff) have access to drinking water at all times throughout the day. In nursery children may also bring their own healthy drinks in bottles. Children can ask for water at any time during the sessions and are offered it as an alternative to milk at snack times. Children also have a drink at snack and at lunch.

Curriculum

- As part of the curriculum we discuss healthy practices, including the need to drink water after physical exercise, hot weather.

- We also discuss healthy eating. We help children to understand why some foods are healthy and others are not.
- Children participate in cooking activities and gardening. They try foods from a range of cultures (respecting parental views and taking into consideration children's dietary requirements).

Reviewed: October 2024

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