

# Food and Drink in School Policy



At Russell Scott Primary School, our aim is to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. We would like to ensure that food and drink brought from home and consumed in school (or on school trips) provides pupils with a healthy, nutritious and balanced diet.

## **Aims of the Policy**

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for Key Stage 1 children in schools and The Children's Food Trust which encourages healthy eating. The trust recommends we have a policy. This policy has been written following consultation with parents, pupils, staff and governors.

By implementing this policy, we hope that:

- We will be making a positive contribution to children's health, both now and in later life, by developing their understanding of healthy eating;
- We will ensure that by making informed choices about their food and drink, children's snacks and meals throughout the school day will support their ability to learn;
- We will promote consistency between the food that is brought in from home and the food provided by schools which must adhere to national standards.

Please visit <http://www.schoolfoodplan.com/standards/>

## **Water**

It has been recognised that children's concentration and behaviour improves when they drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a plastic bottle of water to school each day. Alternatively, reusable water bottles can be kept at school and can be filled and emptied each day. This will allow children to have access to fresh drinking water throughout each day.

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## Playtime Snacks

If your child does not have toast from school, the only things they should be bringing as a snack are: fruit, vegetable sticks, malt loaf, plain breadsticks or crackers, yogurt or toast from home. These are all options which will provide energy but are low in fat and sugar. Crisps or chocolate products are not to be brought as snacks. Most cereal bars are too high in sugar to be a healthy snack.

## Packed Lunches

Packed lunches should include:

- A good portion of starchy food, e.g. crackers, pasta or rice, bread - pitta, wraps, wholemeal, white, rolls, bagels.
- At least one portion of fruit and/or vegetables, e.g. apple, orange, banana, carrot sticks and other crudites, a small box of raisins.
- Meat, fish or other source of non-dairy protein, e.g. egg, tuna, cooked meat, houmous, beans. (High fat meat products such as sausage rolls, pork pies, corned meat and sausages should be avoided.)
- Dairy food such as cheese, yogurt, fromage frais.
- A healthy drink, e.g. fruit juice (150ml), a bottle of water, no added sugar cordial drink.
- One small treat could be included, e.g. a bun, a plain biscuit, a cake bar, snack-a-jacks, a homemade treat, sugar-free jelly, crisps (baked or other low fat options if possible).

Packed lunches must not include:

- Confectionery such as chocolate bars and sweets.
- Fizzy drinks or other drinks high in sugar.
- Nuts or nut products (although they can be healthy) because of the danger to other children with allergies.

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The key message we would like to reiterate is that children should be given a balanced diet.

Children making healthy choices at school will occasionally be rewarded with green smiley faces, stickers, certificates and verbal congratulations.

The school recognises that some children may have special dietary needs that do not allow for the standards to be met exactly but we urge all parents to provide packed lunches that are as healthy as possible.

We are fully aware of the different factors facing parents when considering food and drink options. It is not our intention to tell parents and carers what and how they should be feeding their children. However, if a child regularly brings a snack and/or packed lunch that does not meet the wishes of this policy, then the school will contact parents or carers to discuss this.

We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

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## School Lunches

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. At Russell Scott, school lunches are controlled and regulated by Tameside Council and provided by Carillion.

## Birthday Treats

At Russell Scott, we ask children not to bring sweets or chocolate for birthday treats. If parents and carers wish to send in treats for birthdays, we recommend non-food items such as pencils, rubbers, party bag fillers, etc. or a treat for the whole class like a book to read. We ask that parents and carers do not put teachers in a difficult position by asking them to give out treats that do not adhere to our food and drink policy.

## Treats in School

Throughout the school year, there will be occasions when we give the children treats. These may include Christmas parties, during events related to Easter, at school discos (crisps) and at the Summer Fair. It is not our intention to give children the message that treats are never allowed. They are allowed as part of a healthy, balanced diet.

The school will use opportunities such as new parents' meetings and Health Weeks to promote this policy as part of a whole school approach to healthier eating.

Please be assured that we always have the best interests of the children at heart.

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This 'Food and Drink in School Policy' is reviewed annually.

Last Review Date: February 2026

Next Review Date: February 2027