

## **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. This school food policy is co-ordinated by Mrs Murphy – Healthy Schools Co-ordinator.

### **Aims**

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
- To support pupils to make healthy food choices and be better prepared to learn and achieve.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

### **Food throughout the School 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 runs a daily breakfast club for pupils from 8.15am – 8.45am.

The breakfast menu includes:

Daily: - Toast with butter, and or jam, cereal – rice krispies, corn flakes, weetabix & milk

1 hot item per day from the following:

Cheese on toast, beans on toast, spaghetti on toast, boiled egg on toast & sausage in a roll.

Drinks: - hot chocolate, orange juice, apple juice, milk & water.

#### **2. School Lunches**

School meals are provided by Pabulum and served between 11.30am – 1.15pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.

#### **3. Packed Lunches**

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.

A balanced packed lunch includes:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible.
- 1 portion of fruit and 1 portion of vegetables or salad.
- Dairy food such as cheese or yoghurt.
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel.
- 1 treat portion; crisps OR a biscuit, cake or dessert.

### **Sweets are not permitted**

The school provides water, for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

### 4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years, snacks of fruit & vegetables, are provided during the morning

Fruit is also provided for children in KS1.

Pupils in KS2 are able to bring fruit & vegetables and/or a cereal bar into school to eat at break-times.

### 5. Drinks

**The school is a water only school**, with the exception of the free milk entitlement for all primary free school meal pupils. Water is available in the classroom, either to refill pupil's own bottles or using a cup provided; in the playground and in the dinner hall.

### 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.

### **Rewards and Special Occasions**

#### Rewards

The school uses a range methods of positive reinforcement including: Dojo points, PiE and Ethos awards and half termly reward afternoons. Therefore all staff, pupils and parents are aware that food will not be used as a reward for good behaviour or achievement.

#### Celebrations

The school recognises the importance of celebrating birthdays and special occasions. However, due to a wide variety of allergies across the school we ask that chocolates, sweets and cakes are not brought in to share for pupil's birthdays.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

### **Curricular and Extra-curricular Activity**

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 (see appendix 1) as a model of understanding a balanced diet.

Termly clubs also support the teaching of healthy eating and living.

### **Special Dietary Requirements**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances (medical evidence required), religious or cultural practices. The school is a 'nut free' environment

Individual care plans are created for pupils with food allergies and the lead member of staff for this is Ms Forde, Inclusion Manager.

Pupils' food allergies are displayed in a sensitive way, in relevant places around the school including the staff room.

### **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.

Staff are welcome to purchase breakfast at the school breakfast club and are encouraged to eat this with the pupils.

### **Parents, Carers and Family Members**

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.

### **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.

**Date policy implemented: September 2016**

**Policy review date: September 2017**

Appendix 1 – Eatwell Plate

