

# School Food Policy

## Why is a policy needed?

We recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

## National Guidance

This guidance has been written to reflect the School Food Standards that were updated in May 2022. It has also been written to reflect Healthy Eating and supports key outcomes of the School Food Plan.

Our policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating. For more information please refer to: <http://www.schoolfoodplan.com>

This policy covers the areas of:

- Break time snacks including those brought from home
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

## Break time snacks

The School Fruit and Vegetable Scheme (SFVS) provides a free piece of fruit or vegetable to every 4 to 6 year old attending a state-funded school. We usually receive enough fruit to be able to offer this to all our Nursery children too.

Pupils in other year groups can bring in a healthy snack for morning break time. This can be, but not limited to a piece of fruit, rice cake, breakfast bar, yoghurt etc. Children eating these snacks outside must stand still whilst eating them to reduce the risk of choking. Other less healthy snacks should be discouraged by staff on duty.

## Water

Fresh drinking water is available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals.

All pupils have access to water at lunch time. All pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

### **School lunches including packed lunches**

Food, and the sharing of food is an important part of life in our school. The children having a school lunch or a packed lunch all sit together as part of a 'family service'.

Staff work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do.

Lunchtime staff will help younger children with the chopping of food and gentle encouragement, where appropriate, to use their cutlery correctly and to try new foods and flavours.

Our school meals are prepared by Mellors Catering and are prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT: "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment".

We are committed to providing food which is compliant with all national guidelines whilst also ensuring that meal choices are attractive to our children. We have vegetarian options on our menus and can discuss with parents any medical dietary needs or allergies.

We will provide Universal Free School Meals for children in Years Reception, 1 & 2 and encourage parents to take up this offer.

Some families prefer to provide a packed lunch and we aim for our packed lunch to be as healthy as they can be. If children have a packed lunch, our packed lunch guidance supports parents to make informed choices to create a healthy option.

Packed lunches provided by school as part of our free school meal provision comply with National Food Standards.

Any meals taken as part of residential visits will provide a balanced and healthy approach to meals and where possible.

### **Staff Training**

Staff involved in the preparation of food access regular Level 2 Food Hygiene training. All staff across the school, regardless of role, complete the Food Allergy & Anaphylaxis Training.

## **Curriculum**

The production and preparation of food is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We reinforce our delivery of the national curriculum by holding Healthy Schools focus sessions which enable us to focus on all aspects of wellbeing including healthy eating.

## **Wraparound Care – Breakfast Club and Out of School Club**

Food provision at our breakfast and Out of School Club is compliant with the National School Food Standards. Children in the clubs have regular opportunities to help prepare healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities.

At Breakfast Club, we offer:

- a variety of different fruits; this could be fresh fruit or dried fruit.
- a selection of cereals including low sugar, low salt, high fibre alternatives such as Porridge, Weetabix, Shreddies, Cheerios, Rice Krispies, Corn Flakes.
- 50:50 or brown bread for toast and bagels.
- Pain au chocolat, waffles, croissants or crumpets can be served occasionally but not more than once a week
- Different toppings for toast and bread e.g. low fat spread, low sugar fruit jam, marmalade, honey, low fat soft cheese and beans.
- Semi-skimmed milk for drinking, with cereal and low fat yoghurt.
- Apple or orange juice diluted with water
- Water to be available at all times

At our Out of School Club (after-school care), we can offer:

- Milk or water to drink
- Fresh fruit and vegetables
- Toast, sandwiches or wraps with cheese, soft cheese, ham, cucumber
- fresh fruit
- Rice cakes or plain popcorn

We do not have any vending machines on any of our school sites.

## **School Awards**

We are keen to raise the profile of the Healthy Child within our school and have appointed Miss Kirkland as our Healthy Schools Leader. As a school, we subscribe to the Phunky Foods for exciting curriculum ideas. We currently have the Silver Healthy Schools Award.