



## Wintringham Primary Academy

# **WHOLE SCHOOL FOOD AND DRINK POLICY**

### **Introduction**

“There is mounting evidence that poorly balanced diets and an inactive lifestyle could jeopardise the health of our children. Diet is a contributing factor to the rapid rise in childhood obesity, and we have found that too many children’s diets are too high in salt, fat and sugar and too low in fruit and vegetables. Poorly nourished children, especially those who are overweight or obese, experience social and psychological problems, which have a significant impact on behaviour and performance in schools” (Food in Schools Toolkit- the essential guide P.4, DFES 2005)

“Diet is central to health and children’s diet can be an important influence on their health now and in the future. We know that a good diet in childhood can help to protect against chronic diseases in later life.” (Food in Schools Toolkit--- the essential guide P.3, DFES 2005). A healthy diet in childhood promotes growth and development; it also has immediate benefits such as improved concentration and in the longer term, the prevention of asthma, dental decay, obesity, anaemia and diabetes.

Here at Wintringham Primary Academy we are committed to the care and education of the whole child and have developed a whole school food policy with the factor in mind.

### **Aims**

This school aims to promote and teach healthy eating and drinking through a variety of means, including:

- The taught curriculum (Design & Technology, Science and PSHE)
- The provision and promotion of health food and drinks throughout the school day
- The school environment

### **Objectives**

- To provide access to and promote healthy and nutritious food and drink
- To provide opportunities to learn about diet, nutrition, food safety and food hygiene, food preparation and cooking.
- To actively promote healthy food and drink as part of a balanced diet and to restrict the availability and promotion of other options

## **Drinks**

Clean and safe drinking water is available throughout the school day. Children are asked to bring in a water bottle containing water each day, which they leave in a designated place within the classroom. This enables them to choose when they want a drink and help them develop good practice for their future drinking habits. Bottles should have a sports style lid and are taken home each evening to be washed and brought back with clean, fresh water the next day. Only plain, still water is allowed in the bottles to promote concentration (see Food In Schools Toolkit-Water Provision, DFES 2005) and tiredness and helps to prevent tooth decay. For those children who do not bring in a bottle, water is available.

## **Break Time Snacks**

This school is part of 'The National Fruit Scheme', which encourages children to eat more healthily. Every child from Reception to Year 2 is provided with a piece of fruit or vegetable each day. Children are, wherever possible, given a choice of fruit or vegetables.

## **School meals**

This school works alongside our Trust catering team, Diamond Diners, to ensure that healthier choices are available at lunchtimes and the national nutritional standards for school lunches are met.

Diamond Diners ensure that menus are nutritionally balanced and meet or exceed national guidelines. A choice of meals are available and meals are lower in salt, fat and sugar.

## **Packed Lunches**

The school aims to promote a healthier choice for children who bring a packed lunch to school. At the beginning of each academic year, parents who provide a packed lunch for their child will be given a leaflet promoting a 'healthier' school lunch.

Parents who provide a packed lunch for their children are asked not to include sweets, chocolate and fizzy drinks.

## **The Dining Room Environment**

The children eat lunch in the main school hall. At dinnertimes, the hall is laid out with tables with seats. Each year group has a time for lunch.

Children choose their own lunch from a selection at the serving area. There is salad and a choice of main meal and pudding.

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