

# Lowther Endowed Primary School



## Whole School Food Policy

**Policy Reviewed: February 2019**

**Reviewed by Carla Tickner – In consultation with children, parents, staff and Governors**

**Next Review Date: February 2021**

**Approved by: Curriculum and Staffing Committee**

**Signed:**

**Name: Carla Tickner**

**Position: Head teacher**

This policy supports the school's vision and values

**AIMS: -**

- To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors.
- To equip pupils with the knowledge to make informed choices about food throughout their lives and to give them the opportunity to apply that knowledge in school.
- To satisfy the Government's standards for food and nutrition.

**APPLICATION: -**

This policy covers the areas of:

- Breakfast Club
- Morning Break-time snacks, including free fruit scheme
- Milk
- Water
- School Lunches
- Packed Lunches
- Curriculum
- After school club and Special Events

Our procedures apply to all staff, pupils, parents, governors and partner agencies working within the school.

**Breakfast Club**

Healthy, nutritious breakfast choices are available every morning complying with the Government Food Standards.

Pupils enjoy eating their breakfast in a pleasant environment, seated at a table whilst chatting to their friends.

**Morning Break-time Snacks**

Fruit and vegetables provided through the government scheme will be available for EYFS and KS1 pupils.

Guidance is given on snacks brought from home (breadsticks/plain rice cakes, small amount of cheese, fruit, dried fruit or vegetables) and packaged products are expected to be limited.

**Milk**

Free school milk is available for pupils under the age of five and for children in receipt of Pupil Premium. School Office staff can arrange for EYFS pupils over the age of five and KS1 pupils to continue to receive milk at a subsidised amount.

Milk is served in classrooms in the afternoon.

**Water**

Clean drinking water will be available for all pupils throughout the day. Pupils are encouraged to drink water at frequent intervals. Key Stage Two pupils have easy access to a water cooler and Key Stage One pupils have access to drinking water in their classrooms. There is a water fountain outside for access during playtimes.

Pupils are encouraged to bring their water bottle to school every day so that they can refill as necessary. Bottles should go home at the end of every day to be washed and returned. No drinks other than water will be brought into school by pupils unless recommended by a doctor on medical grounds. This should be discussed directly with school.

### School Lunches

All pupils are expected to adhere to the lunch time expectations. Our lunch time expectations are created in consultation with the School Council. (Appendix 1)

- All meals are prepared in school daily, following the Government Food Standards. Daily vegetarian options are available.
- Menus are balanced and take into account the pupils' health, well-being and opinions. Menus reflect class choices, theme days and link to the curriculum. The menus change seasonally and are continually monitored. They are on a three-week rotation.
- Menus and promotional information are provided to parents via school noticeboards, school website, newsletters and new starter parents evening. Parents are able to make comments / give feedback through parental questionnaires and parents are able to update the Catering Manager about any pupils' special dietary requirements, allergies or cultural requirements.
- School meals are supplied in house by Mellors and prices are very competitive. Parents are asked to pay weekly or to receive termly bills by arrangement. Arrears in payments are pursued to ensure there is no cost to school.
- The School Meals Project is designed to be non-profit making. Pricing and staffing levels are set so that there is only a limited cost to school. The Governors see the provision of quality meals as an important element of the school's work, but the cost of this is monitored so as not to have a damaging effect on other areas of school life.
- Universal Free School Meals are available for all EYFS and KS1 pupils and parents are encouraged to take up this Government initiative. Free School Meals (FSM) are available, on application, to enable all pupils to eat healthily without financial disadvantage.
- Local, seasonal, environmentally-sustainable foods are used and included in promotions/theme days where possible.
- Waste is monitored on a daily basis and its disposal maximises the use of recycling, composting.

### Packed Lunches

All pupils are expected to adhere to the lunch time expectations. Our lunch time expectations are created in consultation with the School Council. (Appendix 1)

Parents who provide their children with packed lunches are encouraged to follow the recommendations set out by the Schools Food Trust.

Packed Lunches are placed on the packed lunch trolley at the beginning of the day and are stored in the cool kitchen store until lunch time.

