



**Aims and objectives:**

- Proper nutrition is essential for good health and effective learning. We aim to:
- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in all decision making.

## **Holy Trinity C of E Primary Nutritional Standards June 2021**

Date Completed: June 2021  
Next Review Date: June 2022  
Completed By: B. Kaur

## **Background and ethos:**

At Holy Trinity Primary we know that what pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking that occur on the school premises.

We acknowledge the link between pupils' diets and their physical and emotional health and also the key role that we as a school can play in supporting pupils and their families to develop and maintain a healthy diet.

The policy is fully inclusive and applicable to pupils with special dietary requirements either for medical or religious reasons.

The ethos of the school is one that promotes awareness and the importance of healthy lifestyles within the school at all times and recognises the valuable role that all school staff have in modelling good practice and helping to create an environment which supports a positive attitude to healthy lifestyles.

## **We aim to promote healthy & balanced eating by:**

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide - 'The Balance of Good Health' and the new nutritional standards.
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging fruit juices, lower fat milk and sugar-free drinks.
- discouraging sugary drinks and less healthy snacks between meals.

## **Equal Opportunities**

At Holy Trinity we ensure that pupils' religious and medical dietary needs are met. We will also try to increase the uptake of free school meals by those pupils entitled to them whilst also making sure that pupils entitled to free school meals are not identifiable by their peers.

## **Teaching and Learning**

Teaching and learning about food occurs through science when the children learn about the importance of a healthy and varied diet; that a varied and balanced diet is essential for growth and for people to stay healthy. During Design and Technology lessons in designated year groups, they also investigate different foods and find out their function.

Food Hygiene regulations are considered with any teaching and learning about food including food tasting. Throughout the year, children have opportunities to learn about different cultures. This often involves links with parents who come to school and work with groups of children to prepare and cook food. Staff who prepare food have a food hygiene certificate.

### **Food provision other than at lunchtime**

We provide food and drink to pupils throughout the school day, which will all meet the nutritional standards.

#### **Mid - morning provision**

All pupils are encouraged to bring a healthy snack and either juice, water or milk if it is purchased. KS1 and foundation stage are provided with a selection of fruit and milk (if purchased from 5 years old) on a daily basis.

#### **Fluid consumption**

All pupils are able to bring in clear plastic sports bottles to fill with water and to use in class. Water is freely available from classroom taps. All teaching and non-teaching staff encourage pupils to drink water and after PE lessons and during times of hot weather there are specific reminders to pupils to drink sufficient water.

### **Food provision at lunchtime:**

#### **School lunches**

At Holy Trinity we provide food and drink to pupils at lunchtime which will meet the mandatory nutritional standards. The school meals are provided by AIP - Alliance in Partnership.

The menus are devised and nutritionally analysed by AIP Alliance in partnership. Details of the nutritional analysis is available from the cook in charge of the kitchen, if there is any concern over whether the nutritional standards are being achieved.

The menus reflect the cultural mix of the school and reflect pupils' choices. Pupils are supported to make healthy choices from the selection provided by all catering staff. The menu is seasonal and is distributed to the children and parents.

The queuing system is monitored to ensure that no pupil has to queue for more than 5 minutes.

Around the dining room there are large posters displaying the healthy eating messages and displays of pupils' work on healthy eating are in the dining room.

As part of the 'universal free school meals' offer all children in Reception and Key Stage 1 are offered free school meals.

### **Packed lunches**

Children have the option to bring in a packed lunch from home.

Additionally contact will be made with parents if

- pupils are not eating the food sent for them
- pupils are regularly provided with unhealthy options
- pupils are still hungry after eating packed lunch
- pupils are unable to eat the quantity of food supplied.

Pupils having packed lunches are supplied with fresh water.

### **Working with parents and carers**

- the partnership of parents with our school is essential and particularly with promoting healthy eating. At Holy Trinity we upload sample menus on the school website.
- send letters home informing parents of the food policy on children bringing in food and drink from home.
- ask parents for their views on changes to the food and drink provision in the school.

### **Working with partner organisations and outside visitors**

In order to enhance the food policy and nutrition education at Holy Trinity we have worked with Sandwell Health Education Service. We now work alongside AIP - Alliance in Partnership who provide lunchtime meals.

### **Monitoring and evaluation**

Compliance with nutritional standards at lunchtime will be monitored by nutritional analysis of menus by the senior leadership team and reported to the Governors meeting on an annual basis.

Compliance with School Food Standards at times other than lunch will be monitored by senior leaders and reported to the Governors meeting on an annual basis.

Pupils' menus and food choices are monitored and used to inform policy development and provision. Monitoring occurs via a variety of methods such as visual monitoring by Lunchtime Supervisors, monitoring by pupils, surveys by pupils.

Nutrition education in the curriculum will be monitored by the leader with responsibility for the curriculum on an annual basis