



ST ALBAN'S CE (AIDED) PRIMARY SCHOOL

'Inspired to make a difference in God's world with excellence and love'

Food in School Statement

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1. **Introduction**

At St Alban's we recognise the important connection between healthy diet and a pupil's ability to learn effectively and achieve high standards at school. We also recognise the role the school can play, as part of the wider community, in promoting family health.

2. **Aims**

- To promote consistent messages throughout the whole school by ensuring all policies, procedures and daily working practice follow this policy.
- To make sure that nutrition has a prominent place in school life.
- To offer healthy food and drink choices at all appropriate times.
- To ensure the food environment promotes a happy, pleasurable experience.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food, and a safe water supply during the school day.

3. **Food Provision**

Key Stage One participates in the Fruit and Vegetable Initiative enabling all children to have access to free fruit and vegetable on a daily basis. In addition to this, children in both key stages are welcome to bring their own fruit or vegetable snack from home to have at break.

Children have access to drinking water throughout the day and are reminded by staff of the importance of drinking enough water. They may bring in a named water bottle to use in the classroom and at break times although this is only to contain fresh water.

Staff are also expected to follow the same snack guidelines as the children when on duty.

We are aware that children and adults at school may have food allergies and intolerances that in some cases are life threatening. Children are not allowed to bring to school any food containing nuts/nut products and special diets are catered for by our school lunch provided HC3 when appropriate medical documentation is provided. Where possible within the curriculum (e.g. cooking in DT lessons, food tasting), every effort is made to provide alternative food items that can be used by children who have specific allergies.

4. **The Curriculum**

We teach healthy eating and sustainable eating primarily through the Science, Trailblazing and PSHE curriculum from Reception through to Year Six, and through other cross-curricular opportunities where these arise. In addition, classes have access to vegetable patches and are encouraged to grow and eat their own produce throughout the year. Our whole school Harvest Festival each year also provides us with an additional opportunity to promote where our food comes from and the ability to make healthy and sustainable

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choices. In addition, on residential visits and school trips we encourage children to eat healthily and to try new foods.

5. **Dining Facilities**

Each day HC3S (our catering providers) provide a nutritional balanced meal containing a source of protein, carbohydrate, vitamins and minerals, fibre and fat, as part of the school meal provision at lunchtime. HC3S are a 'junk free' provider and have been given this status due to the quality of their food. They also strive to provide locally sourced ingredients to produce school meals.

We also aim to provide a comfortable and suitable dining environment for the children to eat in and provide a social development opportunity.

With regards to children's packed lunches from home, through curriculum provision and competitions to raise awareness, we aim to promote healthy choices for packed lunches by the children and parents.