Packed lunches should ideally include the following every day

- A portion of starchy food e.g. Wholegrain bap/bread, pitta bread, plain crackers, pasta or rice salad
- At least one portion of fresh fruit
- At least one portion of vegetable or salad
- A portion of dairy food
- A small portion of lean meat, fish or alternative non-dairy source of protein, e.g.: ham, chicken, quorn, cheese, tuna, hummus or egg etc
- A drink of water (Water is provided by school)

### **We ask that packed lunches do not include...**

- Confectionery / Sweets and chocolate;
- Nuts and nut products;
- Deep fried products, more than twice a week;
- Manufactured meat products, more often than occasionally;
- Fizzy drinks, or sugary drinks e.g. Lucozade Sport;

- Drinks other than water, still or sparkling, milk (skimmed or semi skimmed), pure fruit juices, yogurt or milk drinks (with less than 5% added sugar);
- No hot drinks, soup/pot noodles or food which requires heating (because of the risk of scalding). Soup or warm foods in flasks are acceptable and encouraged.

Rubbish is placed in the waste bin provided, but uneaten food should be returned home so that parents are aware of what has/ has not been eaten.

#### Curriculum

Healthy eating will be addressed in areas of the curriculum, e.g. PSHE, DT, Science, RE, Humanities. Through various topics, pupils will have the opportunity to cook and eat different foods and staff aim to promote healthy choices and multi-cultural options where possible. Staff are expected to provide accurate information free from bias.

#### After School Club and Special Events

Snacks and drinks at after school club are provided and will be line with the Whole School Food Policy.

Food is used in school to mark special occasions, such as interval treats during Christmas productions, cake sales to raise money for charity, coffee afternoons and friends' lunches to gather members of our community together, celebrating a variety of festivals and special days during the school year. Pupils will be encouraged to realise that celebratory food, such as party food, can be enjoyed occasionally as part of a balanced, healthy diet.

#### **SCHOOL ENVIRONMENT & ORGANISATION: -**

Lunch times should foster the caring, friendly ethos that governs everything that we do. Pupils are encouraged to develop their social skills and appropriate behaviour by eating at tables alongside friends.

Staff will work with children to provide a clean, safe, attractive environment. A named teacher / teaching assistant supervises pupils in the dining room daily. Children are encouraged to be independent in cutting food, holding cutlery and tidying up and leaving their eating area in a reasonably clean and tidy condition.

Children are required to eat all, or at least try to eat most of the food provided, either by the school or in their packed lunch.

The school rewards pupils for good mealtime etiquette and good behaviour. Stickers and certificates are awarded for good behaviour, trying new foods, eating well and adhering to the lunch time expectations.

The school values our cook and lunch time supervisors.

#### **SPECIAL DIETARY REQUIREMENTS: -**

School provides food in accordance with Government Food Standards and provides food in accordance with pupils' religious beliefs and cultural practices.

#### Vegetarians and Vegans

Daily vegetarian options are available. When notified in advance the catering team can also provide a vegan option.

#### Food Allergy and Intolerance

##### **Nuts and nut products are not allowed in school.**

School create individual care plans for pupils with food allergies. These plans document the symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Our school catering team are made aware of any food allergies / food intolerances / special diets when parents complete the data capture form on entry to school, but they request parents inform them, via the school office, of any updates where necessary. Food allergy information is available on request.

**TRAINING, ASSESSMENT, MONITORING AND REVIEW: -**

Staff will be informed and kept up to date with any changes in policy, any new information, initiatives or procedures involved in food hygiene, health and safety and nutrition as the need arises throughout the year. They will be given relevant training.

Assessment of the curriculum will take place by class teachers.

School will monitor, evaluate and review the impact of the policy by gaining feedback from children through school council meetings, parents through parental questionnaires and governors through routine monitoring visits.

The Headteacher, Catering Manager and Governor with responsibility for Food will review the policy biennially.

## How to have a Happy Lunch Time at Lowther

- Always wash hands



- Choose some vegetables, fruit and water to make healthy choices



- Take your time, enjoy your food and eat as much as you can
- Enjoy a chat with your friends, but please don't shout



- Eat politely and use cutlery



- Tidy up before you leave
- Respect the dinner time staff and the food

