



*“Enabling life in all its fullness”*

**“I came that you may have life, life in all its fullness” (John10:10)**

Our **Core Christian values** for our school are: *Perseverance, Creativity, Trust and Friendship.*

## **Food and Nutrition Policy**

**Policy Date:** May 2023

**Date of next review:** May 2025

We recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. We can also work together to support members of our community with affordability of food and support them to eat well.

This guidance has been written to reflect the School Food Standards that were updated in May 2022. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating. For more information please refer to: <http://www.schoolfoodplan.com>

**This policy covers the areas of:**

- Breaktime snacks including those brought from home
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

**Break time snacks**

The School Fruit and Vegetable Scheme (SFVS) provides a free piece of fruit or vegetable to every 4 to 6-year-old attending a state-funded school. Pupils in other year groups can bring in a healthy snack for morning breaktime. This can be a piece of fruit or vegetable, or a healthy snack e.g. a cereal/ fruit bar or rice cake. Children eating these snacks outside must sit/ stand still whilst eating them to reduce the risk of choking. **Affordability:** If a pupil is unable to access a snack, we have extra fruit to offer and toast if required.

**Nut free**

To support pupils and staff with nut allergies we are a nut free zone and insist that nuts/ nut products are not brought into school.

**Milk** Our school provides a milk scheme called Cool Milk for all pupils, in accordance with Government guidelines. Parents are invited to register and pay for their child to participate in this scheme, which provides a third of a pint of semi skimmed milk every day. Parents can specify if an alternative type of milk is required e.g. soya. Children under 5 receive free milk under the government paid scheme. **Affordability:** Any Pupil Premium eligible child can also receive milk for free, funded from their Pupil Premium funding.

**Water** Fresh, chilled drinking water is available for all pupils throughout the day via our water machines and pupils will be encouraged to drink water at frequent intervals. Pupils are asked to bring in a refillable drink bottle and bottles go home at the end of every day to be washed and returned. These should be standard drinking bottles. If a bottle is forgotten, we provide a cup. For hygiene reasons and accessibility we encourage all pupils to have refillable water bottles. We ask that pupils bring water not squash to school. Fizzy drinks are not allowed in school. No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

**Affordability:** we can help provide in school refillable drinking bottles if these cannot be provided from home. These bottles stay in school to ensure they are accessible. We ask that expensive water bottles such as 'Air up' are not brought into school.

**School lunches** including packed lunches Food, and the sharing of food is an important part of life in our school. At our school, the children having a school lunch or a packed lunch all sit together as part of a 'family service' both indoors and outside in better weather. 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 clear up after themselves at the end by tidying their plates and cutlery away. Lunchtime staff and pupil buddies will help younger children with the chopping of food and gentle

encouragement, where appropriate, to use their cutlery correctly and to try new foods and flavours. All school meals are prepared by Caterlink and are prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT: "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment".

We are committed to providing food which is compliant with all national guidelines. We have vegetarian options on our menus and can discuss with parents any medical dietary needs or allergies. We are also very happy to work with you and your child to make sure that they are able to eat the food on offer. We know that some children can be fussy, but we are committed to working with you to help your child enjoy a wider range of foods. We provide Universal Free School Meals for children in Years Reception, 1 & 2 and encourage parents to take up this offer.

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 a healthy option. Support and advice are provided through information on our websites. Packed lunches provided for school trips as part of our free school meal provision comply with National Food Standards. Any meals taken as part of residential visits will provide a balanced and healthy approach to meals and where possible, we will look to use off site providers that comply with the National Food Standards. **Affordability:** Our meals are competitively priced, we alert parents to applications for free school meal pupil premium fund and offer guidance and support for those who don't qualify for this support but need help beyond the universal free school meal provision as they enter into Year 3.

**Rewards** We positively encourage pupils to eat a balanced diet and try a few new foods. Our aim is that they are calm and happy and eat well. Pupil voice informed us that rewards help with this and therefore lunchtime stickers, praise and pupil leadership reward eating well. We are very sensitive and caring with this matter.

