



Wateringbury Church of
England Primary School

Whole School Food Policy

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Learning, growing, achieving.....our journey together with God.

Our Vision and Values

Guided by our Christian values and nurturing culture, we aspire to enable everyone to grow green leaves to meet the challenges of our ever-changing world and to send out our roots to the wider community.

Every child is seen as a unique learner, loved by God and is equally valued and championed to grow and achieve their very best in all they do.

LOVE FORGIVENESS JOY RESILIENCE RESPECT COURAGE

Aims

The aim of the Whole School Food Policy is to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors at the school.

Rationale

Eating in school should be a pleasurable experience. Our school food policy is underpinned by the following values:

- ◆ Our school promotes the health and wellbeing of all staff, pupils and visitors and believes that healthy eating is an important aspect of this work.
- ◆ Our school wants to help children and young people to adopt healthy lifestyles and attitudes towards food and physical activity. Our school recognises the important link between healthy eating and the effective learning and achievement of pupils.
- ◆ Our school works in partnership with parents, children and others to improve the health of children and their families.
- ◆ Our school recognises that sharing food is a fundamental experience for all people; a way to nurture and celebrate cultural diversity; and an excellent bridge for building friendships and promoting a sense of community.

Objectives

- ◆ To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- ◆ To provide opportunities for pupils to plan recipes, budget, prepare and cook food regularly.
- ◆ To increase pupils' knowledge of food production, including farming and local food producers, and to enable pupils to learn how to grow foods e.g. fruits and vegetables.
- ◆ To ensure pupils are well nourished at school and 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 food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethic, vegetarian, medical and allergenic needs.
- ◆ To provide a pleasant and sociable environment for pupils and staff to enjoy their food including packed lunches.
- ◆ To monitor menus and food choices to inform policy development and provision and to involve pupils in planning menus.

Guidelines

Education on the importance of a healthy diet is in the National Curriculum in these subject areas: Design & Technology, PSHE and Science. There will be opportunities for cooking and growing food. The 'Eatwell Plate' model (Food Standards Agency) will form the basis of our healthy eating education.

Our school actively promotes healthier choices during the day:

- ◆ Morning snack – healthy snacks are promoted throughout school and are provided in EYFS and KS1. We have guidelines for snacks which we strongly encourage parents and carers to observe.
- ◆ Lunch times – school meals are prepared fresh on site daily by Caterlink. Menus are reviewed regularly, and our pupils are involved in planning their menus. Menus meet the nutritional standards required by the School Food Trust. The Caterlink Menus are issued in advance to parents and children from which menu choices can be made daily.
- ◆ Pupils can have a mixture of school dinners and packed lunches during the course of a week. Lunches are ordered and payments are expected in advance.
- ◆ Lunchtime supervisors encourage the children to choose a balanced meal promoting healthy choices and asking children to try a little helping to encourage them to enjoy being adventurous with food.
- ◆ Parents and pupils are encouraged to send a healthy packed lunch – see below for further information.
- ◆ We provide a welcoming ‘family dining’ environment with both packed lunch and school dinner children sitting together. We work hard to try to keep noise levels acceptable and we promote good table manners.
- ◆ After school Cookery Clubs provide opportunities for children to prepare and cook healthy meals.
- ◆ Parents and carers are asked to provide water bottles for their children, refilled daily. If children come to school without water, cups are provided in each classroom and children can have water throughout the school day. Staff encourage children to drink water regularly throughout the day (see Water Policy below)

The eating environment

- ◆ All pupils eat in the dining hall with their own class and then move into the playground.
- ◆ EYFS children are observed and supported with cutting their food to appropriate sizes.
- ◆ Pupils who eat packed lunches are encouraged to sit with those who are having school meals.
- ◆ In all classrooms fruit break and water bottle areas are allocated by class teachers for children to store their healthy snacks.
- ◆ In EYFS and KS1 fruit and/or vegetables are provided for the children daily.
- ◆ In EYFS and KS1, children are supervised eating their snack and are encouraged to sit whilst eating.

Water policy

Parents and carers are asked to provide their child with a clean bottle of water daily; they will be asked not to provide any other drinks for consumption in the classroom. If children arrive without water, children will have access to a clean cup and drinking water throughout the day. Children who forget their own water bottles are provided with water to drink with their lunch.

Healthy snack policy

Parents and carers are asked to provide their children with a healthy fruit or vegetable snack to eat at morning break. Our guidelines suggest only fruit or vegetable snacks, fresh or dried. Parents and carers are strongly encouraged to adhere to our guidelines to help us in our promotion of healthy eating.

Children have time allocated every day to eat either fruit or vegetables with some water during fruit break.

The list of permitted healthy packed lunch foods, also applies to snacks brought for after school clubs.

School lunch policy

- ◆ Food is provided by Caterlink.

