

Food and Drink Policy

What children eat at school is very important. Research proves that good food is vital to children's health, development, concentration, behaviour and academic achievement. Moreover, good eating habits during childhood are more likely to be maintained in adulthood. Working with parents will help to reinforce healthy eating messages and support the whole school approach to food safety.

Aims:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.
- To ensure that all members of the school community are able to make informed food choices and are aware of the importance of healthy food
- To ensure all staff and volunteers involved in food preparation demonstrate good food safety practices.
- To ensure that messages taught in the curriculum are reflected throughout the school day.

Drinking Water

Drinking water is available to all children, every day. Children are encouraged to bring in their own water bottle and are encouraged to drink regularly.

Food Allergies

Our parents are asked when their child enrolls at the school if they have any food allergies. This information is passed onto the Form Teacher and staff. If a child acquires a food allergy after enrollment, it is the responsibility of the family to inform the school.

Our Food and Eating Culture

6 rules which aim to make eating a pleasant experience for all:

- Talk quietly to your friends while eating
- Be polite, remember to say please and thank you
- Don't speak with your mouth full
- Try not to drop food on the floor
- Do not litter or leave any trash in the classroom or playground
- Use reusable containers. Try your best not to use single use plastics.

Snack and Lunch

Snack and Lunch time is not only a time to sit and relax and feed our bodies, it is also a social time where the children enjoy talking to their friends and teachers. We encourage all families to prepare healthy snacks and a nutritious lunch and to avoid sugary sweets and junk food. Children are not allowed to bring in carbonated drinks or drinks that are high in sugar.

Our teachers encourage children to finish their food, however, children will not be forced to eat and will not be punished if they do not finish their food. If our staff notice that a child is not eating their snack or lunch, parents will be notified and if needed, a meeting can be arranged to discuss the best way forward.

Early Years No Share Policy

The health and wellbeing of our students is a paramount concern to us. During snacks and lunch time, it is our policy that food cannot be shared with others to ensure that parents know what their children have been eating during the day. All members of the school community need to be aware that students in EY are not to swap or share food and can only eat food provided by their parents / guardians, unless there is an activity or event (see below).

Food Sharing Activities and Events

At NZSJ, we often have food sharing activities with the school community. Food sharing is a great way to build community and spend time together. For these activities, families will be notified in advance. Children with food allergies will be guided with their food selection. Children with severe food allergies can only eat food prepared by their own family. If you do not want your children to participate in such activities, please inform your child's teacher.

For birthdays, where you want to bring in food or cake for the class, families are required to inform the school 1 week in advance with information about what food will be brought in, so that other families can be notified and have a chance to opt out from eating additional food on that day. We ask all families to keep it simple and use reusable / sustainable containers where possible.

Food Delivery

Children are not allowed to order food from outside the school using any food delivery applications. We ask that children come to school with their packed lunch with them. However, if families need to drop off a child's lunch during school hours, they must leave the food package with security with the package labelled with the student's name.

Sustainable Practices

At our school, we are committed to promoting sustainable practices and being mindful of our impact on the environment. As part of our food and drink policy, we actively encourage all students, staff, and visitors to embrace waste reduction and the use of reusable materials. We aim to minimise single-use plastics, disposable utensils, and containers. We encourage everyone to bring their reusable water bottles, lunch containers, and cutlery, fostering a culture of responsible consumption and reducing unnecessary waste generation. By collectively taking these small yet meaningful steps, we can contribute to a cleaner, greener future for our school and our planet.