



"Where children come first"

School Food Policy

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APPROVAL & ADOPTION

This policy was formally agreed and adopted at a Full Governing Body Meeting held on:

12th July 2017

UPDATE SCHEDULE

Review Frequency: Every 3 Years		
Version	Date	Reason for Update
1.00	12/07/17	First Version post de-Federation
1.01	13/09/18	Reviewed – No Amendments

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School Food Policy

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.
- 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.
- wherever possible, involve pupils and parents in decision making.
- provide experiences for children to make choices about healthy food.

Parental Involvement

- All new parents are given a summary of the school Food policy.
- Information about school catering is provided at parents evenings and in school newsletters e.g. menus, theme days, free school meals.
- Feedback from parents is invited in newsletters or governors.

A progress report on the school food policy is considered by the governors every 2 years and action identified in the school development plan.

Free School Meals

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. All children in Reception, Year 1 and Year 2 receive free school meals under the current government directive.

Treats and Rewards

To ensure consistent messages, sweets are not used as rewards. Children who are celebrating a birthday will be allowed to bring in a cake or sweets but these are sent home with the children. We will also continue to enjoy special celebrations at Christmas, Easter and the end of the Summer Term where children may enjoy treats at parties. This sends out the message that the school encourages healthy eating but is also mindful of the need to enjoy occasional treats as part of a balanced diet.

Curriculum, Teaching and Learning

- Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.
- Multicultural aspects of food are explored and linked with school meal theme days.

We aim to promote healthy & balanced eating by

- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging fruit juices, lower fat milk and sugar-free drinks.
- discouraging sugary drinks and less healthy snacks between meals.

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.

- 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.
- Under the Cool Milk system children can receive milk at morning break; for under 5's it is free

Breakfast

A breakfast Club service is currently in place providing healthy breakfasts.

Packed Lunches

A guidance leaflet is issued to parents on the content of packed lunches.

Packed lunches should ideally include some fruit or vegetable e.g. piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets are not permitted. Chocolate confectionary e.g. Mars bar/Twix are not permitted although chocolate biscuits e.g. Penguins are.

Squash and fruit juice are permitted, however no fizzy drinks nor flavoured milk should be brought into school. 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.

We are not a nut free school as this is very difficult to monitor and could promote a false sense of security to parents/carers of children with the allergy. However, parents/carers of children who are allergic to nuts are requested to inform us of this. The school will then make arrangements to protect the child to the best of our ability.

Mid-morning Snack:

Children are encouraged to bring a mid-morning snack. School advice would be for the snack to be fruit/vegetable or a healthy snack bar. This helps ensure children still have an appetite for their lunch.

Drinks Policy

- Children are encouraged to drink 3 –4 glasses of water at school particularly after PE, active play and in hot weather.
- Water will be provided and children are encouraged to bring their own water bottles into school.

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 supervisors work together to create a good dining room ambience and the development of appropriate table manners.