



Black Firs Primary School

WHOLE SCHOOL FOOD POLICY

Date of policy: May 2025

Review date: May 2027

Aim of Policy

The aim of the Whole School Food Policy is to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors at the school.

Rationale

Our school food policy is underpinned by the following values:

- Our school promotes the health and wellbeing of all staff, pupils and visitors and believes that healthy eating is an important aspect of this work.
- Our school wants to help children and young people to adopt healthy lifestyles and attitudes towards food and physical activity.
- Our school recognises the important link between healthy eating and the effective learning and achievement of pupils.
- Our school works in partnership with parents, children and others to improve the health of children and their families.
- Our school recognises that sharing food is a fundamental experience for all people; a way to nurture and celebrate cultural diversity; and an excellent bridge for building friendships and promoting a sense of community.

Objectives

To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.

To provide opportunities for pupils to plan recipes, budget, prepare and cook food regularly.

To increase pupils' knowledge of food production, including farming and local food producers, and to enable pupils to learn how to grow foods e.g. fruits and vegetables.

To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethic, vegetarian, medical and allergenic needs.

To provide a pleasant and sociable environment for pupils and staff to enjoy their food including packed lunches.

To monitor menus and food choices to inform policy development and provision and to involve pupils in planning menus.

Guidelines

Education on the importance of a healthy diet is in the National Curriculum in these subject areas: Design & Technology, PSHE and Science. There will be opportunities for cooking and growing food. The 'Eatwell Plate' model (Food Standards Agency) will form the basis of our healthy eating education.

Our school actively promotes healthier choices during the day:

- Morning snack – healthy snacks are promoted throughout school and are provided in EYFS and KS1. We have guidelines for snacks which we strongly encourage parents and carers to observe.
- Lunch times – school meals are prepared fresh on site daily by The School Lunch Company. Menus are reviewed regularly and our pupils are involved in planning their menus. Menus meet the nutritional standards required by the School Food Trust. The School Lunch Company Menus are issued in advance to parents and children from which menu choices are made 3 weekly in advance to enable us to use fresh meat and vegetables cooked to order.
- Pupils can have a mixture of school dinners and packed lunches during the course of a week as long as sufficient notice is given to the school administrator. School lunches are ordered and paid for weekly in advance. The school will facilitate this by providing quick reference menus 3 weekly in advance in the school newsletter and on class dojo. Paper copies are available from the office.
- Lunchtime middays encourage the children to choose a balanced meal promoting healthy choices and asking children to try a little helping to encourage them to enjoy being adventurous with food.
- Parents and pupils are encouraged to send a healthy packed lunch – see below for further information.
- The School Milk Scheme provides free milk to under 5s but all children may be provided with milk at morning break provided that parents are happy to pay.
- We provide a welcoming 'family dining' environment with children sitting with a friend and mixing with children from other classes . We work hard to try to keep noise levels acceptable and we promote good table manners.
- After school Cookery Clubs provide opportunities for children to prepare and cook healthy meals.
- Parents and carers are asked to provide water bottles for their children, refilled daily. If children come to school without water, cups are provided in each classroom and children can have water throughout the school day. Staff encourage children to drink water regularly throughout the day (see Water Policy below).

Water Policy

Parents and carers are asked to provide their child with a clean bottle of water daily; they will be asked not to provide any other drinks for consumption in the classroom. If children arrive without water, children will have access to a clean cup and drinking water throughout the day. Children who forget their own water bottles are provided with water to drink with their lunch.

Both water and milk are provided for children to drink when they take a school lunch.

Healthy Snack Policy

Parents and carers are asked to provide their children with a healthy fruit or vegetable snack to eat at morning break. Our guidelines suggest only fruit or vegetable snacks, fresh or dried. Parents and carers are strongly encouraged to adhere to our guidelines to help us in our promotion of healthy eating.

Packed Lunch Policy

Parents and pupils are encouraged to send a healthy packed lunch, including an energy food (e.g. sandwich, pasta or rice salad, crackers) with some body-building food (e.g. lean meat, fish, egg, cheese) and a portion of dairy foods (eg cheese, milk drink, yoghurt) and some fresh fruit or vegetables. Sweets or confectionary are not permitted. Healthy drinks are promoted such as water and milk. No fizzy drinks are permitted.

Promotion of Healthy Eating Policy

We promote healthy eating through:

- Through the School Council, pupils will be involved in the development and review of the food policy, including the snack, packed lunches and drink guidelines. School Council also involves all pupils in choosing school lunch menus in consultation with The School Lunch Company. Pupils may be involved in school surveys and data collection to support the school food policy.
- Parents are informed about developments in our food policy through new parent meetings, newsletters, displays and by posting policies and information on our school website. Parents are welcome to sample a school lunch by prior arrangement. Annual questionnaires provide parents and children with opportunities to feedback to school their views on food in our school.
- The School Governors are responsible for water provision, the school meal contract arrangements, the uptake of meals and ensuring the school food meets the School Food Plan Standards. The School Lunch Company will ensure that meals continue to meet the required standards.
- Staff will be enabled to attend relevant training as appropriate to support their work in promoting healthy eating, including Food Hygiene courses.
- The school does not allow sweets, cakes or other treats to be distributed on children's birthdays. Birthdays will be recognised and celebrated in other ways.

Catering for allergies and intolerances

Parents must alert a school administrator at the earliest opportunity if a child has an allergy or intolerance to a particular food. A Special Diet Referral Form must be completed by parents and returned to the school office along with medical documentation relating to the child's medical dietary requirements (form available from school office). The School Lunch Company (Mellors) will provide a modified menu for that child which will be displayed in the school kitchen.

The role of the Headteacher : Monitoring and Evaluation

The Headteacher takes overall responsibility for the monitoring and implementation of the Whole School Food Policy, for liaison with the Governing Body, LEA and appropriate outside agencies as required. All staff will have general responsibility for handling the daily implementation of this policy.

Monitoring of this policy may include:

- meetings with Lunchtime Supervisors, which will include feedback on children's food choices.
- school council conducting packed lunch surveys;
- headteacher meeting with representatives of The School Lunch Company (Mellors).

Policy Review

This policy will be reviewed every 2 years.