



LONG DITTON

INFANT AND NURSERY SCHOOL

THE HEART OF LONG DITTON SINCE 1911

WHOLE SCHOOL FOOD POLICY

Reviewed	Summer 2019
To be Reviewed	Summer 2023

Introduction

At Long Ditton Infant and Nursery School we recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards throughout the school day and beyond. We have worked hard to achieve Healthy School's Enhanced status and to raise awareness of the aim for everyone to be healthy. We continue to monitor the place of healthy eating in our school.

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

Objectives

- To improve the health of pupils, staff and their families through increasing their knowledge and awareness of food issues based on the principle of The Balance of Good Health
- To ensure that pupils are well nourished at school, and that every pupil has easy access to a safe water supply during the school day
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs
- To make the provision and consumption of food an enjoyable and safe experience

How are we going to meet our objectives?

- By monitoring school lunch provision, feeding back concerns to the provider
- By participating in the Fruit & Vegetable Scheme
- By allowing children to bring in fruit snacks for the morning session
- By participating in the Milk scheme
- By giving pupils access to water bottles in class and in the playground
- By insisting that children do not bring fizzy drinks or chocolate in their lunchbox
- By insisting that children do not bring in less healthy foods, such as sweets, cakes, biscuits or chocolate to celebrate their birthday
- By providing safe storage of school lunches and lunchboxes
- By encouraging a calm lunchtime environment and appropriate table manners
- Through educating our pupils about the importance of a balanced diet via direct teaching reflected in our planning
- Through educating our pupils about the range and origin of healthy foods in class time
- Through educating our pupils about healthier alternatives when cooking at school
- By inviting staff, parents and governors to eat with our pupils
- Through the involvement of the School Parliament in monitoring and evaluating school and home prepared lunches

Healthy Lunchbox = Healthy Child

“Healthy eating is important for everyone, especially children, to ensure that they receive all the nutrients they need to grow and develop. Eating well and being physically active will improve your child’s health as well as their ability to learn and achieve at school. Encouraging your children to eat healthily now will make them more likely to adopt a healthy lifestyle as they get older.”

- **British Nutrition Foundation**

At Long Ditton Infant and Nursery School we want our children to enjoy their lunch. We make sure that they are comfortable and have space and time to eat their food. Please help us to be a Healthy School by thinking about the healthy balance of food in your child’s lunchbox. Here are some ideas...



GREEN FOOD and DRINK

Any of the food or drink listed below is healthy for children to have regularly.



Fruit or vegetables: chopped and peeled or whole.



Bread or other cereals: sandwiches, bagels, flat bread, Pitta, crackers, pasta



Fish, meat or alternatives: tuna, salmon, chicken, ham, egg, hummous



Milk or dairy: cheeses, yoghurt, fromage frais



Drink: water

ORANGE FOOD

These are foods that can be provided in smaller quantities or more occasionally

Crisps and biscuits or plain cakes can provide children with a good burst of carbohydrate and energy at lunchtime.

A small fruit or plain muffin, or piece of cake (chocolate cake is permitted on each Friday as a special treat.)

A whole packet of crisps can be very high in fat and salt.

If you do put crisps in your child's lunchbox, please buy small 'fun size' packets or put a few crisps in a pot.

**RED FOOD and DRINK
PLEASE DO NOT INCLUDE ANY OF THESE FOODS IN YOUR
CHILD'S LUNCHBOX.**

Fruit juice and squash, all fizzy drinks, chocolate, sweets

The food and drink listed above can be high in fat, salt or sugar.

Food Allergies

We have children with severe allergies and are therefore a NUT FREE school. Please do not include any nuts, or products containing nuts, or PEANUT BUTTER in your child's lunchbox.

Due to other allergies we may sometimes ask parents and carers to ensure other food products are not brought into school. These may include food items such as sesame seeds, humus or any other foods that a child may have an allergy to. In these cases, all parents will be contacted by parent mail to ensure the message is clearly delivered to the whole school community.

In order to minimise the risk of an allergic reaction it is important a shared responsibility between the child (if age-appropriate), family of the child, school, school caterer, GP and school nurse is taken. As part of this we have procedures in place to minimise the risk of a reaction occurring in a food-allergic child and these procedures are reviewed following the event of a reaction occurring.

Communication

Firstly and most importantly we ask that parents of a child diagnosed with a food-allergy by a health professional e.g. a GP or dietician, make the school aware of the diagnosis in the first instance and this will be communicated to the school nurse and school caterer. It is essential that the school has full details of childrens' allergies and parents are expected to provide updates when there are changes.

Where we know there is a risk of an allergic reaction to foods amongst the children we will seek advice and may consider asking parents not to put food products which may contain those substances in to packed lunches or any food that is brought in to school

We work with parents and carers to develop an individual management plan that accommodates the child's needs throughout the school day. The plan is communicated to all school staff and staff are aware of and look to minimise any potential triggers. The child's management plan is reviewed annually or following the event of a reaction occurring (whichever occurs first).

All medication is clearly labelled with the child's name, date of birth and the expiry date.

Training and education

All staff are appropriately trained on minimising triggers and on the management of allergies, including the use of epi-pens. (Please see our Medical Policy)

We make pupils aware that some children suffer from allergies and educate on the health effects and impacts of allergies and how pupils can minimise triggers. This includes not allowing children to share or swap foods.

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

Individual care plans are created for children with food allergies.

Children's food allergies are displayed in a sensitive way in the staffroom and privately in the kitchen servery.

Thank you for your support 😊