



Document title	Whole School Food policy
Author	Clare Wright
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Document Control Table

Document History			
Version	Date	Author	Note of revisions
1	Spring 2020	SLT	
2	September 2024	Clare Wright	<p>Pg 2: Removed table of requirements for school meals – refers to caterers following guidance rather than lists every individual food</p> <p>Pg 2: added that children can refill water bottles during the day</p> <p>Pg 2: Removed reference to having to get HT permission to give out treats</p> <p>Pg 3: Removed detailed list of how healthy eating is taught within the curriculum to allow for greater flexibility by teachers</p> <p>Pg 3: Added about one treat in lunchbox on a Friday</p> <p>Pg 3: removed reference to giving stickers for healthy lunches</p> <p>Pg 3: removed section about parents and school partnership</p> <p>Pg 3: Added Nuts as well as foods containing nuts</p>

AIM

As a school, we aim to provide the best education to our children. We recognise the important connection between a healthy balanced diet and a pupil's ability to learn effectively and achieve high standards in school. The school aims to ensure that pupils are well nourished at school and that every pupil has access to a welcoming eating environment, nutritious food and a readily available water supply during the school day. We aim to ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school.

As part of the curriculum and to improve the well-being of our children, we incorporate:

- a. Healthy Week.
- b. Provision of water fountain
- c. Promotion of water bottles in class
- d. Guidance of food for snack time and lunchboxes
- e. Infant Fruit and Vegetable scheme

This policy covers:

- School meals
- Non-school packed lunches
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Extra curriculum activities, such as cookery clubs, etc

The school and its caterer must meet the nutritional standards for school meals and non-school meals provided in school.

Break Time snacks: All pupils are welcome to bring a healthy snack such as fresh or dried fruit, vegetables or cheese from home for morning break time. Sweets, cereal bars, biscuits, and other savoury snacks such as cheese strings or sweet snacks such as fruit winders are not permitted.

Water: Plentiful drinking of water by school children has been recognised in improving concentration. Therefore, all pupils are encouraged to bring a reusable water bottle which they are responsible for cleaning and filling daily. Water bottles are kept in class where they are readily available to the children during the day. Drinking water is also available in school for children to refill their bottles.

Celebrations and Festivals: The school recognises that food plays an important role in celebration of cultural, personal or community milestones, such as religious festivals, birthdays or end of term. Food given should form part of a balanced, healthy diet and therefore sweets and cakes are not completely excluded on these occasions. Parents have asked that their children continue to be allowed to bring in birthday treats. For safety reasons we do not allow lollies to be given to children and ask that small, individually wrapped treats be sent in and no sweets or chocolate that

contains nuts. No birthday treats are permitted to be eaten at school and must be taken home by pupils. It is for parents to decide on the suitability of this for their child.

Curriculum: The school will include work associated with healthy balanced diets in its curriculum. The curriculum is also used to enrich the pupils' experience of food and healthy eating.

Packed lunches: The school recognises the benefits of a well-balanced hot school meal for children, in the middle of the day, and would recommend to parents that this is the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation. A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna or egg, etc.
- A drink – pure fruit juice, diluted sugar-free squash, water (not flavoured), milk (not flavoured)

Parents are advised to include an ice pack. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school. Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten. Lunchtime staff will engage with children and chat to them about what they are eating. In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets (including Winders or other similar concentrated fruit products), chocolate, etc.
- Crisps or any packets of savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Nuts or any foods containing nuts
- Any foods with a high sugar content (including naturally occurring sugars)

Children are allowed to have one treat (i.e. crisps) in their lunch box on a Friday and when they go on off-site school visits.

The school will provide a safe and healthy eating environment for pupil, staff and visitors having lunch in the school. The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and lunchtime staff. The school aims to provide a calm, ordered and pleasant environment which encourages good behaviour.