

# Philpots Manor School



## Provision of Food & Drink Policy

Written by : TH

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Approved by: SLT

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## **Appendix 1: School Food Standards**

### **1. Aims**

- To provide an environment that promotes healthy eating habits and enables students to make informed choices about the food they eat.
- To recognise the important part that a healthy diet plays in a student's well being and their ability to learn and achieve effectively.

### **2. Legislation and statutory requirements**

This policy is based on the School Food Standards as published by Food For Life. A copy of the latest standards, revised in January 2015, are attached to this policy.

### **3. Application**

This policy covers the areas of:

- Break time snacks including those brought from home
- Milk
- Water
- School lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations
- Off-site activities and trips

#### **3.1 Break Time Snacks**

Any break time snacks should be fruit or vegetables only.

#### **3.2 Milk**

Lower fat milk is available for drinking during the day.

#### **3.3 Water**

Drinking water is available throughout the day for all students and staff. Everyone will be encouraged to drink water at frequent intervals. Students are encouraged to bring a refillable water bottle to school every day which they can access throughout the day.

Students are discouraged from bringing any other drinks into school, water is available for any student bringing a packed lunch to school.

### 3.4 School Lunches Including Packed Lunches

All school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. A hot cooked meal is available for every student every day free of charge and students are encouraged to eat the school meals.

Staff will work with the students to provide a clean, safe and attractive and appropriate dining area. Students are encouraged to be independent during the meal and to clear up after themselves by tidying their plate and cutlery away. Parents will be encouraged to provide healthy packed lunches in line with the school food standards.

### 3.5 Curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE. The school also holds a wellbeing week where healthy eating forms a part.

### 3.6 Before and After School Clubs and Events

Food provision at any breakfast and after school club held at the school is compliant with the National School Food Standards.

### 3.7 Events and Celebrations

Students are asked not to bring in sweets or cakes to celebrate their birthdays or for other celebrations. The school provides a cake for the class to share to celebrate students' birthdays. The school encourages healthier treats such as fruit and vegetables or ice lollies.

### 3.8 Off-site Activities and Trips

Where possible staff are encouraged to request a packed lunch for any off-site activities or trips which will be prepared in line with the school food guidelines.