

Mayfield School Food Policy

Introduction

In our school we are committed to promoting good nutrition and its importance for long-term health. It is our aim that all elements of school life should contribute to an environment which promotes a healthy lifestyle within the school and wider community, so that children develop positive attitudes to food, make informed choices and enjoy eating healthily.

Aims and Objectives

- To give consistent and coherent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness and the importance of a balanced diet
- To contribute to the healthy physical development of all members of our school community
- To support the '5 a day' campaign by encouraging children to eat 5 portions of fruit and vegetables a day

Application of the Food Policy

1. **Snacks** - All Foundation Stage and Key Stage 1 children take part in the National Fruit and Vegetable Scheme which provides all infants with one free piece of fruit or vegetable per day. These are usually eaten during the morning. Juniors may bring fruit or vegetables (not nuts) to eat at playtime – no other snack is allowed during break except in medically indicated circumstances with the prior agreement of the school.
2. **School lunches** - All our school meals are provided by a contracted caterer who operates according to a healthy food policy. This includes fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. No GM ingredients are used and the meals comply with all current nutritional standards. A vegetarian option is available each day and specific dietary requirements can be catered for. The menu is displayed on the school website and can also be viewed at http://mayfieldcambridge.org/?page_id=3177
3. **Packed lunches** - Many children bring a packed lunch to school. We encourage parents and children to make healthy lunchbox choices. Guidelines for packed lunches are provided in the school prospectus. Ideas for healthy packed lunches can also be found in the Mayfield Packed Lunch Recipe Book (on the school website) or on the following websites: www.nhs.uk/change4life; www.nhs.uk.5aday; www.food.gov.uk; www.eatwell.gov.uk. We encourage children to include fruit and/or vegetables in their lunch boxes. We do not allow sweets or fizzy drinks in cans or glass bottles (including on school trips). We also have a 'no sharing' rule - as some children have food allergies it is very important that children eat only the food they are given.
4. **Dining environment** - All children eat their lunches together in the school hall, although in w arm weather children eating packed lunches may choose to sit in the school grounds to do this. Staff and parents are encouraged to eat with the children if they choose to do so.
5. **Sweets** - sweets are not allowed to be brought in to school by children for consumption during the school day. Sweets should be avoided as rewards or prizes in school.
6. **Water for all** - Children are encouraged to bring a bottle of fresh water into school each day and they may have access to it both in the classroom in accordance with their class teacher's policy, and during breaks. They may refill it from the designated filtered drinking water taps in each classroom. Water bottles are on sale in the school office. Only water may be drunk during the school day, except at lunch when children may drink juice or milk.

- 7. Food across the curriculum** - At all stages of the curriculum there are opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns, teeth and eating, food hygiene, and practical skills such as preparing and cooking food.
- 8. Extra-curricular and other events** - During school clubs and out of school events (including PTA events) the school encourages consideration of healthy dietary options in the range of refreshments made available.