

**The
Lloyd
Williamson
Schools**

**Food and
Nutrition
Policy**

2020-2021

Statement of Intent

Research proves that good food is vital to children's health, development, concentration, behaviour and academic achievement.

Good eating habits established in childhood are more likely to be maintained in adulthood. This will influence health including healthy weight and good dental health.

Healthy lifestyles can be promoted through example and school ethos. Meal times and snacks are important for social reasons and the promotion of positive health habits.

Aims

To ensure that all food and drink served is varied, is served in appropriate portion sizes, looks good and tastes good. That food and snacks served is nutritious, home made and meets the children's individual dietary needs.

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.

To ensure that all members of the school community are able to make informed food choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.

To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff are aware of these.

To ensure that the EU Food Information for Consumers Regulation No.1169/2011 requirement for food providers to make information available about allergenic ingredients used in any food and drink served is being met.

To ensure that all food and drinks consumed are healthy for teeth.

To ensure all staff demonstrate good food safety practices.

To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.

Allergies and Special Dietary Needs

The health information section of the registration form includes children's dietary needs and any allergies and intolerances.

This information is recorded in a nursery and whole school allergies and intolerances record, which is regularly updated.

We display current information about individual children's dietary needs so that all staff are fully informed about them.

All staff show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of his/her diet or allergy.

We observe rules about children sharing and swapping their food with one another in order to protect children with food allergies.

No nuts, strawberries, kiwis or avocados are ever served in school. No staff member or child is allowed to bring any nuts, strawberries, kiwis or avocados into school or for a packed lunch on a trip.

Parents need to ensure that no cake brought in for a birthday includes nuts. We are happy to share allergy information to ensure that all children in a class can share.

Parents and Carers

Menus are sent weekly with the newsletter and are also available for parents on request from the school office.

We work closely with parents to ensure that our records are up to date.

We ensure that children receive only food and drink which is consistent with their dietary needs and parents'/carers' wishes.

We display the menus of meals/snacks for the information of parents each day and for children in the nursery, record what they have eaten each day.

Parents and carers supply a daily morning snack, which must be healthy - fruit, vegetables, seaweed or cheese are suggested.

Food & Drink

We provide nutritious food at all meal times and snack times, avoiding foods high in fat, sugar, salt and artificial additives, preservatives and colourings.

We have a school nutritionist to ensure that the menus provide the right balance of nutrients for children.

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

The Eating Environment

Meals and snack times are social occasions in which children and staff sit together.

For the nursery children, we use meal and snack times to help children develop independence - making choices, serving food and drink and feeding themselves.

Milk is available daily to younger children as part of the Coolmilk scheme.

The school nutritionist and the Co-Principals will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date. The policy will be reviewed on an annual basis.

Updated October 2020

Lucy Meyer
Proprietor and Co-principal

Aaron Williams
Co-Principal