



## Preps and Pre-Preps (EYFS and KS1) Healthy Food and Drink Policy

### Policy Statement

At Saint Augustine's Priory we regard fruit breaks and meal times as an important part of our school day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating and encourage children to make healthy choices themselves. At snack and meal times, we aim to provide nutritious food, which meets children's individual dietary needs. Those responsible for the preparation and handling of food are competent to do so and have received training in food hygiene.

### Implementation

- \*Before a child starts school, we find out from parents their children's dietary needs and preferences, including any allergies and any special health requirements.
- \*We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date
- \*We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them
- \*We implement systems such as use of key Person to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes
- \*Menus for the week are available on our school website for the information of parents and children
- \*We include foods from the diets of a variety of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones
- \*Saint Augustine's is a nut free school. We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts
- \*Through discussion with parents and research by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks. This is monitored by the Prep Staff who are on duty in the Refectory
- \*The school Health Officer and the school catering staff are also informed
- \*We provide a vegetarian alternative on days when meat or fish are offered
- \*We require staff to show sensitivity in providing for children's diets and allergies. Staff will not use a child's diet or allergy as a label for the child or make a child feel singled out because of their diet or allergy
- \*All staff are aware of the needs of children with allergies and the whereabouts of their medical



equipment e.g. Epi-pens. In the Preps and Pre-Preps staff take responsibility for medication and they accompany the children wherever they go

\*We organise meal and snack times so that they are social occasions in which children and staff participate

\*We ask parents to provide children with a piece of fruit or vegetable and a drink of water for daily fruit break. These are stored in the classroom

\*We use meal times to help children to develop independence through making choices, serving food and drink and feeding themselves

\*Children are given assistance where they need it e.g. peeling fruit, opening drinks or cutting up food

\*We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day

\*In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another

\*We liaise with parents if we are concerned about a child's eating habits. We observe and monitor the child and work with the parents to ensure that their child is eating a healthy and balanced diet

\*We are conscious to limit the amount of sweets and sugary snacks that are available in school

\*We actively encourage children to eat at mealtimes but we never force them to eat

\*We promote healthy eating and teach children about the importance of a balanced diet through our PSED and PSHEE Curriculum, Physical Development, PE, Understanding the World and Science Curriculum and annual events such as Healthy Schools Week.

## Packed lunches

Where children bring packed lunches, we:

\*Inform parents about what can be stored safely in insulated lunch boxes and about appropriate food content

\*Inform parents that we do not have facilities to microwave food or to store lunch boxes in a refrigerator

\*Advise parents to provide an ice pack to keep food cool

\*Inform parents of our policy on healthy eating

\*Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche



- \*Encourage children to eat sandwiches first and to have a drink to re-hydrate
- \*Discourage sweet drinks and can provide children with water
- \*Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits
- \*Encourage parents to take care not to provide food containing nuts or nut products. We are especially vigilant where we have a child who has a known allergy to nuts
- \*Any uneaten food is sent home in the lunch box so that parents know exactly what their child has eaten
- \*Provide children bringing packed lunches with any additional cutlery they may require.

## Requirements

At Saint Augustine's Priory we adhere to the National Strategies requirements for healthy eating as specified by the Department for Children, Schools and Families.

OFSTED will be notified of any case of food poisoning affecting two or more children cared for on the premises. Notification will be made as soon as is reasonably practicable, but in any event within 14 days of the incident occurring.

We are aware of the responsibilities under food hygiene legislation including registration with the relevant Local Authority Environmental Health Department.

## Documents Referred To:

Statutory Framework for the Early Years Foundation Stage –March 2017