

# Great Tew School

## Nutritional Standards Policy

### 1 Purpose

The aim of this nutrition policy is to ensure that:

- Pupils are encouraged to eat and enjoy a balanced diet
- The curricula of PHSCE and Science reflect this policy.
- Staff and other adults working within the school model/promote healthy lifestyles wherever possible.

### 2 Roles and responsibilities

#### 2.1 The headteacher will ensure that:

- Where necessary, guidance is made available for staff based on the current regulations for Nutritional Standards for School Lunches (see 'Guide To The Law For School Governors' for the latest information).
- Where school lunches are provided the provider conforms to the regulations.
- Agreed standards for free school meals (where provided) are implemented.
- The content, cost and provision of any meals (where provided) are monitored.
- Any special dietary needs of children and staff are catered for.

#### 2.2 All staff are expected to promote healthy eating in accordance with school guidance

#### 2.3 The governing body will ensure that any school lunch provider:

- Conforms to the standards prescribed current legislation.
- Establishes standards for free school meals

### 3 Break-time snacks

A raw, unprocessed fruit or vegetable snack is provided free of charge for all Key Stage 1 children. If children wish to bring a break-time snack, this should be in line with that provided in Key Stage 1, i.e. a raw, unprocessed fruit or vegetable snack.

Where snacks are consistently brought in that are considered by staff to be unhealthy then the school will speak to parents involved on an individual basis.

### 4 Packed lunches

Children who bring a packed lunch to school are encouraged to ensure that these meals are nutritionally balanced. From time to time, suggestions for healthy lunchbox ideas are sent home to parents and the school will continually strive to work with parents and children to help inform them of healthy options in this respect.

Where packed lunches are consistently brought in that are considered by staff to be unhealthy then the school will speak to parents involved on an individual basis.

## **5 Water**

Children are encouraged to bring water into school to drink during the school day. Water should be brought to school in a clear, named, plastic bottle. Bottles will be kept in the children's classrooms and children will have access to their bottles throughout the school day.

To ensure good hygiene, all bottles should be taken home each day to be washed.

## **6. Food on special occasions**

On some occasions food may be offered in school as part of, or as an extension to, the formal curriculum. The school will take account of the dietary needs of children and strive to encourage pupils to exercise balance and moderation in their food choices.

It is recognised that some children like to bring in food treats on occasions such as birthdays.

Any parents that would prefer their children not to participate in these social events (for dietary or other reasons) should make their preference known to the school.

## **7 Monitoring and Evaluation.**

Where school lunches are provided:

- The governing body will receive annual reports from the head on the extent to which the lunch provider conforms to the Regulations in terms of content, cost and provision, and the number of pupils receiving free school meals.
- Surveys of pupils and parents will be undertaken at regular intervals to establish the level of satisfaction with the quality of meals offered.

The implementation of this policy and measurement of any success will be monitored by the Governing body's Premises/ Health & Safety committee. Any concerns or recommendations will be reported to the Headteacher and full