



Ridgeway Primary School

Healthy School Policy

*This policy includes Ridgeway Primary School, Ridgeway Rainbow Tots,
Ridgeway Sunbeams Nursery and Sunny Days Nursery*

At Ridgeway 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. The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. We believe that all messages about food and drink within the school should be consistent.

Aims

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards;
- To support pupils to make healthy food choices and be better prepared to learn and achieve;
- 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 fluid intake with access to drinking accessible water supply throughout the day;

Food and Drink throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

Children are encouraged to have breakfast before leaving home for those children whom parents work and need to access our Sunbeams Before School Care, breakfast is provided between 7.30am – 8.30am

The breakfast menu includes a selection of cereals and toast.

Children using Sunny Days Nursery are provided with breakfast as part of their daily fees.

Mid-Morning break

- Children in Ridgeway Rainbow Tots, Sunbeams Nursery & Sunny Days Nursery are given a healthy snack and 189ml of milk provided free under the 'Cool Milk Scheme'.
- Children in Reception are given a piece of fruit, or a portion of a vegetable as part of the 'Free Fruit Scheme' for schools and 189ml of milk under the 'Cool Milk Scheme';
- Children in Years 1 & 2 are provided with a piece of fruit, or a portion of a vegetable as part of the Free Fruit Scheme for schools;
- All children from Year 1 – Year 6 may choose to purchase a range of healthy snacks from the school kitchen including a drink of milk for 20p per day.
- Water is available at snack time for those children who would prefer.

- Children in the Nurseries and Reception who are in setting for the afternoon, are also provided with a mid-afternoon snack with a cup of milk or water.

School Lunches

The school employs its own catering staff and all meals are cooked on school premises. The school meals meet the mandatory requirements of the School Food Standards and are intended to help children to develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day.

School meals are served between 11.45am – 12.15pm in Sunny Days Nursery and between 12pm - 1pm in the school hall for children from Sunbeams Nursery – Year 6. School Meals are not offered to children in Ridgeway Rainbow Tots.

School meals are planned on a 3 week cycle and children can choose between a hot option, a cold option or a 'lite bite' A vegetarian option is available daily and children with specific dietary requirements are catered for on an individual basis.

The school meals menu can be found on our school website.

The school provides water, milk and juice for all pupils at lunchtime.

Packed Lunches

Children in Sunbeams Nursery & those in Year 3 – Year 6 may choose to bring a packed lunch from home instead of purchasing a meal from the school kitchen. The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. Parents are encouraged to provide their children with a healthy packed lunch and are asked not to bring or send sweets into school for snacks or packed lunch.

The school provides water, milk and juice for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink although parents may choose to provide one if they wish.

Drinks

We recognise that low fluid intake can lead to reduced academic performance through poor concentration and lethargy. Encouraging children to drink fluids regularly is important as children may not remember to have a drink by themselves.

All children and staff have free access to water throughout the day, children in the main school are asked to provide a water bottle for use in school, but open cups are available for use at all times.

It is school policy that only water and milk are consumed in the classroom as these are the best drinks for children as they do not contain free sugars. Free sugars contribute to calorie intakes; higher consumption of sugary drinks has been associated with weight gain in children. Some drinks like milk and juice provide vitamins and minerals. In the case of juice this also contains free sugars and so it shouldn't be consumed in large amounts – consequently this is only allowed during the school lunch break and not in classrooms.

Drinking sugary drinks too often can also lead to tooth decay, especially if consumed frequently between meals or if teeth are not brushed regularly with fluoride toothpaste.

The benefits of drinking water

School promotes the drinking of water throughout the day because:

- it hydrates without providing extra calories or risking harm to teeth;
- reduces tiredness, irritability and distraction from thirst;
- can have a positive effect on pupils' concentration throughout the day;
- demonstrates to parents and to the local community that the school values pupils' health and wellbeing;
- raises awareness of the importance of adequate fluid intake and healthy eating as part of a healthy, active lifestyle;

Practical tips to keep children hydrated

- Ensure children have a drink before school i.e. with breakfast, and during breaks/playtime;
- Parents, teachers and guardians should offer drinks regularly, especially in hot weather.
- Remember that many foods have a high water content and can also contribute to fluid intake. i.e. fruit, vegetables, soup, yogurt.
- Always pack a water bottle in a school bag or lunchbox for children heading off to school/outings/other activities.

Special Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Parents/carers inform the Nursery/ School of their child's dietary needs including any allergies on entry. We record all information about each child's dietary and individual care plans are created for pupils with food allergies and the lead member of staff for this is **Miss Laura Gray**.

Parents should ensure that our records regarding their child's dietary requirements are up to date.

Pupil's food allergies are displayed in a sensitive way in relevant places around the school including the school n& Nursery kitchen

Parental Involvement

This policy can be found on the school website.

Additional Reading

Water Provision

http://www.publichealth.hscni.net/sites/default/files/Water%20Provision%2009_10.pdf

Hydration for Children

<https://www.nutrition.org.uk/healthyliving/hydration/hydration-for-children.html>

https://www.nutrition.org.uk/attachments/article/588/14922%20BNF%20Hydration%20Poster_Children_1.pdf

For additional information please see the Food & Drink Policy for EYFS which contains information specific for Early Years within this policy

Document history

February 2016	Policy updated in line with school food standards and presented to governors for adoption
June 2019	Policy presented for readoption to the Pastoral Committee 11 th June 2019 with no changes

This policy is due for review in 2022