

Drinks

Water is available from drinking fountains at both ends of the school and children are encouraged to bring in a transparent plastic bottle of water, labelled with their name, for personal use in the class room. We recognise the contribution that the consumption of sufficient water makes to learning, positive behaviour and health and, at the suggestion of the children, are currently investigating the possibility of providing drinking water in the playgrounds.

Special dietary needs

Parents and carers can be reassured that the school will support pupils with special dietary needs during the school day, for example, those related to medical conditions or religious faiths. It is essential that parents and carers inform the school of any allergies and other diet-related medical conditions.

Rewards

The school will only use non-food based rewards or prizes.

School meals

School meals are provided by East Sussex Catering Contractors and follow the nutritional guidelines set out by the DfES and Caroline Walker Trust. The implementation of national nutritional standards and information about the style of service and menu content are identified in the catering contract. Individual dietary needs can be catered for with special foods or menus if you keep the school office informed.

If you have any concerns or queries related to our Food Policy, please contact the school office and make an appointment to talk them through with a member of staff.

Denton Community Primary School



Healthy Eating:

Information for parents and carers about
our Food Policy
September 2011

At Denton Community Primary School parents, teachers, governors and members of the Healthy School Task Group first worked together on our Food Policy to meet all the expectations of the "Healthy School" standard in November 2007. Since then we have improved further to be given Enhanced Healthy School Status in September 2010. Our Food Policy is in line with East Sussex Children's Services Guidance for Food Policy documentation, (April 2006, reviewed May 2010).

The aim of our Food Policy is for all aspects of school life to

promote the health and well-being of all members of the school community, including aspects of food and nutrition, as part of our commitment to being a Healthy School.

Our Food Policy is based on the following values:

- *At Denton Community Primary School we value all members of our school community and seek to promote their health and well-being and to make our school an enjoyable place to learn.*
- *We recognise that food and nutrition form an important aspect of our health and well-being and contribute to our ability to learn effectively.*
- *We recognise that food and drink play an important role in our different cultures.*
- *We are committed to communicating consistent messages across the school.*

Complete versions of the Food Policy are available on request from the school office. Excerpts that may be of particular interest to parents and carers are reproduced below so that we might work together to provide consistent expectations for our children.

Packed lunches

Our current prospectus states that: in order to keep teeth healthy, sweets and similar items of food are not allowed in school but one

chocolate-coated biscuit is permitted as part of a packed lunch. Guidelines on healthy packed lunch boxes are available from the school office. In hot weather, it is important for health reasons that the lunch boxes are kept cool: many parents include a plastic bottle containing an iced drink for this purpose.

Snacks

Children may bring some fruit or vegetables to eat at morning break if they wish. Additionally, children in Reception and Key Stage One receive a free piece of fruit every afternoon, as part of the government sponsored 'Healthy Eating' Scheme. After discussions with School Council we have set up a healthy tuck shop at mid-morning play for junior pupils.

Celebrations, treats and rewards

The school recognises that food is often an important element of celebrations and special events and will ensure that healthy choices are available. This is fully supported by our parent-teacher association, FADS, and the vast majority of parents and carers.

From time to time parents ask if their children may bring some food items into school to celebrate their birthdays: this is always acceptable if the food is a healthy option, (not sweets, chocolate, cakes, etc.). Please consult with your child's class teacher in advance if you wish to make any such arrangement. This avoids any unnecessary upset for your child on his or her special day.

Teaching and Learning

Through our Personal, Social and Health Education, Science lessons and our healthy living Week, we teach the children the importance of a balanced diet for good health and growth. They learn to recognise that some foods should be eaten in moderation and that, for good dental health, other foods should not be eaten between meals. By making sure that only healthy snacks are available at school, we aim to give a consistent message to the children.