Holmer Green First School and Pre-School

Nutrition Policy

Introduction

Holmer Green First School and Pre-School is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this policy. This policy covers all aspects of food and drink at school. The policy is communicated to the entire school community through the school website. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day. The nutritional principles of this policy are based on current evidence-based findings; and the 'Eatwell Plate' is the agreed model for ensuring a healthy balanced diet. The Eatwell Guide - https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

Aims and Objectives

- To encourage all children to be responsible for their own health and choices.
- To contribute to the healthy physical development of all members of our school community.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To ensure that we are giving consistent messages about food and health.

Food Across the Curriculum

In Early Years and Key Stage One, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as preparing and cooking food. At Holmer Green First School and Pre-School, we believe that practical, hands-on experiences with food are one of the best ways to help children understand and enjoy healthy eating.

Where the curriculum allows, children will take part in simple food preparation and cooking activities that:

- Build their confidence and curiosity about food,
- Develop independence and life skills,
- Support healthy choices and nutrition knowledge,
- Reinforce messages from the school's Nutrition Policy.

These opportunities form part of our Early Years and Key Stage One curriculum and are embedded in the year group topics.

School and Food Provision throughout the School Day

Snacks

Some of our children have milk during the mornings. The school participates in the Government initiative to provide all Foundation and Key Stage One children with free fruit and vegetables during the day.

We make sure snack time is treated as a calm, social, and educational experience rather than simply a break for eating. The children are encouraged to be involved in aspects of preparation and serving (such as washing fruit or helping to tidy away), promoting independence and fine motor skills. Staff model healthy eating behaviour and use snack times to reinforce learning about food, hygiene, and manners.

Snack opportunities are available throughout the day, allowing children to choose when they feel ready to eat, supporting self-regulation and recognising hunger cues. Children enjoy the social element of snack time whilst sitting down at a table with their peers.

Breakfast and After School Club

Wrap around care is available for all children before and after school, accommodating children from Reception to Year Two. The children are offered healthy snacks during the session, such as toast, bagels, a range of low sugar cereals, vegetables, yoghurt and fruit.

Paediatric First Aid

At least one qualified paediatric first aider will be present in the room, at all times, during all snack and meal times. An adult will always supervise children closely when they are eating.

School Lunches and Packed Lunches

All our school meals are provided for by The Kids Lunch Company. Children are provided with a choice of meals including a hot, cold, and vegetarian option, all of which pay regard to nutritional balance and healthy options. This includes the use of fresh fruit and vegetables each day as a choice for the children. Menus are presented to parents online who then choose meals. Orders go directly to The Kids Lunch Company.
Pre-School children can choose to either bring a packed lunch to school or enjoy one of our school dinners. Healthy packed lunch guidance can be found on our website. The school regularly monitors the contents of lunch boxes and helps children to make informed choices about what is healthy\less healthy to eat.

All children have access to water at lunch time.

Water Only School

Water is freely available throughout the school day to all members of the school community. Every child is reminded to bring in a bottle of water to access in the classroom. The children also have access to water fountains inside the school building and outside in the playground. Children may drink their water at any time.

Special Dietary Requirements

Vegetarian Diets

Our school caterers offer a vegetarian option at lunch every day.

Special Diets - Medical
We recognise that some pupils may require special diets. In these cases, parents are asked to make us fully aware using their child's admission form or by contacting the school office. Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements. The school are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process. The children are photographed and their picture is kept in the kitchen, classrooms and staffroom with their exact dietary requirements. The system we use to order meals allows parents/carers and the catering staff to know what options are available for children with special diets.

Food Safety
Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.
Appropriate staff have received food hygiene training.

Nut-Free School
To protect children with severe allergies, Holmer Green First School and Pre-School is a nut-free school. This means that no nuts or nut products are permitted in school.

For those children in Pre-School who bring in a packed lunch we ask parents and carers to carefully check food labels to help us maintain a safe environment for all.

The Food and Eating Environment
The school will provide a clean, sociable environment for pupils to eat their lunch and snacks. Lunch time supervisors help to ensure a safe, enjoyable experience at lunchtime and encourage healthy eating.

Partnership with Parents and Carers
The partnership of home and school is important in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our water and packed lunch policies via our school website. We encourage parents to choose healthy options for packed lunches. By working in partnership with families, we aim to instil lifelong healthy habits and ensure a safe, nurturing environment for all our pupils.