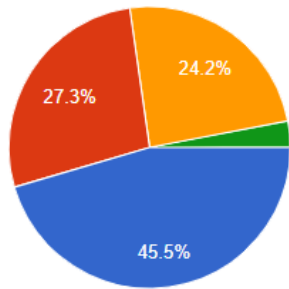




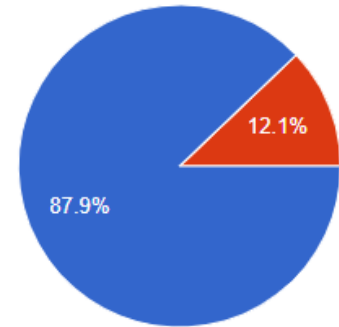
Farrington Gurney

C of E Primary School

Outcome of the Parent Survey on Drink and Food - March 2022



- Water only
- Squash only
- Sometimes water, sometime squash
- Always water till the squash trial but have noticed drinking more during the day so may stick to squash



The results above show 46% of children are provided with water only and 27% squash only. The remaining children have either on any given day.

88% thought parents, and not school, should decide on what goes in their child's drinks bottles.

The most common themes from the 23 written responses include:

- School has a duty of care to signpost parents to advice regarding healthy choices.
- With the exception of nuts, fizzy drinks and full chocolate bars; moderation was key.
- There were a number of concerns that drinks other than water were detrimental to children's teeth, but also children need to be hydrated and squash was better than children not drinking at all.
- Parent or school concerns around healthy eating should be dealt with on a 1:1 basis, with support from school nurse signposted if necessary.
- Only parents have the 'holistic' view of their child's eating habits and that packed lunches were only a part of the picture.
- Banning certain things could develop an unhealthy mindset around food.
- School could do more to educate children about healthy diet and drinking habits.
- There were a number of concerns about the healthy balance of the school dinner offer.

We received responses covering 48 of our 102 children

We believe we have a responsibility to provide parents with accurate information on which they can make choices for their children regarding drink choices and the content of their sandwich boxes. Below we have copied out the guidance from the government, and added other helpful resources.

Sources of information on water/squash and packed lunch ideas

- <https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/>
- https://media.gosh.nhs.uk/documents/Tooth_decay_F1275_A4_bw_FINAL_Feb17_0.pdf
- <https://jamiethedentist.com/dental-caries-decay/stephan-curve/>
- <https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>
 - <https://dentalchoices.org/which-drinks-are-tooth-kind/>
- <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

As a school we don't allow any energy, sports or carbonated drinks, chocolate bars or nuts.

We are investigating providing chilled water fountains to encourage children to drink water during their break and lunchtimes.

In summary, we have decided to continue to allow parental discretion regarding children's drinks and meal choices, whilst continuing to provide advice and encourage healthy choices.

Why ask? What next?

We decided to ask you for your views on children's drinks in school as we had previously trialled allowing squash as an alternative to water.

Whilst preparing our survey, we decided to ask a couple of questions about food in school as well, which has given us a real picture of our parents' views on both packed lunches and school meals. Many points were also made about the school dinner offer.

Thank you for your honest replies, we appreciate the wide-ranging feedback from parents, which we have taken note of and will use in a positive way.

We have an open culture in school, and it has been positive that parents and carers feel their views have been noted, and we have noted that parental choice is very important for you.

Below is a list of a few action points we will be working on as a result of your feedback

What we currently do	What we aim to improve on
Educate children around healthy lifestyle choices through our extensive PSHE offer.	Communicating this to parents more explicitly so they are aware of what we are doing in school. This will be via our Twitter feed and occasional items in the newsletter.
Allow choice regarding the drinks parents send children into school with.	Continue giving parental choice and also give parents and carers information to support their choices, including voluntary drop-in with health and dental professionals.
Allow choice regarding the meals and packed lunches parents select for their children.	Continue giving parental choice and also give parents and carers information and ideas on varying packed lunches. (see link above)
Not allow fizzy drinks, energy drinks, chocolate bars (with the exception of occasional chocolate covered biscuits such as penguins) and other foods for specific allergies (eg nuts)	Making sure we clearly communicate to parents and carers which food items are not appropriate (on a 1:1 basis if necessary), and also inform when food allergies mean we have to remove certain food stuffs on health and safety grounds.
Listen to our parent voice and offer termly Parent Forums.	Alternate the timings of the Parent Forums to allow more people to attend.
Have access to a school nurse for individual issues or concerns	Assisting parents further when they are looking for support for their child in relation to all health matters - and, specific to this survey, on food or drink related matters. We can also signpost to a dental professional if required.