



Healthy Eating and Drinking Policy

Review Date: Jan 25

Next Review Date: Jan 27

At Uplands Primary, we believe that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life. Proper nutrition is essential for good health and effective teaching and learning. We believe that all messages about food and drink within the school should be consistent. As a school, we want to play our role, in partnership with parents, in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits.

Aims

- To further develop and maintain an ethos within school in which a healthy choice is the easy choice
- To provide cross-curricular education that enables pupils to make an informed choice
- To involve the whole community in developing and maintaining healthy eating and drinking habits
- To have a pleasant and sociable dining experience which enhances the social development of all children
- To encourage foods that are rich in vitamins, iron, calcium
- To encourage a balanced diet
- To offer milk and water to drink within the EYFS, KS1, and KS2.
- To encourage fluid intake with an easily accessible water supply throughout the day
- To take into account and accommodate dietary requirements
- To ensure high standards of hygiene amongst the children
- To develop healthy eating habits that will last a lifetime

Catering

At Uplands Primary we believe that all messages about nutrition need to be consistent

- Meals are provided by Caterlink catering staff
- Individual dietary needs are catered for within the framework of nutritional standards
- Children are encouraged to drink water with their midday meal
- Portion sizes are according to guidelines laid down by the caterers
- To integrate healthy eating and drinking habits in all aspects of school life

Breakfast

Recognising parental responsibility and school/parent partnership, children are encouraged to have breakfast before leaving home. This will be done through discussion at snack time and PSHE.

A free breakfast bar is available for any children that haven't had breakfast.

Morning break

- All children are encouraged to bring fruit or vegetables as part of their morning snack. A piece of fruit, or a portion of a vegetable, is provided free of charge to all infant children. Children in EYFS and KS1 are entitled to free fruit or vegetables.
- Milk or water is on offer for snack time too for those who qualify or choose to purchase it.
- The table below outlines what is allowed as a snack, and in lunchboxes.

	We allow:
Break time snacks	Fruit and vegetables 'Drinky' yoghurt Cheese Cereal/Fruit Bars Raisins Water Milk Dry rice cakes
Lunch box contents	Savoury Items (Sandwiches/wraps, rice cakes, scotch eggs etc.) Yoghurts Fruit and vegetables Cake or biscuit or Cereal bar Water
Afternoon snacks (R, Y1 & Y2 only)	All children in R, Y1 & Y2 are provided with a free portion of fruit or vegetable.

Drinks

We recognise that low fluid intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems including headaches and urine infections. All children and staff have free access to water throughout the day. Drinks will be taken from water bottles.

Sweets

Sweets are not permitted during the school day, at school because they are not healthy. Parents and children are asked not to bring or send sweets into school for snacks or packed lunch.

Teaching and Learning

Food and cooking activities are used in a variety of ways to teach children and widen their experience of food. They may also be given the opportunity to touch, taste, smell and feel a variety of foods, if appropriate.

Parental involvement

A copy of the Healthy Eating and Drinking Policy can be found on the school website. We recognise the role of parents as the primary carer and we will encourage them to support the school in implementing our healthy eating policy. However, we also recognise the wide range of opinion amongst our stakeholders and this policy must reflect and support all their views.

Equal Opportunities

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff regardless of race, gender and SEND. Dietary needs, requests and preferences are to be respected at all times.

Health and Safety

Food will be stored according to instructions on packaging and common sense. Advice will be sought from the catering staff and Environmental Health if necessary.

Uplands adheres to environmental health guidance.

Monitoring the Healthy Eating and Drinking Policy

The teachers and catering staff will monitor provision for healthy eating and drinking through the school.

The award of Healthy Schools Plus has helped reinforce the desire of healthy eating in school. Subsequent audits of this award will help provide a clear guidance as to best practice.

There will be a yearly report to the Governors Curriculum & Standards Committee, detailing how the policy is being implemented and outcomes for the children and school.