- ◆ The option of school lunches is promoted at the admissions phase and all of KS1 are encouraged to eat school lunches.
- ◆ Food is presented at children's height and the cooks and other staff talk through the options.
- ◆ Children are encouraged to try different foods each day by the cook and other staff.
- ◆ Children are expected to choose one of the main options and vegetables and salad each day.
- ◆ Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative.
- ◆ In EYFS and Year 1 a member of staff or non-teaching staff line up with children and discuss options and help make decisions on their balanced diet. Members of staff are encouraged to then sit with children and eat their meals with pupils.
- ◆ Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- ◆ Children who eat little are monitored and encouraged and their teachers and parents are informed.
- ◆ The lunch time staff are informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, medical room and classrooms.
- ◆ The school occasionally has themed days related to a topic or the time of the year.
- ◆ Reception to Year 2 are all entitled to a free school lunch.
- ◆ Lunch time monitor all children whilst eating to reduce choking risk. EYFS children are supported in cutting their food when needed and foods such as sausages are cut length ways to reduce the risk further.

Packed lunch policy

Parents and pupils are encouraged to send a healthy packed lunch, including an energy food (e.g. sandwich, pasta or rice salad, crackers) with some body-building food (e.g. lean meat, fish, egg, cheese) and a portion of dairy foods (eg cheese, milk drink, yoghurt) and some fresh fruit or vegetables. Sweets or confectionary are not permitted. Healthy drinks are promoted such as water and milk. No fizzy drinks are permitted.

Packed lunches will be monitored closely by catering, teaching and support staff.

Parents are consulted by a class teacher if lunch boxes do not contain a balanced diet. Healthier options are discussed and 'healthy packed lunch box' information and guides are available.

Allergies and intolerances

Parents must alert a school administrator at the earliest opportunity if a child has an allergy or intolerance to a particular food. A Health Care Plan must be completed by parents and returned to the school office along with medical documentation relating to the child's medical dietary requirements (form available from school office). Caterlink will provide a modified menu for that child which will be displayed in the school kitchen.

Curriculum

- ◆ The formal curriculum develops pupil's knowledge of healthy eating through PSHE, Science, DT and cross curricular links.
- ◆ The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops throughout the year.
- ◆ In EYFS the children learn about what keeps them healthy in PSE and Understanding of the world and in Key Stage 1 and 2 children learn the importance of healthy living in Science, DT and PSHE. The message of healthy living is threaded through the New Primary Curriculum and especially through PSHE and Science.
- ◆ All classes complete a unit of Food Technology as part of their DT curriculum. This supports them in making and preparing healthy food choices.

- ◆ After school gardening club runs where vegetables, fruits and herbs are grown seasonally.
- ◆ In the EYFS vegetables are grown seasonally and the produce is used to make healthy foods such as salads and soups for part of their snack times.

Provision for staff

- ◆ Staff are encouraged to eat healthily themselves and set an example to the children.
- ◆ Staff members can choose to have a school dinner. Some choose to eat with the children.
- ◆ Staff have discussions about healthy eating and the food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued.
- ◆ Staff involved in food preparation have a food hygiene certificate.
- ◆ The school is regularly in discussion with Caterlink in order to maintain healthy standards for school dinners.

Parents

- ◆ Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and on the school website.
- ◆ The school can provide parents with healthy eating guides and packed lunch ideas that are healthy and affordable.
- ◆ The school has sent out a parent survey asking for feedback on packed lunches and some changes the school would like to make.

Other information

- ◆ Sweets or chocolates for special occasions, such as birthdays, are allowed but are not encouraged by teachers or school staff.
- ◆ Multicultural food is encouraged during parties such as Christmas, Cultural Week and school meals.
- ◆ The use of sweets for rewards is not general practice. Instead, children are rewarded with stickers, praise, visits to other classes and assemblies to celebrate their work and children presenting their work to phase leaders and/or the head teacher.
- ◆ Leftover fruit and milk is given to after school clubs where possible

Suggested foods to avoid

- ◆ High fat, high salt, high sugar snacks such as, cheese strings, dairylea dunkers, sausage rolls, chocolate yoghurts
- ◆ Confectionery such as chocolate bars, chocolate-coated biscuits or sweets.
- ◆ Sugary fruit drinks or fruit flavoured squash.

Role of the headteacher

The Headteacher takes overall responsibility for the monitoring and implementation of the Whole School Food Policy, for liaison with the Governing Body, LEA and appropriate outside agencies as required.

All staff will have general responsibility for handling the daily implementation of this policy. Monitoring of this policy may include:

- ◆ meetings with Lunchtime Supervisors, which will include feedback on children's food choices.
- ◆ school council conducting packed lunch surveys;
- ◆ headteacher meeting with representatives from Caterlink.