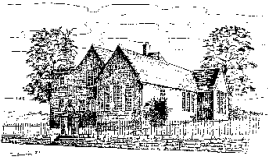


Combe St Nicholas C of E VA Primary School

Name of Policy	Whole School Food Policy	
Approved by GB - Date	January 2024	
Next Review Date	January 2026	
Committee Responsible	Full Governing Body	

This policy should be taken as part of the overall strategy of the school and operated within the context of our vision, aims and values as a Church of England School.

"That they may have life, life in all its fullness"

John: Chapter 10 Verse 10

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. The policy was adapted through consultation between members of staff, governors, parents, pupils and support services. This school food policy is co-ordinated by Combe St Nicholas C of E VA Primary School.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day:

- ✓ The school runs a daily breakfast club for pupils from 7.45am – 8.50am.
- ✓ The breakfast menu includes: toast, cereal and fruit.

2. School Lunches

School meals are provided by the contracted caterers of Holyrood Academy and served between 12.15pm – 1.15pm in the EYFS Building. The school meals meet the mandatory requirements of the School Food Standards 2015..

In addition to the lunchtime supervisors, at least one member of the school staff eats with the children.

School meals are planned on a 3 week cycle and always contain a meat/ fish and vegetarian option. The school meals menus are sent to parents via Parent Mail.

3. Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should include:

- ✓ Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- ✓ 1 portion of fruit and 1 portion of vegetables or salad
- ✓ Dairy food such as cheese or yoghurt
- ✓ Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- ✓ Oily fish once every 3 weeks e.g. sardines or salmon
- ✓ **The weight of portions is also important, and is the same as for hot meals.**

Packed lunches should not include:

- ✓ Too many crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- ✓ Sweets
- ✓ Items containing excessive amounts of sugar, including bars, biscuits, cakes or yoghurts/desserts

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

- ✓ In the Early Years, snacks are provided during the morning and include: fruit and vegetables.
- ✓ Our After School Club provides a healthy tea. The menu is changed termly and can be viewed on the school website
- ✓ Older children may bring in a piece of fruit for break time.

5. Drinks

The school is a water only school, with the exception of milk being offered to free school meal children and children in KS1 eating a hot lunch or a packed lunch.

6. School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food and drink guidance described above.

7. Rewards and special occasions

Rewards

The school does not routinely allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including: house points, certificates, cups and shields.

Celebrations

- ✓ The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children will receive a mention in Celebration Assembly and a sticker is awarded to them.
- ✓ Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.
- ✓ Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.
- ✓ Parents must check with the Class Teacher for allergy information before bringing food into school to share.

8. Nuts

To avoid endangering anyone with an allergy, we operate a nut free policy.

9. Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition).

Termly clubs also support the teaching of food and healthy eating and include After School Club.

10. Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is the Head Teacher.

Pupil's food allergies are recorded in a sensitive way by the Class Teacher in relevant places around the school including the kitchen and SIMS.

11. Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Staff are welcome to purchase breakfast at the School's Breakfast Club and are encouraged to eat this with the pupils.

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the EYFS Building.

12. Parents, carers and family members

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend such as Open Days.

13. Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

The policy will be reviewed every 2 years.