**Staff Training** Staff involved in the preparation of food access regular Level 2 Food Hygiene training. All staff complete the Food Allergy & Anaphylaxis Training and as part of our PSHE curriculum older children are taught about Anaphylaxis and allergy awareness too to support themselves and others around them.

**Curriculum** The production and preparation of food is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We reinforce our delivery of the national curriculum by holding Healthy Schools focus sessions which enable us to focus on all aspects of wellbeing including healthy eating. We provide whole school nutrition assemblies and build this into our curriculum offer to ensure our children learn about healthy balanced meals and how to prepare simple healthy snacks and meals.

Extended Curriculum Mel Tim, our Food and Nutrition expert, runs a Cookery/Healthy Schools After-School Club throughout the year and pupils are invited to join in to prepare, cook and take home a variety of healthy meals.

**Affordability:** We can fund access to a set of these sessions for Pupil premium funded pupils. We provide whole school nutrition assemblies and build this into our curriculum offer to ensure our children learn about healthy balanced meals and how to prepare simple healthy snacks and meals.

### **Wraparound Care – Breakfast Club and After School Club**

Food provision at our breakfast and After School Club is compliant with the National School Food Standards and staff are trained in food preparation and hygiene. We consistently have a 5-star hygiene rating for our kitchen and food preparation area. Children in the clubs have regular opportunities to help prepare healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities.

At Breakfast Club, we offer:

- a variety of different fruits and vegetables; this could be fresh fruit, dried fruit, canned fruit (peaches or mandarins) in natural juices.
- A selection of cereals including low sugar, low salt, high fibre alternatives such as Porridge or Ready Break, Weetabix, Shreddies, Cheerio's (plain), Rice Krispies, Bran Flakes.
- 50:50 or brown bread for sandwiches, toast and toasties including gluten free options
- Pain au chocolate or croissants can be served occasionally but not more than once a week

- Different toppings for toast and bread e.g. low-fat spread, low sugar fruit jam, marmalade, honey, low fat soft cheese, and occasionally bananas, beans and eggs including dairy free options
- Semi-skimmed milk for drinking, with cereal (plus dairy free options)
- Water is available at all times

**Affordability:** We support pupils in receipt of pupil premium to attend our breakfast club for healthy breakfast and support a calm start to the school day.

At our After-School Club (after-school care), we can offer:

- Milk or water to drink
- Fresh fruit and a range of healthy snacks or occasional cooking experiences

**School Awards** We have the Bronze Healthy Schools Award. Ofsted 2023 commented on how our children were calm and settled in a good ethos at our well-run breakfast club and during school lunchtimes.

### **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but, to promote healthy eating choices, we would ask that parents and carers do not send in birthday cakes or sweets. We can send these home with children but they are not to be consumed on the premises and must be nut free. **Affordability:** There is no expectation for items to be brought in for birthdays. We would prefer if parents want to bring something in to celebrate birthdays, it is something affordable like stickers or one special book for the class to share. In school we celebrate children's birthdays during our celebration assembly. At Christmas and at the end of the school year, classes may have a class party in which food is donated by parents or purchased by school. We will provide a balance between treat foods and healthy fruit and vegetables at these times. **Affordability:** School contribute to this and ensure pupils who cannot afford to bring in items or money are not excluded from these events.

**School Allotment sustainability** We have school allotments and aim to grow produce to use in our class cooking sessions. We have used school grown produce to make a range of meals including soups: Leek and potato, butternut squash, nettles; baked healthy fruit pie with pears we have grown and used herbs from our allotments. **Affordability:** Allotments teach children through outdoor education part of our curriculum to grow their own produce and how to prepare and cook this as part of sustainability and to make healthy eating more affordable.

### **Affordability:**

**Parent and carer, staff and community Cooking workshops** We aim to support our community with the increasing cost of living and affordability of food. We aim to provide cooking workshops for parents and carers to support with cooking healthy and nutritious meals which are simple and affordable. Mel Tim, our food and nutrition specialist and her team work with us to provide these workshops and sessions.