

HOWE DELL PRIMARY SCHOOL

Whole-School Food Guidelines

Reviewed: March 2023
Next review: March 2026

Aim

To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.

Objectives

- To ensure that we give consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5 a day' campaign

Snacks

Children in Early Years and Key Stage 1 are offered fruit each day currently provided by the 'free fruit' scheme. Children in Key Stage 2 (Years 3-6) are encouraged to bring in their own fruit for snack time.

Milk is provided free to every child below the age of 5 and those children in receipt of free-school meals. Milk can be ordered for children over the age of 5 and payment is made through the school office payment system (Arbor).

School lunches and packed lunches

All our school meals are provided by Herts Catering Limited who have a healthy food policy as part of their tender. Where possible, HCL uses locally sourced produce and include the use of fresh fruit and vegetables each day as a choice for the children. They currently provide three food choices each day (one of which is meat-free). Meal choices are selected at home using the School Grid, these can be chosen up to 6 weeks in advance. A Halal option is currently available on a Wednesday for children who have informed the office that they eat halal meal only and they are Muslim. Orders need to be placed by 8.55am to ensure children have a meal for that day.

Menus, which change bi-annually, are sent home to enable parents to discuss choices with their children.

Some children choose to bring a packed lunch to school. We regularly include newsletter items about the contents of these as we want to promote healthy food choices.

Water for all

All children are encouraged to bring water bottles to school daily. Water is freely available throughout the school day to all members of the school community. Children are also reminded to drink water at snack time. Please ensure that the water bottle is named and can be opened by your child and is not metal or glass. One use water bottles are discouraged as once the bottle has been opened, the plastic starts to degrade.

Food across the curriculum

As part of the Curriculum, there are a number of opportunities for pupils to develop knowledge, skills, vocabulary and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Monitoring and review

The Senior Leadership Team, PSHE and D&T Subject Leaders are responsible for supporting colleagues in the delivery of these guidelines. HCL are responsible for ensuring the quality of the food offered as part of the contract.

Appendix A (sent out to parents at the start of a new academic year)

Snacks in school

At the start of every academic year, we communicate to parents our expectations regarding 'snacks in school'. Many of you will be familiar with this information however we feel it is beneficial to share for new families joining the school and for children moving through the key stages.

Early Years and Key Stage 1 (Year 1 and 2)

For many years we have opted for one piece of free fruit or vegetable which is provided each day via the School Fruit and Vegetable Scheme. This reaffirms our healthy eating focus and it's always great to see children trying something they may not be eating at home, but are keen to try as friends are in a shared experience.

Parents have commented on the benefits of this and whilst no child is forced to eat anything, the snack, like a broad diet offered via our award winning school dinners, encourages children to have a broad experience of healthy foods. Children therefore do not need to bring their own snack to school, unless due to an allergy (*of which we will already be aware and have acted upon*) an alternative fruit is provided by parents.

Key Stage Two (Year 3 to 6)

Children in Key Stage 2 are not able to access the scheme as it is only for Early Years and Key Stage One. In this case, children may wish to bring a snack to school as lunch commences at 12.30pm. Please ensure that this snack is either fruit, vegetables or a nut free product such as breadsticks. To reduce the use of packaging please store them in a reusable container.

Snacks, unless advised by the school, are not required for after school clubs.

Birthday treats

I know that some families are keen to celebrate their child's birthday by bringing in a 'treat' for the class. This is a lovely, kind idea however due to allergies and our school's diversity we are not able to accept such treats as this often causes distress to some children who are unable to participate. If you would like to 'treat' the class why not look at our Amazon 'wish list' and purchase an item for the class.