

PRIDE IN EXCELLENCE

## WHOLE SCHOOL FOOD POLICY

**Author**

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1.1

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## 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.

## Aims

The main aims of our school food policy are:

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

## Food throughout the School Day

### 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 7.30am – 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: - orange juice, apple juice, milk & water.

### School Lunches

School meals are provided by our own staff 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 three-week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.

### Packed Lunches

The school's packed lunch policy is developed using guidance from:

[https://www.london.gov.uk/what-we-do/health/healthy-schools-london/awards/sites/default/files/sft\\_packed\\_lunch\\_policy\\_example.pdf](https://www.london.gov.uk/what-we-do/health/healthy-schools-london/awards/sites/default/files/sft_packed_lunch_policy_example.pdf)

We understand it can be difficult for parents and carers to provide your child with a healthy, but filling packed lunch every day. To help you we have given an example of what a healthy and balanced packed lunch should contain:

- Carbohydrates e.g. bread, pasta or rice
- Fresh fruit or vegetables
- Meat, fish or other source of non-dairy protein e.g. lentils, kidney beans, chickpeas, hummus
- Dairy e.g. yoghurt or cheese
- Water (we do not allow juice or fizzy drinks in school)

Please remember that we are a nut-free school and sandwiches should not contain peanut butter or chocolate spread. Sweets or chocolates are not permitted.

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

### Snacks

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

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

Fruit is also provided for children in KS1.

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

### 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, in the playground and in the dinner hall. Due to medical needs, children may bring specialist drinks – please talk to your class teacher about this.

### 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 positive reinforcement including: Pride in Excellence 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 pupils' 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 Lifestyle.

### **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 Mrs Forde, AHT Inclusion.

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

See Medical Policy for more detail.

### **Expectations of Staff and Visitors**

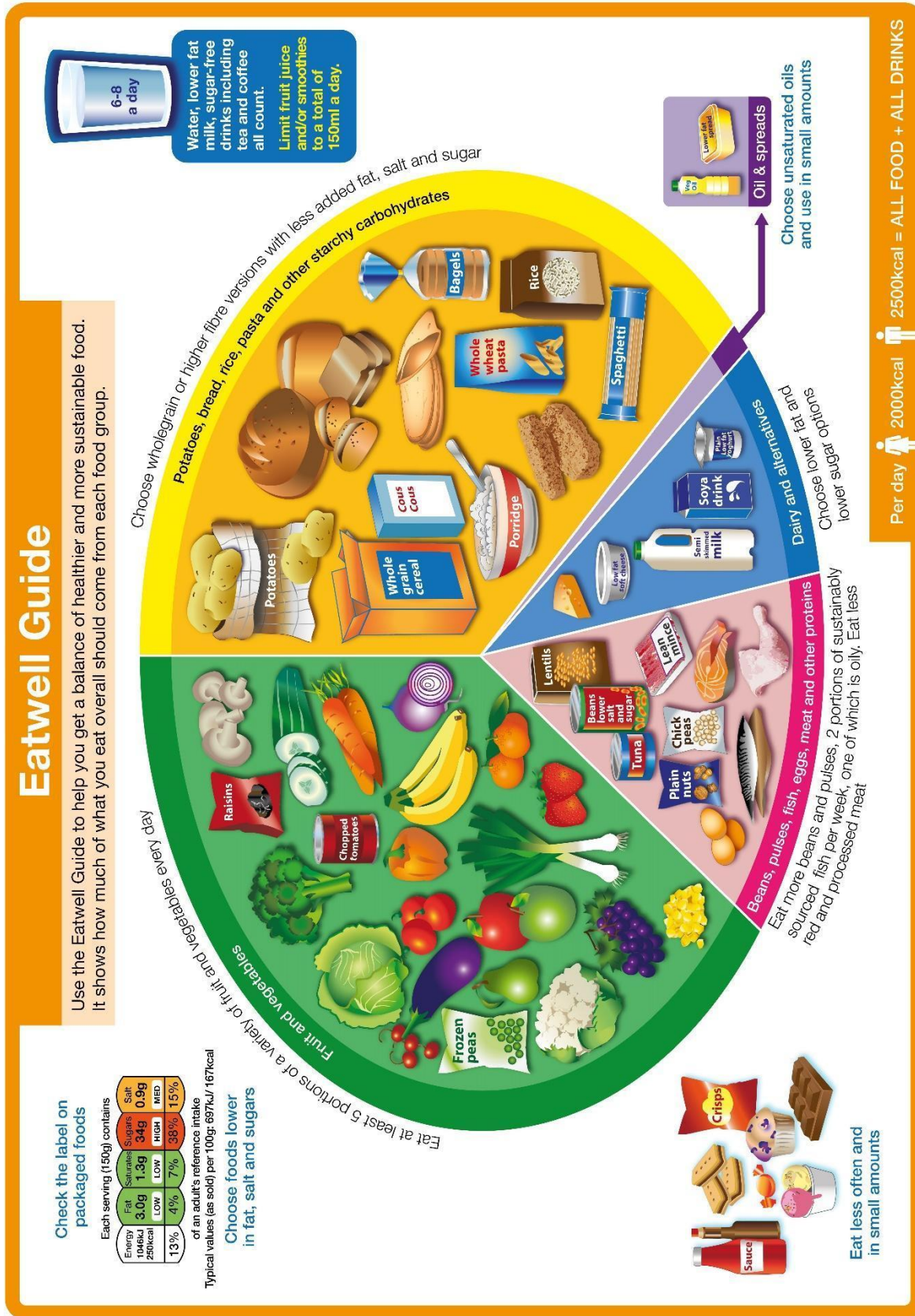
The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

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

Our relationships with parents and 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.

Appendix 1 – Eatwell Plate



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Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland