



Little Ilford School Whole School Food Policy

Reviewed by Governors: June 2025

Next review: June 2026

Introduction

Little Ilford School is a healthy school and it is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. Research¹ has shown clearly that there is a link between nutrition and academic performance and that the best schools worry about what's going on in children's bodies as well as their minds.

In our school we are committed to giving all of our students consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Aims and Objectives

- To ensure that aspects of food and nutrition in school promote the health and wellbeing of students, staff and visitors to the school.
- To ensure that we are giving consistent messages about food and health to both students and parents.
- To give our students the information they need to make healthy choices about food.
- To promote health awareness.
- To establish cross-curricular links relating to healthy food and nutrition.
- To ensure that the whole school community is involved in the implementation of this policy.

Provisions

School lunches and packed lunches

Our Catering Manager follows the government guidelines on healthy food, providing all of our cooked lunchtime meals. Where possible, this includes the use of fresh fruit and

¹ <https://www.todaysdietitian.com/2025archive.shtml>

vegetables each day as a choice for the students. The menus for school lunches adhere to the recommended government standards.

Individual care plans are created for students with food allergies and who carry epipens. These can be found in their student files and are regularly updated and circulated by the SEND department. These files are drawn up by health care professionals and document actions to be taken in an emergency and emergency contact details.

The canteen will supply a hot two course balanced healthy meal every day at lunchtime as well as other choices such as a salad. Students will also have the choice from a salad bar with fresh fruit and vegetables available. There is no school food provided at break times.

Water

Pupils have access to water for filling up water bottles outside of lesson times. Students are encouraged and reminded to bring water bottles with them so they can re-fill them as needed to avoid single use plastics.

Payment of Food

We are a cashless school so all payment for school lunches can be made on iPayimpact/ParentPay.

This enables parents to top up accounts at a convenient time with amounts of their choice. If a child is in receipt of free school meals/pupil premium their account will be automatically credited each day. Parents who are not eligible for free school meals but are experiencing financial difficulties are encouraged to discuss this with the relevant Pastoral Achievement Leader.

Food across the Curriculum

- In Key Stages 3 & 4 there are a number of opportunities for students to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from, such as shopping, preparing and cooking food.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, the balance of good health and digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Students learn how plants grow and provide food.
- Food Technology, a component of Design and Technology, provides the opportunity to learn about where food comes from and gives healthy eating messages through practical work with food, including preparation and cooking.
- PSHE/RSHE encourages young people to take responsibility for their own health and wellbeing. It teaches them how to develop a healthy lifestyle and addresses issues such as body image and healthy eating/healthy lifestyle. Students are able to discuss issues of interest to young people, e.g. advertising and sustainable development.
- In MFL, the 'food and wellbeing' topics covers healthy eating and healthy living. Students learn about food and other activities needed to have a healthy lifestyle.
- Other qualifications like ASDAN also cover the topics of healthy eating and healthy living.
- Books on nutritious eating are available in the library. Students also have access to a wealth of free-to-access online resources regarding cooking, nutrition and health.

- Assemblies themes also focus on healthy aspects and how to lead a healthy lifestyle and make healthier choices.

School Council

'Healthy eating' as an agenda item is discussed each year by the School Council and they are consulted on healthy eating options. The School Council meets regularly with the Healthy Schools Coordinator and the Catering Manager to discuss school lunch menu options.

Partnership with parents and carers

The partnership between home and school is critical in shaping how young people behave, particularly where health is concerned. Each must reinforce the other. Our school is well placed to lead by example. Parents and carers will be regularly updated on our water and food policies through school newsletters, the school's website and FLIS meetings. We ask parents and carers not to send in fizzy or sugary drinks and we remind them that only water may be drunk during the school day, except at lunch when students may drink fruit juice.

We do not allow sweets, fizzy/energy drinks or large packets of crisps in school and they will be confiscated until the end of the day.

Breakfast Club

We feel that breakfast is important as it allows students to start the day with the nutritional requirements and energy that they need for a successful day of learning. Breakfast is available for all students from 7:30 every day, in the dining hall. Students on free-school-meals are invited to have breakfast for free, but all students are welcome to join and purchase food.

Monitoring and review

The Headteacher, SLT and the Healthy School Coordinator are responsible for supporting colleagues in the delivery of the Food Policy.

The Catering Manager is responsible for the cooked food offered at breakfast and lunch times.

This policy will be reviewed annually and parents kept informed about any significant updates.

Reviewed by MVA - May 2025

DATE FOR REVIEW:

June 2026

Approved by:

Governors & SLT