

EARLSMEAD PRIMARY SCHOOL

Whole School Food Policy



SUCCESS *for* ALL

Written by	Claire Hill
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MISSION STATEMENT

At Earlsmead Primary School we encourage all members of our school community to strive to be the best they can be and develop new skills that empower them for life- long learning in order to become confident, valuable, members of society.

We create an inclusive, supportive, safe and challenging environment where all contributions are valued.

Learning is motivating and independence is encouraged hence all become reflective, self-learning team members with a positive sense of wellbeing and a love of learning.

OUR VISION

Working in partnership with children, parents, staff and Governors as a community we will achieve *Success for All* through:

Securing resilience

Understanding values and respecting others

Committing to our learning

Community involvement

Equality for all

Striving to do our very best

Setting high expectations

Aims

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. 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/carers.

Statutory Requirements

The revised standards for school food came into force on 1 January 2015. This was most recently updated in the School Food Standards – Resources for School document (updated February 2023) and the School Food Standards Practical Guide (updated February 2023). The regulations set out the requirements for school lunches provided to registered pupils, whether on the school premises or not, and to any other person on the school premises. The regulations also set out the requirements for food and drink other than lunch provided to pupils on and off school premises up to 5pm, including breakfast clubs, tuck shops, mid-morning break, vending and after school clubs. From September 2014 every child in reception, year 1 and year 2 in state-funded schools is entitled to a free school lunch. From September 2023, all primary school pupils in London receive free school meals.

Policy Development

This policy has been previously developed in consultation with staff and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance.
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations.
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy

4. Ratification – once amendments were made, the policy was shared with governors and ratified

Curriculum

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 as a model of understanding a balanced diet.

The Wider School Community

Breakfast club	The school runs a daily breakfast club for pupils from 8.00am – 8.45am. The breakfast menu includes cereal, toast, fruit and water.
School Lunch	School meals are provided by Caterlink and served between 11.30 and 12.50 in the hall. The school meals meet the mandatory requirements of the School Food Standards 2019 (https://www.gov.uk/government/publications/school-food-standards-resources-for-schools). School meals are planned on a 3 week cycle and always contain a meat or fish, halal and vegetarian option, jacket potato, vegetables and hot or cold desserts. Safeguarding menus are provided for pupils with food allergies. Teaching staff are also encouraged to eat a school lunch and sit with pupils in the hall.
Packed lunches	The school's packed lunch guidance to parents was developed using guidance from the Children's Food Trust. It aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. Packed lunches should aim to include: <ul style="list-style-type: none"> • Some starchy foods such as bread, pasta, potatoes, couscous • 1 portion of fruit and 1 portion of vegetables or salad • Dairy food such as cheese or yoghurt

	<ul style="list-style-type: none"> • Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel <p>Packed lunches should not include:</p> <ul style="list-style-type: none"> • Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars • Sweets • Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts <p>Nuts should be avoided due to allergies including hidden nuts in foods such as spreads.</p>
Snacks	<p>Early years and KS1 pupils are given a piece of fruit or vegetable at morning break.</p> <p>KS2 pupils are encouraged to bring in a healthy snack.</p>
Drinks	<p>The school is a water only school, with the exception of the free milk entitlement for all primary free school meal pupils and for those whose parents purchase it. All pupils are encouraged to bring in water bottles. Water is available in all classrooms.</p>
After school club	<p>After school club runs from 3.15 to 5.00. Parents supply a healthy snack for their child. Any children without a snack are offered fruit.</p>
School trips	<p>Pupils entitled to free school meals are given a packed lunch. Parents are asked to supply a packed lunch in line with the guidelines for packed lunches.</p>
Rewards	<p>The school does not allow food to be used as a reward for good behaviour or achievement unless explicitly allowed by the Head teacher.</p>

Celebrations	<p>The school recognises the importance of celebrating birthdays and special occasions. Pupils are allowed to share sweets as children recognise that treats are allowed in moderation.</p> <p>For celebration events, we welcome a variety of foods from different cultures for children to try. Class teachers will provide parents/carers with lists of suggested celebration food to ensure that we have a wide variety of food choices available.</p>
Fund raising	<p>Occasional fund-raising events may include the sale of treat food such as cakes or treats, but the inclusion of other foods will also be encouraged.</p>

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 food allergies and the lead member of staff for this is Sarah Brown.

Pupil's food allergies are displayed in a sensitive way in relevant places around the school including the staffroom, kitchen, welfare and specific classrooms.

Roles and Responsibilities

The governing board will approve the Food policy, and hold the head teacher to account for its implementation. The Curriculum Lead is responsible for ensuring that food / healthy eating education is taught consistently across the school.

The PSHE / Science / DT coordinators will ensure that that the education programme and resources are age appropriate, relevant and up to date.

Staff are responsible for:

- Delivering food and healthy eating education.
- Modelling positive attitudes to food.
- Monitoring progress.

- Responding to the needs of individual pupils.

SMSAs are responsible for passing concerns over packed lunch contents or the amount of food eaten to class teachers.

School council are responsible for gathering pupil feedback at least yearly and passing this onto the caterers.

Assessment, Recording and Monitoring

The curriculum is assessed in PSHE, Science and DT in line with the school policy. Monitoring of the subject is carried out in line with the schools monitoring policy.