

Status	Date
Staff	Spring 2019
AGC Governors	Spring 2019
Review due	Spring 2021

Rationale

Wansdyke School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about what they eat. It is essential that nutritional education is embedded in the curriculum and that there is consistency across subjects including Science, Technology, PSHE and PE.

Aims

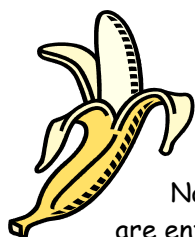
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food/drink options throughout the school day and ensure that food brought into school is healthy too.
- To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school.



Food and drink provision throughout the school day

Drinks: Water fountains are provided on both Phase 1 and Phase 2 playgrounds. Children are encouraged to bring a water bottle to keep in the classroom so that they can drink water throughout the day. Sinks are available for children to use to top up their bottle throughout the day. Squash and other drinks are not allowed in classrooms.

Breakfast club: We operate a breakfast club on a daily basis that provides a nutritious meal for pupils before the school day and complies with the National Nutritional standards.



Break times: FS and Phase 1 children are all provided with a piece of fruit through the National Fruit scheme. Phase 2 Children are only allowed to eat a fruit snack during break time.

Lunch times: An external catering company provides our school dinners and these meals meet the National Nutritional Standards for School lunches. Free school meals are provided for those who are entitled.

Packed lunches: Wansdyke encourages parents and carers to provide children with packed lunches that complement the nutritional standards. The school food plan 2013 stated that confectionary, crisps and sugary drinks should not be seen in schools. Therefore we actively discourage parents from putting foods that are high in salt, fat and sugar content in lunchboxes.

We will offer suggestions for alternatives to such foods and will celebrate with children and families when healthy options are chosen. If foods high in salt, fat or sugar are brought into school, they should be appropriate to the age of the child and promote healthy eating. If we think that a child has an excessive amount of such foods, for their age, then he/she will be asked to put some back in their bag to take home at the end of the day.

Other

Treats that are sent into school to celebrate birthdays are allowed. These will be distributed at home time so parents are able to monitor this. There will be rare occasions when sweets, chocolates or cakes are given out e.g. for Egghobile or to celebrate specific events.



Signed..... (Chair AGC Governors)

Date.....