

Tornedale Infant Academy



FOOD AND DRINK POLICY

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1. INTRODUCTION

At Tortedale we understand that what children eat and drink is important, and the habits they develop from a young age will impact their future health. We value the importance in providing children with a nutritious, balanced diet that will encourage them to make healthy, informed choices. We share responsibility with parents to give guidance on the health issues and the risks of unhealthy eating practices.

We believe that foods and drink can be used in a variety of educational ways. Pupils are encouraged to celebrate holidays, religious festivals, special events and the various foods associated with these events, and are encouraged to experiment with unfamiliar foods.

2. AIMS

The main aims of our school food policy are:

1. to provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
2. to support pupils to make healthy food choices and be better prepared to learn and achieve from Early Years to Year 2.
3. to ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.
4. to ensure that the whole school day complies with the food policy.

3. WRAPAROUND PROVISION

Breakfast is an important meal that should provide energy and support pupils to be ready to learn at the start of each day.

Tortedale run a daily breakfast club for pupils with a session commencing at 7.30 am and one at 8.00 am until the start of the school day at 8.30 am. Breakfast Club is bookable through the ParentMail app.

The breakfast menu includes: cereal, toast and fruit along with milk, fruit juice and water.

Children who attend Play and Stay will be given a drink of sugar-free squash or water with fruit and/or a plain biscuit upon their arrival at 3.00 pm

At 4.00 pm the children still in this provision will be offered a light tea to complement their lunchtime menu. Menus are available on the website along with allergen information - [Tortedale Infant Academy - Wraparound Care Provision](#). All staff working in this provision have completed Allergen training.

4. SCHOOL LUNCHES

School meals are served between 11.30 am and 12.40 pm in the dining hall. School meals are planned on a 3-week cycle by the Doncaster Schools Catering Team. Sandwiches or fruit are available to children who have not eaten the meal served.

All menus comply with current food and nutritional standards. The school menu is available on the school website - [Tornedale Infant Academy - School Meals & Menus](#).

5. PACKED LUNCHES

The aim of the school's packed lunch policy is to support and encourage pupils to have a balanced lunch to best prepare them for learning in the afternoon. Children will be praised for healthy choices such as vegetables and fruit. Where packed lunches are brought into school that are not in line with the policy, a discrete conversation will take place with the child and parent to ensure they are aware of healthier choices. If a child regularly brings in a packed lunch that is not in line with the policy, then the school will contact the parents to discuss this.

Packed lunches should aim to include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, eggs, tuna, chicken, turkey or a non-dairy protein such as beans, Quorn, hummus.
- A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water or 150ml carton of fruit juice or vegetable juice.

Packed lunches can occasionally include (in moderation):

- Meat products such as sausage rolls, individual pies, processed meat and sausages.
- Crisps and other salted snack foods.

Packed lunches should NOT include (in line with the school meal guidance):

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
- Fizzy drinks, especially energy drinks, (it is the carbonation in these that can contribute to tooth decay).
- Any type of product that contains nuts, including chocolate spreads.

6. SNACKS

Tornedale understands that healthy and nutritious snacks can be an important part of the diet of young people. Fruit/Vegetable snacks are provided during the morning for all pupils (this is a free scheme) and includes: carrots, apples, pears, raisins along with other healthy options.

7. DRINKS IN THE CLASSROOM

All classrooms are strictly 'water only', with the exception of the under 5's free milk entitlement and those children who parents pay for milk via the Cool Milk scheme or children entitled to free school meals who receive free milk. Water is provided if necessary, but children are encouraged to bring their own water bottles daily. These need to be clearly labelled, stored in the tray provided and taken home at the end of each school day.

8. SCHOOL TRIPS

A free packed lunch can be provided by the school for all children as part of the Universal Infant Free School Meal scheme. Nursery children are required to pay the standard school meal price for their packed lunches, except those who qualify for free school meals.

These packed lunches generally include a sandwich, water, fruit and a plain biscuit/cake. Children are welcome to bring their own packed lunches on school trips. However, these lunches must adhere to the same food and drink guidance described above.

9. CURRICULAR ACTIVITY

Food and nutrition are taught at an appropriate level throughout each key stage. Food tasting activities and baking sessions take place throughout the academic year, taking into account allergies, intolerances and dietary restrictions.

10. SPECIAL DIETARY REQUIREMENTS

Tornedale does everything possible to accommodate pupils specialist dietary requirements including allergies, intolerances, other medical conditions, religious or cultural practices. Individual care plans are created for pupils with food allergies and intolerances and the School Business Manager will ensure that everyone is aware of how to accommodate for these pupils. Pupil's food allergies are displayed in a sensitive way in appropriate places around the school including the school kitchen. We review and update health food plans annually and liaise with kitchen staff on a regular basis.

11. TORNEDALE INFANT ACADEMY IS COMPLIANT WITH NATASHA'S LAW

Tornedale Infant Academy, including the school kitchen, is a nut free environment. Therefore, we do not allow any products that contain nuts anywhere on the school premises. Notices are placed strategically around school to remind staff, parents and visitors of this.

12. EXPECTATIONS OF STAFF AND VISITORS

The Academy expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink, which is in line with the policy, when in the company of pupils.

13. PARENTS, CARERS AND FAMILY MEMBERS

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

14. MONITORING AND REVIEW

This policy will be reviewed at least every 3 years by the Headteacher.