



FOOD AND DRINK AT THE MILL

What is a food and drink policy, and why have one?

In partnership with parents, carers and pupils, we seek to encourage a healthy attitude to and relationship with food. We promote balanced dietary choices which are beneficial to both physical health and mental well being. It is scientifically proven that poorly balanced diets can affect health profoundly in the short and long term. Poor diet can affect concentration and mood both inside and outside of the classroom and may contribute towards some health conditions.

Part of our duty of care to our pupils is to educate them about healthy choices and to encourage parents and carers to do the same.

We work with our families, and we believe in a common sense approach to eating. We want children to understand eating well is about knowing what is in your food and making choices as they get older that will be nutritious and enjoyable. There is much in the media currently around early eating disorders, food 'shaming' or food anxiety and we actively want to encourage a positive attitude to eating and food. Eating should be enjoyable and we model that to our pupils.

Our aims are:

- Encourage pupils to develop positive attitudes towards eating
- Promote an understanding of a balanced diet
- To ensure break time snacks are water, fruit and vegetables
- To ensure lunchbox content promote healthy balanced and enjoyable eating
- To ensure food provided by our caterers is of a high quality and promotes health
- To ensure choices provided address cultural, religious and dietary needs
- To encourage pupils to drink water at frequent intervals throughout the day

SCHOOL ORGANISATION

Breaktime Snacks

As part of the National School Fruit and Vegetable scheme all children from Reception to end of Year 2 are provided with a piece of fruit or vegetable each school day. This is given as a break time snack. The rest of the school are encouraged to bring a breaktime snack and this is restricted to fruit or vegetables only at morning breaktime. Sugary biscuits, biscuit bars, sweets and chocolate bars are not allowed at morning breaktime.

School Lunches

Hot school lunches are provided free of charge for all of Key Stage 1 and for pupils in Key Stage 2 who are entitled to free school meals. For Key stage 2 pupils not entitled to free school meals, they can be ordered and paid for by parents via the school office@themill-tkat.org. If children are bringing in a packed lunch, this should be balanced. Some suggestions could be: a sandwich, salad, pasta or savoury item, vegetables, fruit, and yoghurt, for example. A small 'treat' item such as a small packet of crisps, little cake, 'fun size' bar or biscuit is allowed but to be eaten at lunchtime only, and not morning breaks. We trust our parents and carers to adopt a common sense approach here: if your child has an otherwise healthy balanced lunch, and you choose for them to have a cookie or similar, then that is reasonable



and balanced. However, sending in whole packs of sweets, whole chocolate 'adult sized' bars and fizzy drinks for lunch are not allowed and are not balanced or healthy. If you have concerns around your child's eating behaviours, or mealtimes cause anxiety, please contact our SENDCo at julie.whittington@themill-tkat.org as there are things we can advise to help.

Nut free school

We are a nut free school, and ask that you do not send in nuts or anything containing nuts with your child under any circumstances. This includes spreads such as Nutella, which can often be forgotten.

Water and Drinks in school

All children are encouraged to bring in water bottles and these can be refilled during the day. Sugar free squash is an accepted alternative if you have a child who refuses to drink water, as being hydrated is very important. However we encourage parents and carers to promote the drinking of water first and foremost. At lunch and in school classrooms during the day, the pupils have access to water only. Cans and fizzy drinks are not allowed.

Birthdays and other celebrations and events

Families often want their children to share sweets or other treats such as cupcakes with friends for birthdays or other special occasions. It is up to the individual parents and carers of children to allow their child to accept the treat or not. Pupils are not allowed to eat them on school grounds. On rare occasions at school events such as discos or fairs, sugary treats might be available. We set those events out as separate to the school day and lunchtime expectations. At those events, parents or carers can decide if they wish their child to purchase or accept these or not.

What if a parent or carer has an issue or concern?

Please do not sit on any worries or issues. We want to help. Contact office@themill-tkat.org or call us on 01293 571893 to the office who will pass your message on to your child's teacher.

If you have concerns around your child's eating behaviours, or mealtimes cause anxiety, please contact our SENDCo at julie.whittington@themill-tkat.org as there are things we can advise to help.

MONITORING AND REVIEW

The Policy will be reviewed annually by the Headteacher.