

## **Irchester Community Primary School: Whole School Food Policy**

### **Aim**

We aim to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.

Through effective leadership, the school ethos and curriculum, we aim to create an environment which supports a healthy lifestyle and celebrates cultural diversity.

### **Objectives**

In support of our aim we will:

- promote health awareness
- contribute to the healthy physical development of all members of our school community
- give consistent messages about food and health
- give our pupils the information they need to make healthy choices
- ensure that all aspects of food and nutrition in school promote and improve the health and well-being of the whole school community by helping children influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet
- provide access to water during the school day by encouraging all children to bring a water bottle to school daily
- ensure that the provision and consumption of food is an enjoyable and safe experience which encourages positive social and cultural interaction whilst reflecting the ethnic, religious, dietary and medical needs of pupils and staff.

### **Settings for the School Food Policy**

In accordance with the aim and objectives of this policy, the policy will apply to the following settings in the school:

#### **Break time snack KS1 and KS2**

KS1 & KS2 children may bring in a healthy snack from home. We encourage parents to send in healthy snacks that are low in sugar, fat and salt.

If members of staff judge the snack to be unhealthy, e.g. a chocolate bar, the child will be asked to save it until lunchtime and eat it after their lunch, and parents will be

advised.

- EYFS & Key Stage 1 children receive a free piece of fruit or vegetable from the Government Fruit and Vegetable Scheme.
- Pupils will be encouraged to dispose of their litter in the correct manner, using recycling facilities as necessary
- Under 5's may have free milk if they request it from the 'Cool Milk' scheme
- Parents may purchase milk for their child to have at break time through the 'Cool Milk' scheme
- Only water is allowed in water bottles to be drunk during lesson time. These can be taken out at break and lunch time.
- Although not encouraged to do so, we recognise that some parents may prefer to provide an alternative to water, which must be in a separate bottle and only drunk at break and lunchtimes. Unacceptable drinks are fizzy and high sugar drinks.

### **Snack in the Foundation Stage**

The children in the Foundation Stage have access to snack during the morning session. This is in addition to the piece of fresh fruit or vegetable available daily. Snack time is an occasion for the children to develop their social skills, learn about healthy eating and participate in the production of snack. The children are frequently involved in cooking and preparing the food. Foundation Stage parents are requested to make a small contribution towards the cost.

### **Food Allergy**

We will ensure that the school has considered the needs of food-allergic pupils and has developed appropriate procedures in all areas of the curriculum and beyond, ensuring that affected children are not unknowingly exposed to food allergens like nuts and seeds during school hours. These considerations apply and are promoted to the whole school community. Photographs of those children who suffer from severe allergic reactions are displayed at food access points. A number of staff are trained to give epi-pen injections in an emergency.

### **Special Diets**

We recognise that some children may require special diets. In this case parents/carers are asked to make us fully aware of this. Individual care plans/menus may need to be created for children with special dietary needs/requirements. A plentiful supply of drinking water for children is recognised as improving behaviour

and concentration. Pupils are actively encouraged to bring their own water bottle to school and use it throughout the day. They are regularly reminded to drink water especially during warmer weather, to educate them about the importance of hydration.

## **School Lunches**

The school actively promotes the uptake of free universal infant school meals for all reception and KS1 pupils.

In collaboration with our hot meal provider we will;

- Promote the uptake of school lunches
- Ensure that the food provided is compliant with the current standards for school lunch and is of high quality and promotes health
- Ensure that the choices provided address cultural, religious and special dietary needs
- Ensure the school has the capacity to provide a meal for all those who require one

To ensure that school lunches meet the requirements of the whole school community there will be ongoing liaison and consultation with the school lunch provider.

Families who are eligible for free school meals are actively encouraged to take up the option. Applications can be supported by our Family Link Worker and the school office staff.

## **Packed Lunches**

If parents choose to send in a packed lunch we encourage them to provide healthier lunchboxes for their children. The school actively discourages the following packed lunch foods:

- sweets and confectionery
- chocolate bars
- fizzy drinks

Food not eaten in a packed lunch is taken home by the child so the parents are aware of what their child has eaten.

Children are not allowed to share or exchange food from packed lunches.

Parents are advised to provide age appropriate quantities of food.

All children eat in the Key Stage 2 Hall sitting at dining tables. All children have at least 30 minutes in which to eat their lunch. Foundation Stage children go to lunch at 12:15pm to allow them more time. We aim to provide a calm, ordered environment conducive to mutual respect and good behaviour, promoting social and community cohesion.

The school is also committed to:

- ensuring children wash their hands before eating
- encouraging good table manners
- encouraging all children to eat the food they have been provided with
- actively helping children who find some aspects of packed lunch difficult e.g. opening tubs, packets, cartons or bottles
- teaching the children how to be responsible for clearing away after they have eaten their hot dinner
- encouraging children who have finished their packed lunch to inform the lunchtime supervisor who will check to see if they have eaten an adequate amount.

Any parent who has concerns about their child's eating at school is encouraged to promptly bring them to the school's attention.

### **Sweets**

We do not allow the eating of sweets or other foods high in sugar and/or fat in school, however occasionally these may be provided during special events or as prizes.

We believe it is important to celebrate cultural, personal or community events and recognise that special food has a role in such celebrations as birthdays, religious festivals, or end of term. We recognise such foods are acceptable in moderation.

### **Cake Sales**

For fundraising we do occasionally hold cake sales in school. These sales are infrequent and regarded as a special event.

### **Food Waste**

In order to reduce food waste, at the end of the week any surplus perishable foods may be offered to staff or parents first before being disposed of.

Food is of vital importance to us all and should be used to enrich the school curriculum. The curriculum can then enrich pupils' experience of food and healthy eating. Curriculum content will include the following:

- the importance of food groups and the role they play in promoting growth
- the development of a strong, healthy body
- what constitutes a balanced diet
- how food is produced
- an understanding and appreciation of cultural diversity
- the development of respect and understanding towards the beliefs and attitudes of others

Visits by outside agencies also promote health awareness.

In addition, whole school and class assemblies are an opportunity to explore health and food related issues.

We offer a wide range of extra-curricular activities which support a healthy lifestyle and to which the aim and objectives of this Food Policy apply.

## **Clubs**

We require that any independent or school-organised club, follows the principles of a healthy lifestyle and that the provision is in line with legislation and the whole school food policy.

### **Breakfast Club**

Breakfast Club will provide a nutritious breakfast for children who attend. The food provided will be in line with the whole school food policy.

### **Partnership with parents and pupils**

The partnership of home and school is vital in shaping how children behave, especially where health is concerned. We expect parents to respect and support this policy.

Parents and carers are requested to inform the school of any health or food requirement their child has that requires special attention.

The Headteacher and Governing body will monitor the implementation of this policy and maintain national school food standards.

This policy will be reviewed every 2 years.

The governing body approved this policy on:

Date: July 2022

Reviewed: July 2024