



*Aim High*

*Never Give Up*

*Follow Your Dream*

*Lead By Example*

## FOOD AND FLUIDS POLICY

Ratified By	Curriculum Committee
Date	08/02/2021
Minute	10
Review Date	Spring 2024
<b>Policy Statement</b>	
What is the policy for?	All members for the Norwood School Community
Who has devised and contributed to this policy?	Governors and SLT
How will this policy be communicated?	The policy will be posted on the website
How will this policy be monitored?	By all members of the school community – reporting issues should they arise
Which other policies are linked to this policy?	PSHE Science

## **Rationale**

Norwood School believes that a balanced diet, that contains a variety of healthy food and drink, is vital for the growth and optimum health of our children. We also recognise the importance of a healthy diet and the significant connection between this and a pupil's ability to learn effectively.

## **Aims**

- To ensure that all aspects of food and nutrition in our school promotes health and wellbeing.
- To develop the awareness of pupils and parents/carers of the importance of a balanced diet to obtain optimum health.
- To give relevant information to pupils so that they can make healthy dietary choices.
- To encourage our pupils to stay hydrated during the school day, and particularly during the summer months.
- To ensure that the school follows the principles laid out in the School Food Plan, encourages the take up of school meals and provides a reasonable choice of healthy school dinners.

These aims will be addressed through the following areas...

## **Food and drink throughout the day**

### **Break-time**

- Children in Reception have access to the snack table throughout the day.
- At morning break time Key stage one pupils will be offered a free piece of fruit or veg as provided by the SFVS Scheme, or allowed to eat one they have bought from home.
- KS2 children will be encouraged to bring a piece of fresh/dried fruit/vegetables for their mid-morning snack.
- Alternative snacks in any year group are not allowed unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.) and is supported by medical evidence provided by a recognised medical professional (please note any cost implications will **not** be met by the school).

### **Lunchtime**

Food provided by the catering contractors will be monitored regularly to ensure it meets the National Nutritional Standards for School Lunches.

### **Universal Free School Meals**

From September 2014, all children in Reception, Year 1 and Year 2 in state funded schools have been eligible for free school meals. Norwood is fully committed to this scheme, encouraging children to choose from a hot or cold menu at their parent/carer discretion.

### **Packed Lunches**

Norwood school expects parent/carers to provide children with a healthy packed lunch. Bars of chocolate, fizzy drinks and sweets are not allowed. Packed lunches are eaten in the hall and lunchtime supervisors will monitor contents and make teachers aware of any concerns. Children will take all rubbish home so that parents/carers are aware of what has been eaten. Parents/carers and children are made aware of school rules about break time snacks, and lunch box contents. Pupils are encouraged to learn about basic food hygiene principles e.g. washing hands before touching or eating food. Hand sanitizer is available in the dining hall.

### **Drinks**

All children are encouraged to bring a water bottle from home to allow them to hydrate throughout the day. This is to be consumed at relevant times as appropriate to the age of the child. **Flavoured alternatives are not allowed.** Exemptions to this rule will not be made, unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.) and is supported by medical evidence provided by a recognised medical professional (please note any cost implications will **not** be met by the school).

## **It is not acceptable for any request made upon preference – there must be medical grounds.**

The new Food Standards require that milk must be available at least once a day. Norwood School is part of the Cool milk scheme. Each child will receive free milk until their 5<sup>th</sup> birthday, after which parents/carers are able to purchase milk. Milk will also be one of the drinks provided to children who take up school meals.

### **Special Dietary Requirements**

#### Medical Diet

- Individual care plans are created for any pupil with medical dietary needs.
- All adults in school are aware of these children and their needs.
- Norwood School is a nut free school.

#### Cultural and religious diets.

- We are aware that many people follow diets related to their culture or religious beliefs and the school will make every effort to provide healthy options for all.

### **Exceptions**

- There may be occasions when due to exceptional circumstances, supported with medical evidence provided by a recognised medical professional, that individual children need a tailored provision. Where this is the case, the Head Teacher will agree with the parents/carers what these alternatives may be. (Please note any cost implications will **not** be met by the school).

In cases where food is brought into school that does not adhere to this policy, the food will be removed and handed back at the end of the school day.

In cases where fluid is brought into school that does not adhere to this policy, to ensure that the child still has access to water throughout the day, the vessel will be emptied of the fluid that does not adhere to this policy and the bottle filled with fresh tap water.

### **Curriculum**

Cooking and nutrition falls within the design and technology curriculum. Norwood school recognises that food has a great potential for cross curricular links and as such, is incorporated within a variety of subjects and topics as well as in science and PSHE.

School meals are currently provided by a catering contractor (the Service Level Agreement is reviewed at relevant times) and are served in the school