

Whitwell Primary School



School Food Policy

The Governing Board adopted this policy on **17th November 2022**

Signed _____
Chair

Record of Policy Reviews & Amendments

Date	Any changes made?
21.11.2019	Reference to seeds removed.
17.11.2022	P.3 – paragraph stating that WPS is a nut-free school. Prices etc. updated.

Why do we have a food policy?

- 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.
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a child's ability to learn effectively.
- To ensure the school plays its part in the larger community by helping to promote family health and sustainable food and farming practices.

What do we want to achieve?

- To ensure 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 the provision and consumption of food is an enjoyable and safe experience.
- To ensure that the whole school community understands that a balanced diet is recommended.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are also encouraged to participate and model healthy eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe and effective learning as well as providing a foundation for good health.

Curriculum

PSHCE, Geography, History, Science, Design Technology, French and RE may all contribute to the curriculum delivery of food education.

Curriculum delivery may involve cooking, food preparation, visits, celebrations, visitors, role play, learning about allergies and will be adequately resourced. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. At such times food hygiene principles are followed.

The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

Lunch time

We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences.

All school meals are cooked on the premises and provided by Derbyshire County Council. All menus meet and exceed the current Government School Meals nutritional standard.

We provide Universal Free School Meals for all children in FS2 and KS1 and encourage parents to take up this offer. Children in KS2 pay for their school meals, unless entitled to Free School Meals.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do.

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily. (Appendix 1: School Food Guidelines for Parents)

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Breakfast Club

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 – 8.45am.

Water

Health benefits of drinking water are widely acknowledged. In line with the School Food Standards, the whole school community should have access to free fresh drinking water throughout the school day.

No drinks other than water will be brought into school by pupils, unless recommended by a doctor for medical needs.

Break time

All Foundation Stage and Key Stage 1 children are provided daily one free piece of fruit or vegetable as part of the National School Fruit and Vegetable Scheme.

Once in Key Stage 2 free fruit is not provided but children may bring fruit or vegetables as a snack.

Special Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Whitwell Primary is a nut-free school and staff are vigilant about items which are brought in from home for packed lunches and treats that are brought in to share in class and in the staffroom.

Individual care plans are created for pupils with food allergies. Pupil's food allergies are displayed in a sensitive way in the staff room and are shared with all relevant staff.

The school does recognise that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Staff and Visitors

Staff will be encouraged to model the food policy. Visitors will be offered refreshments, with a choice that contains a healthy option.

School Visits and Events

Food served at events and offered on trips will be consistent with the school policy.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian. Free school lunch provision will be handled sensitively.

Role of Governors

Governing boards have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos.

The Governing Board is responsible for ensuring that the National School Food Standards are met.

Monitoring and Evaluation

The Senior Leadership Team will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up to date.

Further Information

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>

School Food - Guidelines for Parents

Water

Drinking water will be available for all pupils and staff throughout the day and pupils will be encouraged to drink water at frequent intervals. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles should go home at the end of every day to be washed and returned. All packed lunch pupils have access to water at lunch time.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

Milk

Before morning break time your child may have a drink of milk. This service is available free of charge to all children up to 5 years old, once they turn 5 years old there is a cost of £1.40 per week.

To order milk for a child after their 5th birthday, parents must do so one week in advance. The money should be sent in an envelope clearly marked with the child's name and class by Thursday morning for the following week.

Break time

All Foundation Stage and Key Stage 1 children are provided daily one free piece of fruit or vegetable as part of the National School Fruit and Vegetable Scheme.

Once in Key Stage 2 free fruit is not provided but children may bring fruit or vegetables as a snack. We would urge parents to support us and build on the good habits established in the infants.

Lunch time

All school meals are cooked on the premises and provided by Derbyshire County Council. All menus meet and exceed the current Government School Meals nutritional standard. For further information look at: <https://www2.myschoollunch.co.uk/derbyshire>

We provide Universal Free School Meals for all children in FS2 and KS1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines. Children in KS2 pay for their school meals, currently £2.30 per day, unless entitled to Free School Meals.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Packed Lunch Guidelines

We would like to encourage parents to provide a health lunch box for their child. Government guidelines recommend:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, humus, and falafel) every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Chocolate and sweets are not encouraged as snacks or in packed lunch boxes

Allergies

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school.

No Nuts Policy - Due to having children with severe allergies in school, who can be seriously affected by someone else who is eating - or may have recently eaten – nuts, we operate a ‘No Nuts Policy’. **We would ask that parents do not send their children to school with any products that contain nuts**; although these products can be considered as healthy, they could be a danger to other children with allergies.

Foods that contain nuts should not be included in children’s lunch boxes, such as:

- Peanut butter or Nutella sandwiches
- Some muesli bars that contain nuts
- Some cereal bars that contain nuts
- Some granola bars that contain nuts
- Cakes that contain nuts
- Biscuits / cookies that contain nuts

This list is not exhaustive, so we please as parents to check the packaging of products closely to check if they have nuts as an ingredient. Many product labels say that it “may contain nuts” and this tends to be manufacturers being cautious. These products may be sent into school.

The school does recognise that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.