



Food in School Policy

Our small school community welcomes everyone and aspires to meet the needs of all through high expectations and compassionate support. We strive to create a firm foundation for all to fulfil their potential as future citizens of the world. Our challenging and exciting learning environment enables everyone to go forward as champions of compassion, curiosity and courage.

Curiosity Compassion Courage

Reviewed June 2023

Next Review Summer 2026

Aims:

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in all decision making.

We aim to promote healthy and balanced eating by:

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with National Food Plan (updated 2021).
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, fish, vegetables, meat, beans, bread and dairy products.
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging milk and water.
- discouraging sugary snacks/drinks and less healthy snacks between meals.
- Providing fresh fruit for key stage one children at break time.

School Catering:

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, eg school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

- School lunchtime menus are agreed between the school and catering staff and adhere to EU Food Information for Consumers Regulations (Dec 2014) regarding allergens. Local preferences are considered within the framework of the nutritional standards.
- Theme days are linked to curriculum areas or calendar events.
- All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.
- Subsidised milk is available in the breakfast club and after school club.
- Parents are requested to provide details in writing of any known food related allergies on admission or when identified.

Packed Lunches:

A guidance for parents

Example

Packed lunches should include some fruit or vegetable eg piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets, sugary drinks and chocolate should not be included. However, a chocolate flavoured dessert such as yoghurt or mousse etc, is fine as part of a packed lunch.

The school provides a suitable storage area for lunch boxes. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

Mid-morning Snack:

In consultation with parents it has been agreed that the only snack children can bring to school is healthy, generally a piece of fruit, vegetable or cheese. This helps to reduce litter and ensures children still have an appetite for their lunch. The school currently provides enough fruit for each child to have a piece of fruit at breaktimes.

Chocolate bars and chocolate covered biscuits should not be included as a snack or as part of a packed lunch.

Drinks Policy

- Children are encouraged to drink water regularly at school during the day, particularly after PE, active play and in hot weather.
- Water will be provided via school water bottles and plastic cups if forgotten.
- Milk is provided by Ideal School Meals

School Ethos, Environment and Organisation:

The school recognises:

- the importance of lunchtime organisation on the behaviour of pupils.
(This will inform OFSTED inspections).
- the value of promoting social skills.

Teachers, caterers and lunchtime organisers work together to create a good dining room ambience and the development of appropriate table manners.

Non-teaching staff are supported by the school behaviour policy.

Liaison with secondary schools provides an opportunity for the smooth transition to a cafeteria system.

Universal Infant/Free School Meals:

The school provides free school meals to all the Infants in the school.

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

Pupil premium children are also offered a free hot meal.

This Policy will be reviewed every three 3 years.