



BEVENDEAN FOOD AND DRINK AT BEVENDEAN

At Danes Hill School there is an over arching intent to teach children about healthy living styles in general, particularly an awareness of eating healthily, taking exercise and looking after oneself. This forms part of Bevendean's set of Happy Rules. This is addressed in assemblies and Circle Times in the Spring Term and is a shared responsibility with the parents through our annual Nutrition Evenings.

Children are not allowed to bring food and drink on to the site except with special permission, for example for birthday celebrations or outings off site where a packed lunch is required. In these instances parents are reminded of the school's strict **no nuts policy**. When cakes are brought in for birthday celebrations, they are sent home with the children to be eaten at home.

No nuts of any sort are ever included in any foods prepared on site.

All children who stay in school all day are provided with a hot school lunch. Food is prepared on site by the catering team in our own kitchens which are subjected to rigorous annual checks by Food Health and Safety Standards. Water is provided at lunch time.

Weekly menus are displayed around the school for parents to see and are published in the weekly newsletter and on the website. A personal menu will be provided if requested. Lunches provided are balanced and nutritious, with a reasonable variety of meals included. The Head of Pre-Prep meets with the Head of Catering regularly to discuss any nutrition issues.

All children are encouraged to try new foods and to eat what they are given. Extra support is given by the catering staff and/or the teacher on duty in the lunch room if a child is finding it difficult to settle to lunch at school. Appointments can be made with the catering manager for any parent concerned about their child eating at school and in certain cases special arrangements can be made. Children with special dietary requirements due to cultural or medical issues will be catered for by the catering manager under guidance from parents and/or the medical profession. Children with any type of dietary requirement are provided with an identification aid at lunchtime eg: a coloured place mat.

Parents are asked to provide a mid-morning snack for their child. This snack must comprise fruit or vegetables or dried fruits only. Nothing other than these food items are allowed to be brought into school. Children are provided with a third of a pint of milk with this mid-morning snack by the school. Water will be provided as an alternative if we are informed by parents that their child may not have milk.

There are labelled water fountains in several places in the playground for children to help themselves at playtimes. Water is also available in all classrooms. Children may also bring in their regulation water bottles to school.

A healthy snack is provided for children at 3.00 pm.

R Samson

Date of Policy: 1 February 2018

Date of Policy renewal: 1 February 2019