Cranham
Church of England (VA)
Primary School

Whole School Food Policy

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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.

Aims

The main aims of our school food policy are:

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

Food throughout the school day

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.
The breakfast menu includes:

- Low sugar whole grain cereals – shredded wheat, wheat biscuits, corn flakes
- Toast (Best of both or brown bread) – with low fat spread, honey or low sugar jam.
- Fresh fruit
- Fruit juice, milk or water

The adult is responsible for ensuring that children do not use excessive amounts of spread or toppings. Children should not have more than two pieces of toast.

School Lunches

School meals are prepared and served on site by school staff, in accordance with the latest government Food standards. Our school kitchen regularly achieves the highest grade for Food Hygiene.

School meals are planned on a 2-week cycle and always contain a meat and vegetarian/ vegan option. There are two vegetable options alongside each meal. Puddings are homemade, and fruit is available every day. The school meals menu can be found on our school website. In the Summer Term, once a week, there is a sandwich option to allow the whole school to have a picnic together on the school field.

Packed Lunches

The school's approach to its recommendations for packed lunch is designed to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to 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

Packed lunches should not include:

- Sweets
- Fizzy drinks

Crisps and items containing chocolate should not be regularly included in lunchboxes. The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

The dining hall

The school aims for this to be a calm place for children to eat. The supervisory staff take time to help the children make choices, and they encourage children to take additional salad and fruit portions. The use of cutlery is part of the EYFS curriculum and the staff identify one child per day

to focus on this skill with. Children are encouraged to focus on eating, but are allowed sufficient time to eat their food.

Snacks

The school understands that healthy snacks can be an important part of the diet of young people. The school takes part in the government fruit scheme and is therefore able to offer children in Key Stage One a daily piece of fruit or vegetable. There is often sufficient to offer this to Key Stage Two pupils as well. Alternatively, pupils are able to bring their own fresh or dried fruit/ vegetables into school to eat at break-times.

As part of our message about treats in moderation, children are able to bring a wider variety of snacks to school on Free-Choice Fridays. These can include cereal bars, rice cakes, yoghurt-covered dried fruit. Children are not permitted to bring sweets or chocolate bars as a snack on any day of the week.

Children are encouraged to sit or stand still to eat during break time for health and safety reasons.

After school club

The school runs a daily After School club for pupils until 6.00pm Monday to Friday.
Children staying until 4.15pm are offered a small snack:

- Crackers - with low fat spread, cheese spread, honey or low sugar jam.
- Fresh fruit
- Water, milk or fruit juice

Children staying beyond 4.15pm are offered a light meal:

- cheese & ham crumpets
- spaghetti on toast
- healthy pizza
- pasta bake
- sandwiches

All meals are accompanied with salad sticks. Yoghurt and fresh fruit are available daily.

Drinks

The school promotes water as a drink throughout the day. Children should have only water in their bottles, and they should be offered water only during lunch and when drinking in class situations.

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.

Curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet. Children in UKS2 will be taught how eating healthily can support well-being in puberty.

Staff delivering cooking sessions and clubs have achieved Level 1/2 in Food Safety and Hygiene.

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including:

- Values pebbles
- Certificates
- Dojo points
- Privileges

Celebrations / Festivals

The school recognises the importance of celebrating birthdays and special occasions.

We welcome any parents who would like to send in stickers, pencils etc for their child to share with the class on their birthday. We discourage chocolates and sweets for birthdays. This is not only linked with our Healthy Eating messages, it is also to reduce the risk of allergy issues.

On occasions when cake or sweet treats are sent in for birthdays celebrations, these will be distributed for children to eat at home under parental supervision.

For festival events, we welcome a variety of foods, from different cultures, for children to try.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of alternative foods will also be encouraged.

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 serious food allergies, and we are a Nut-free school (see Nut-free policy). Pupils' food allergies are displayed in a sensitive way in the kitchen and the school office. The lunch menu is designed to ensure that it is suitable for all children.

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.

Teaching staff are encouraged to eat a school lunch and sit with pupils in the dining hall.

Families

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

Coffee mornings are delivered throughout the year to support with parenting, and these include food related advice. The school invites families to join us for picnic lunch each year.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents and governors. It will be reviewed through surveys and governor days.

Additional support

Additional guidance and support can be requested via the school office or found online.
www.nhs.uk/live-well/healthy-weight/healthy-weight-children-advice-for-parents/