

## Ranvilles Junior School Food and Nutrition Policy

### 1. ACCESSIBILITY

This policy is available in large print or Braille.  
Please contact the school office who will be happy  
to arrange this for you.

### 2. PURPOSE OF POLICY

The Governing Body are responsible for the provision of schools food and for the curriculum in respect of healthy eating and nutritional awareness.

This policy sets out key information in respect of how the Governing Body meets the legislative requirements in respect of school food.

### 3. APPROVAL

Approval date: September 2022

Date for next review: September 2025

#### **4. INTRODUCTION**

Ranvilles Junior School believes that a balanced healthy, nutritious diet is important for the development of a child's physical state, their intellectual abilities, and their general wellbeing.

It is proven that feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills. This policy has been developed in support of the school's approach to:

- Encourage the school community, local community and the local business community (stakeholders) to be aware of the importance of good nutrition
- Encourage all to recognise the importance of a well-balanced diet and regular exercise
- Ensure that food offered in Ranvilles Junior School is acceptable to, and appropriate for, the needs of children, therefore balanced in the provision of nutritional value in accordance with legislation and guidelines.

#### **5. REFERENCES**

- World Health Organisation, Healthy diet factsheet [here](#)
- Hampshire County Council Catering Services (HC3S) guidelines [here](#)
- The Requirements for School Food Regulations (2014) [here](#)
- Schools Food Plan 2013 [here](#)
- School Food: Guidance for Governors (May 2022) [here](#)
- Food teaching in primary schools : a framework of knowledge and skills [here](#)

#### **6. MAIN SCHOOL MEAL**

The school contracts with Hampshire County Council's catering service, HC3S, to provide a selection of cold and hot meals for pupils. School meals are provided on a 3-week, rotational menu basis and as standard caters for vegetarians. [here](#)

The school recognises the need to make reasonable adjustments for pupils with particular needs, for example, medical, dietary or cultural. HC3S can provide nut-free, celiac (wheat/gluten) free, egg free and dairy free menus for food-allergen pupils registered with HC3S.

Free school meals are provided where the pupil and/or parent meets eligibility criteria. [here](#)

Pupils bringing packed lunches to school sit separately from those eating school lunches and they are encouraged to only have healthy option food items.

Meals are taken in the school hall, supervised by lunchtime supervisory staff. Packed lunches are also taken under supervision in the school hall, although weather permitting, they can also be eaten outside.

Pupils are encouraged to participate in mealtime as a social event.

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## **7. ACCESS TO FOOD DURING BREAKTIME**

During break-time food from home may be consumed. Ranvilles Junior School promotes the eating of fruit, vegetables or low sugar/sugar-free snacks during this time and provides a Healthy Eating Tuck Shop that sells low cost, healthy snacks to encourage this behaviour.

The school does not provide vending machines.

## **8. ACCESS TO WATER AND MILK**

We encourage children to drink fresh water, as required, during lessons as this will promote their individual well-being and readiness for learning. Low fat milk is also made available for pupils and provided free of charge to pupils who meet the qualifying criteria.

## **9. FOOD AND NUTRITION IN THE CURRICULUM**

Pupils' subject knowledge is developed across the creative curriculum to ensure that learners have opportunities to value the impact of food and nutrition positively in relation to both their physical wellbeing and culturally.

Through the STARS philosophy they are also encouraged to cook and eat healthily in order to stay staff and to value the needs, wants and views of others in different cultures.