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 **FOOD AND DRINK POLICY**

*Like the phoenix we*

*Rise to our challenges*

*Strengthen our Learning and*

*Shine in our community*

*At Wembley Primary School we have the right to:*

*Article 28 and 29: Education*

*Article 19: Be Safe*

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| --- | --- | --- |
| Reviewed | Approved by | Date of next review |
| 15.10.19 | Governors | October 2021 |
| Completed by: Simon Barr (Deputy Head) |

**Why is a policy needed?**

At Wembley Primary School we recognise the important part that a healthy diet plays in a child’s well- being and their ability to learn and achieve effectively. We believe that the school, in partnership within parents and carers can make a major contribution to improving children’s health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

**National Guidance**

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written in consultation with Chartwells – the school’s meal provider. The policy supports our commitments to assess pupils’ knowledge of how to keep themselves healthy and our school’s ethos of healthy eating.

This policy covers the areas of:

* Breaktime snacks including those brought from home.
* Milk
* Water
* School Lunches, including packed lunches
* Curriculum

The policy applies to all staff, pupils, parents and governors

**Break time snacks**

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

**Milk**

Our school provides a daily milk scheme for all pupils in Nursery and Reception classes

**Water**

Clean drinking water is available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary.

**School lunches including packed lunches**

At Wembley Primary School all school meals will be prepared following the government nutritional guidelines.

We will provide Universal Free School Meals for children in early Years Foundation Stage and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is complaint with all national guidelines.

Staff will work with children and our service provider to provide a clean, safe, and attractive dining area.

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be.

Packed lunches provided for school trips and as part of our Free School Meal provision, comply with National Food Standards.

**Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We re-enforce our delivery of the national curriculum by holding healthy schools assembly sessions, harvest appeals and invite visitors to talk to the children about aspects of well-being, including healthy eating.

**Extra- curricular activities**

We offer clubs that provide continued learning around leading a healthy lifestyle for example gardening club, various sports clubs and yoga.

**Before school breakfast club**

Food provision at our breakfast club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification.

**Events and Celebrations**

At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

**Monitoring**

We consult termly with caterers, pupils, parents / carers and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals.