



eastbury
primary
school



Partnership Learning



Whole School Food Policy

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1. Introduction

This school is dedicated to promoting healthy lifestyles and providing an environment that promotes healthy eating, enabling pupils to make informed choices about the food they eat. This will be achieved through a whole school approach to food and nutrition documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

2. The Whole-School Approach

A whole-school approach to food is required to enable pupils and parents to make positive changes. Clear, reliable and positive messages need to be given to the whole-school community about healthy eating and good nutrition within school.

At Eastbury Primary School we recognise the importance of promoting children's health and well-being as we understand the impact that this has on quality of life and lifelong learning. We are committed to reducing childhood obesity as we recognise this to be a national and local public health priority.

Eastbury Primary School also recognises the importance of oral health. Staff educate our pupils equipping them with the necessary knowledge to make healthy choices through the curriculum taught in school.

The school follows the PSHE scheme, Jigsaw, along with the International Primary Curriculum (IPC). In the Early Years the school follows Development Matters and implements the Teeth for Life programme. The delivery of the curriculums are designed to educate and encourage children to make healthy choices.

Eastbury Primary School uses the local authority catering company to provide school meals. The menu is available for parents to view on the school's website.

3. Food Policy Co-Ordinator

This school food policy and healthy eating strategy is coordinated by:
Claire Trench, Deputy Headteacher.

4. Food Policy Aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes;
- To provide healthy food choices throughout the school day.

These aims will be addressed through the following areas:

a) Equal Opportunities:

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

b) Curriculum:

Food and nutrition is taught at an appropriate level throughout each key stage.

The school follows the National Curriculum which states that Healthy Eating must be taught in Science and Design and Technology (D&T). This includes the teaching of cooking skills in D&T.

Science – Pupils study a range of topics that provide an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Children’s learning about living things includes growing plants which are prepared and eaten in D&T.

Design and Technology (DT) – Pupils are encouraged to discover new foods through curriculum based tasting sessions. The opportunity to learn about where food comes from is taught in each year group through practical work with food, including growing food plants in science, preparation and cooking of mostly savoury dishes and designing and making food products.

This is supported through:

I. Cross Curricular Links:

Physical Education (PE) - Pupils to be made aware of the importance of a healthy diet and to recognise the links between healthy diet and physically activity for both their short term and long term wellbeing.

Personal, Social and Health Education (PSHE) – Encourages young people to take responsibility for their own health and wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people.

Religious Education (RE) – Pupils experience and learn about different foods through celebration of a range of religious festivals and cultural events.

From time to time, visits may be planned to local allotments or farms. Links may also be made with other outside organisations e.g. restaurants or supermarkets.

II. Teaching Methods:

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and practical work with food. These decisions are made at teachers planning meetings.

III. Resources:

Resources for the teaching of healthy eating have been selected to complement the delivery of the curriculum in subject areas.

The range of materials used is available for review on request to the Headteacher. Books on Healthy Eating are available for pupils in the library.

IV. Extra-curricular activities:

The school aims to provide a gardening experience to give additional opportunities for children with an interest in this area.

5. Food and Drink Provision Throughout The School Day

We aim to provide a service that is consistent with our teaching of Healthy Eating, thus enabling pupils to put into practice their learning. All food provided to pupils during the school day meets the School Food Standards which became mandatory in all maintained schools, academies and free schools from January 2015. These can be found at: <http://www.schoolfoodplan.com/standards/>

a) Breakfast:

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club between 7.45am and 8.45am that provides a nutritious meal for pupils before the school day. The breakfast menu includes: low sugar cereals, fruit, toast, yogurt, milk and water. Parents who wish for their child to attend need to Pay in advance, signing their child up through Parent Pay. The breakfast club charges £3.50 per child per session which is payable on Parent Pay.

The schools breakfast club meets the School Food Standards.

b) School Lunches:

The school aims to provide pupils with the opportunity to eat a healthy, balanced meal. The food is prepared by the catering team and meets the School Food Standards for school lunches. Pupils are encouraged to have a school meal provided by the catering service and free school meals are provided to all pupils who are entitled to them. Healthy options are promoted at lunchtime including a self-serve salad bar.

c) A Sugar Smart School:

As a school, we take the following steps to ensure that we are contributing to the reduction of sugar intake of pupils and their families:

- Packed lunch advice is provided to parents on induction to the school;
- Change4life resources for assemblies and lesson plans (<https://campaignresources.phe.gov.uk/resources/campaigns/41-sugar-smart-2016/resources>);
- Display boards of the amounts of sugar in a range of drinks compared with maximum daily sugar intake;
- Website with reducing sugar tips, low sugar recipe ideas etc.;
- Cooking lessons or afterschool clubs with the emphasis on savoury dishes or low sugar recipes;
- Promoting oral health - for free resources you can visit the Oral Health Foundation's website: <https://www.dentalhealth.org/our-work/dental-buddy> or contact the Oral Health Team for support on ohp@clch.nhs.uk;
- Encourage families to register with a dentist, have a record of those registered;
- Monitor absences due to oral health reasons to highlight need for intervention;

d) Snacking:

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school recognises the importance of providing pupils with the correct guidance on oral health.

Fresh fruit and milk is offered to children in the lower school during the morning.

e) Drinks:

The School Food Standards recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water at lunch times to children that eat school meals and packed lunch. Water is poured for each child at lunchtime and can be refilled upon request.

Drinking water is freely available all day to every child and staff member. All classes have drinking water in the classrooms. All children have the opportunity to use the water fountains during break and lunchtimes when on the playground.

f) Packed Lunches:

The school encourages parents and carers to provide children with packed lunches that complement the School Food Standards. This is achieved by promoting healthy packed lunch options at induction meetings and via newsletters.

g) After School Club:

Eastbury Primary School provides an after-school club between the hours of 3pm and 6pm. The cost for attending the club is £10.00 per pupil, per session and this includes a healthy light meal. The meal options for children attending the Eastbury Eagles Club, include: jacket potatoes with tuna, cheese and salad, pasta and tomato sauce, pizza with salad, fish fingers and baked beans, a selection of healthy wraps, soups and noodles.

Where the school has an after-school club the food provided meets school food standards.

Parents who wish for their child to attend the after-school club can gain information at the main office. Parent Pay is used to sign your child up to attend and pay for the after school provision a week in advance.

h) Special Events:

Food provided for special events e.g. Headteacher tea party and class celebrations are representative of a healthy diet and encourage pupils to make balanced choices. This always includes at least one fresh item (fruit or vegetable). Families and children are encouraged to consider healthy options.

i) Use of Food as a Reward:

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

6. Promoting Healthy Eating Messages Through the School Environment

Healthy choices are promoted to staff, parents and children through:

- Lessons and events
- School council

- After school clubs
- Breakfast clubs
- Parent induction
- Meetings
- Parents evenings.
- Advertised menus
- Questionnaires
- News letters
- Posters.
- Staff training
- Displays
- Golden table

Role of Staff:

It is the responsibility of the co-ordinators to:

- Ensure that all staff and parent/carers are informed about the healthy eating policy, and that the policy is implemented effectively;
- Ensure that all staff are given sufficient training, so that they can teach and work effectively with pupils;
- Liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework;
- Liaise with Caterers;
- Monitor teaching and learning about healthy eating;
- Oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating;
- Encourage positive role models amongst all

Role of Parents/Carers:

The school is aware that the primary role model in children's healthy eating education lies with parents/carers. We wish to build a positive and supportive relationship with the parents/carers of children at our school through mutual understanding, trust and co-operation. In promoting this objective, we will:

- Inform parents/carers about the school healthy eating education policy and practice;
- Inform parents/carers about the best practice known with regard to healthy eating so that the parents/carers can support the key messages being given to children at school;
- Discuss with parents/carers how we can jointly support their child if s/he is not eating much at lunchtimes.

Quality of the Environment:

An attractive dining area encourages the children to make healthy choices and socialise with their peers.

Meal times provide opportunities for children to learn about and try new foods, and to develop their social skills.

The school aims to make the dining area user friendly by:

- Monitoring noise levels, allowing children to speak to each other;
- Giving the opportunity to eat food without being rushed;
- Having appropriate furniture and seating;
- Staff supervision;
- Appealing presentation;
- Providing positive messages about food.

7. Special Dietary Requirements

a) Special Diets for Religious and Ethnic Groups:

The school provides food in accordance with pupils' religious beliefs and cultural practices.

b) Vegetarians and Vegans:

The catering services offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

c) Food allergy and intolerance:

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

School catering staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

See appendix 1

8. Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

9. Monitoring and Evaluation

The school will evaluate the impact of the whole school food policy by feedback received from pupils, teachers and parents and governors. This policy will be reviewed annually.



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Nut Awareness

Nut Awareness

At Eastbury Primary School we recognise the difficulties to be a Nut-Free school, but we can support our children and families to be nut aware.

This policy serves to set out all measures to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. The school aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. We do not allow nuts or nut products in school lunch boxes.

The following items should not be brought into school:

- **Packs of nuts**
- **Peanut butter sandwiches**
- **Nut cereal bars**
- **Chocolate bars or sweets that contain nuts**
- **Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)**
- **Cakes made with nuts**

We work where possible to not use nuts in any of our food prepared on site at our school. Our suppliers provide us with products that do not contain nuts. However, we cannot guarantee freedom from nut traces.

Definition

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal.

Anaphylaxis is your body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, although sometimes the reaction can happen hours later.

Staff

Staff and volunteers must ensure they do not bring in or consume nut products in school and ensure they follow good hand washing practice.

- Caution must be taken at certain times of year such as Easter and Christmas. If Staff distribute confectionary, care must be taken to ensure that no nuts are included in the product. Fruit sweets such as Haribo are a better alternative. Particular products that are a cause for concern are: - Celebrations – Roses – Heroes – Quality Street.

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in school. Packaging must be checked for:

- Not suitable for nut allergy sufferers;
- This product contains nuts;
- This product may contain traces nuts;
- Indicating this is unsuitable for school consumption.

We aim to ensure all staff are Epi Pen trained, as well as all staff being First Aid trained. We have a first aid room where Care Plans are displayed. These are also displayed in the Staffroom, classroom, kitchen, studio, main office, midday room as well as being included in the first aid bags for trips.

Parents and Carers

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to the child's care plan and if a meeting organised with the school nurse. Homemade snacks or party food contributions must have a label detailing all ingredients present and the kitchen environment where the food was prepared must be nut free. If you are unsure about a selection please speak to a staff member before bringing the food item into school.

The school requests that parents and carers observe the nut-free policy and therefore **do not** include nuts, or any traces of nuts, in packed lunches.

Children

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise children are reminded and carefully supervised to minimise the act of food sharing with their friends.

Health Plans and Emergency Response

We have individual Healthcare plans for children with allergies and Allergy Lists are displayed highlighting Healthcare plans in place, triggers, medication (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy).

Symptoms

The symptoms of anaphylaxis usually start between three and sixty minutes after contact with the allergen. Less commonly they can occur a few hours or even days after contact.

An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

Other symptoms:

- Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema)
- Itching
- Sore, red, itchy eyes
- Changes in heart rate
- A sudden feeling of extreme anxiety or apprehension
- Itchy skin or nettle-rash (hives)
- Unconsciousness due to very low blood pressure
- Abdominal cramps, vomiting or diarrhoea, or nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people it can cause sudden death. If symptoms start soon after contact with the allergen and rapidly worsens, this indicates that the reaction is more severe.

Legal framework

- The Human Medicines Regulations (2012)

Further guidance

- Managing Medicines in Schools and Early Years Settings (DfES 2005)

Other useful Pre-school Learning Alliance publications

- Medication Record (2010)
 - Daily Register and Outings Record (2012)
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