



## **Food in School Policy**

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:

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

### **Meals 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 runs a daily breakfast club for pupils from 7:30am – 8:35am

The breakfast menu includes: cereals, toast, crumpets, scrambled eggs, baked beans, fruit, yogurt, water, milk and fruit juice

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

School meals are provided by Contract Dining Company and served between 12:00pm and 1:00pm in the main 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 and vegetarian option. The school meals menu can be found on the caterer's website.

Our school meals contribute significantly to our drive to promote healthy lifestyles for our children. Our school lunches are cooked in our own school kitchen and are prepared by experienced cooks who provide well prepared food made from fresh ingredients. We aim to make each meal time a pleasant social experience and the vast majority of our children take up a school dinner. Each day, a choice of vegetables or salads are offered as part of a hot meal. The children also have a selection of fruit to choose from.

Approved FGB Meeting: 28<sup>th</sup> November 2022

Next review: November 2025

Source: The key and guidance from [www.whatworkswell.schoolfoodplan.com](http://www.whatworkswell.schoolfoodplan.com)

In September 2014 the Government introduced universal free school meals for all children from reception to year 2. These can be booked online in the same way as ordering a school meal.

### **3. Packed Lunches**

Children can choose to bring in their own packed lunch and we communicate to parents/carers about the expected contents of these in the school prospectus. We actively encourage parents/carers to include healthy options through our Healthy Plate analogy (Appendix 1).

Packed lunches should aim to include:

- 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

Packed lunches should not include:

Any products containing nuts including Chocolate and Hazelnut spread products

- Sweets
- Chocolate bars

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

### **4. Snacks**

Our school understands that healthy snacks can be an important part of the diet of young people. In the Early Years and KS1, snacks are provided during the morning and include: fresh fruit or vegetables. All our under-5s are entitled to free milk. If you wish your child to continue having milk once they turn 5, then this can be ordered with Cool Milk (including free milk for Free School Meal pupils).

Pupils are able to bring fresh fruit, fresh vegetables, plain rice crackers or plain breadsticks into school to eat at break-times. Items such as Fruit Winders or yogurt coated dried fruits are not allowed due to their high sugar content.

After school snacks are provided by the school and include sweet or savoury biscuits in afterschool club and toast, cheese and juices in Wraparound care.

### **5. Drinks**

Water is provided at lunch times. Children may refill their water bottles via the drinking water taps in classrooms or drink from the water fountain outside the Food Technology room.

### **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.

Approved FGB Meeting: 28<sup>th</sup> November 2022

Next review: November 2025

Source: The key and guidance from [www.whatworkswell.schoolfoodplan.com](http://www.whatworkswell.schoolfoodplan.com)

## **Celebrations**

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, if children wish to bring cake or sweets to share with friends, these can be given out at the very end of the day and passed to their trusted adult. They should not be consumed prior to this.

## **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 by the office staff.

Parents/carers are also requested to lodge any dietary requirements directly with the Contract Dining Company.

Pupil's food allergies are displayed in a sensitive way and in relevant places around the school including the staffroom, main office, SLT office, kitchen and Wraparound Care/Food Technology 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.

## **Partnership with parents and carers**

The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Each must reinforce the other.

We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink a small carton/bottle of juice or squash.

Advice for a healthy lunchbox and reminders to parents of the fact that we are a 'nut free school', are included in the school newsletter throughout the academic year, as well as distributed through the new starter and in year admissions packs.

Sometimes, children may complete a cooking activity as part of the broad and balanced curriculum in school. Any items cooked in school may be shared with classmates, at the teacher's discretion once allergy information has been checked.

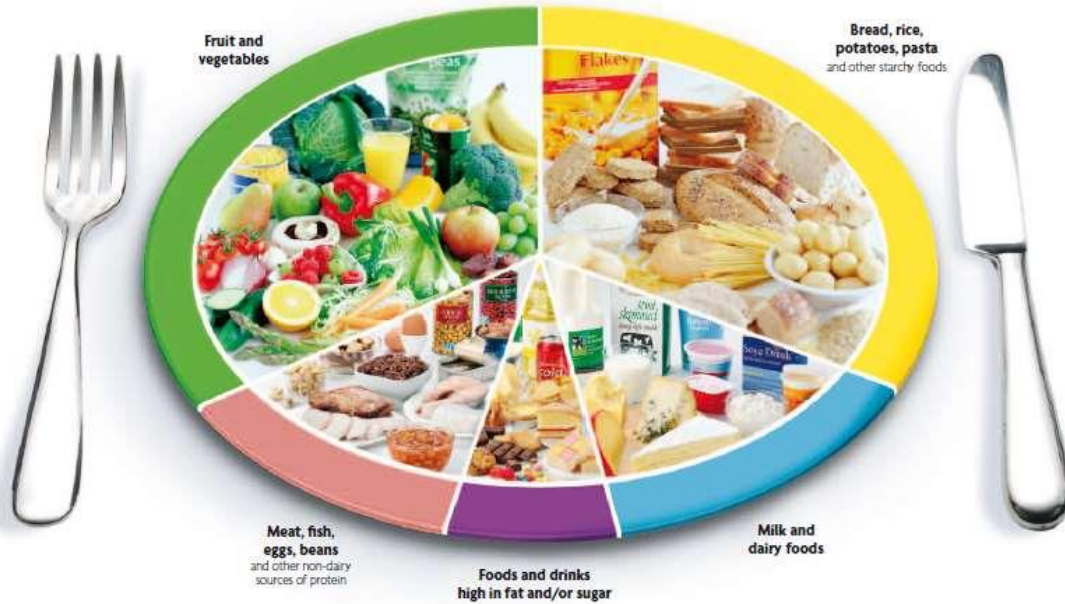
## **Role of the governors**

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has expertise in this area.

## Appendix 1

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland

© Crown copyright 2011

Approved FGB Meeting: 28<sup>th</sup> November 2022

Next review: November 2025

Source: The key and guidance from [www.whatworkswell.schoolfoodplan.com](http://www.whatworkswell.schoolfoodplan.com)