



WRENN SCHOOL HEALTHY EATING & DRINKING POLICY

REVIEWED EVERY 3 YEARS

Rationale

We believe that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfill 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 whole we want to play our role 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 encourage foods that are rich in vitamins, iron, calcium
- To encourage a balanced diet
- To offer water to drink
- 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 and drinking habits that will last a lifetime

Catering

We believe that messages from senior management and catering staff need to be consistent.

- Meals are provided by Scolarest catering staff.
- Individual dietary needs are catered for within the framework of nutritional standards
- Theme days are used to mark calendar events or a particular curriculum area
- All children are encouraged to take some fruit or vegetables as part of their meal or snack
- Children are encouraged to drink with their meal or snack
- Water is on offer at lunch time
- Portion sizes are according to guidelines laid down by the caterers
- Not to accept sponsorship from companies who undermine our school's healthy eating policy

- To integrate healthy eating and drinking habits in all aspects of school life

Breakfast

Recognising parental responsibility and school and parental partnership children are encouraged to have breakfast before leaving home. This will be done through discussion in PHSE & DT

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.

Teaching and Learning

Making healthy choices are referred to across the curriculum where food and drink related issues are involved.

Food and cooking activities are used in a variety of ways to teach children and widen their experience of food. They are given the opportunity to touch, taste, smell and feel a variety of foods. This is addressed in Design & Technology lessons.

Parental Involvement. Wrenn School issue healthy lunch box pamphlets.

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 SEN.

Health and Safety

Food will be stored according to instructions and guidance from Scolarest. Advice will be sought from catering staff and Environmental Health if necessary. Wrenn School adheres to environmental health guidance.

Monitoring the Healthy Eating and Drinking Policy

Provision for healthy eating and drinking throughout Wrenn School will be monitored by the SMT. This group will also give support and advice to members of staff and visitors about the provision and the delivery and implementation of provision.