



## **Whole School Food Policy**

### **INTRODUCTION**

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

### **KEY CONTACTS:**

Named member of the SLT responsible for food: Simon Assig, Headteacher

Named member of staff leading on healthy food: Marco Mini.

### **FOOD POLICY AIM**

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
4. To make sure food education plays a fundamental role in our curriculum

## **FOOD AND DRINK PROVISION THROUGHOUT THE DAY**

### **1. Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school provides an external daily breakfast club for pupils from 8.00am – 8.50am. The breakfast menu includes a range of breakfast items that support a balanced diet for children.

### **2. School Lunches**

School meals are provided by ISS and served between 12:30 and 13:30 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. Our school caterer also holds a catering award. School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option.

### **3. Packed Lunches**

All parents/ carers are advised to opt for lunches provided by the school. However, should parents wish their child to have a packed lunch, the school's packed lunch policy is

developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. Packed lunches should aim to include:

- Some starchy foods such as bread (including wholegrain where possible)
- 1 portion of fruit
- 1 portion of dairy food such as cheese or yoghurt.
- 1 bottle of water

Sandwich fillings include meat, fish and vegetarian options

Packed lunches should not include: crisps or crisp type snacks, sweets, any items containing chocolate.

#### **4. Snacks**

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years, snacks are provided during the morning, which consists of fruit and milk. In Years 1 to 6, fresh fruit is provided daily at break time.

#### **5. Drinks**

The school is a water-only school, with the exception of the free milk entitlement for all primary free school meal pupils. Children are encouraged to bring water bottles which can be re-filled from the potable water fountains.

#### **6. School trips**

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

#### **7. Rewards**

The school does not allow food to be used as a reward for good behaviour or achievement.

#### **8. Celebrations**

The school recognises the importance of celebrating birthdays and special occasions. We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays. For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available. Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school as a model of understanding a balanced diet. Termly clubs also support the teaching of food and healthy eating, including cookery clubs.

#### **9. Special dietary requirements**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is insert name and role and reference to other relevant policies. Pupil's food allergies are displayed in a sensitive way in the staff rooms and kitchen.

#### **10. Expectations of staff and visitors**

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

#### **11. Monitoring and review**

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years

