EARLSMEAD PRIMARY SCHOOL

Whole School Food Policy

SUCCESS *for* ALL

Written by	**Claire Hill, Jackie Stangroom**
Ratified by Governors	
Date for Review	**October 2028 (or Sep 27 due to changes coming?)**
Signed-Chair of Governors	
Signed-Headteacher	

MISSION STATEMENT

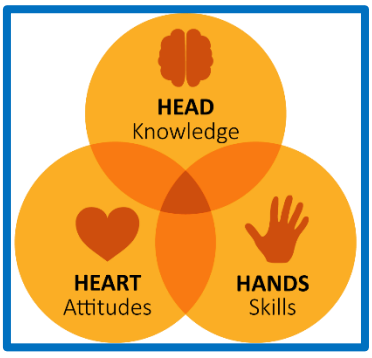
At Earlsmead Primary School, our mission is to empower every child through a holistic approach encompassing our school motto of Head, Heart, and Hands. We will cultivate curious minds (Head), nurture compassionate spirits (Heart), and develop the practical skills (Hands) needed to thrive in an ever-changing world

OUR VISION

Everyone achieving to their full potential.

OUR MOTTO

Head, Heart, Hands



OUR VALUES

Head:	**1.** Curiosity	**2.** Achievement
Heart:	**3.** Integrity	**4.** Care
Hands:	**5.** Creativity	**6.** Collaboration

Aims

The school is dedicated to providing a safe 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:

- Younger children are kept healthy and safe by meeting the Early Years Foundation Stage (EYFS) statutory framework standards around food and nutrition
- Food safety and hygiene practices are followed, including proper food preparation to prevent choking
- Food allergies and dietary needs are managed effectively.
- All staff and parents/carers are aware of their roles in making sure that our pupils consume healthy, nutritious and safe food and drink
- 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.

Legislation and guidance

This policy is based on the following legislation:

- Early years foundation stage (EYFS) statutory framework
- The Requirements for School Food Regulations 2014
- Food Information (Amendment) (England) Regulations 2019

It is also based on the following Department for Education (DfE) guidance:

- Early years foundation stage (EYFS) nutrition guidance
- School Food Standards practical guidance
- Allergy guidance for schools

From September 2023, all primary school pupils in London receive free school meals.

Roles and Responsibilities

- The governing body and headteacher will make sure that this policy is properly implemented, and that food preparation, provision, nutrition and safety procedures are followed in accordance with this policy.
- All staff are responsible for following the policy and ensuring the health and safety of the children and reporting any concerns, accidents or incidents immediately.
- Subject leads ensure their curriculum meets the requirements of their subject and any food based guidance and legislation.
- Jackie Stangroom and Nisha Pershwaria are responsible for checking foods available at fund raising events.
- Pastoral team and office staff liaise with parents and Caterlink to ensure special menus are produced in a timely manner.

- Sarah Brown and Jackie Stangroom produce, display and notify staff of individual care plans for children with allergies, intolerances or coeliac disease.
- The Head teacher is responsible for risk assessments for any staff who have allergies, intolerances or coeliac disease.
- Caterlink design menus for the school and specialist menus for children with allergies and ensure the meals are produced in safely.
- SMSAs are responsible for passing concerns over packed lunch contents or the amount of food eaten to class teachers.

Responsibilities of Parents

- Inform the school of any allergies, medical dietary needs, food intolerances and religious or cultural dietary requirements during their pre-start meeting.
- Keep the school informed of any changes to their child's dietary needs, progress with eating, and/or any other concerns or information around their eating
- Support their child to understand if they have allergies, intolerances or coeliac what they can and cannot eat and strategies they can use to check for themselves
- Encourage their child to try a variety of foods and eat a balanced diet at home and in school
- Give their child a healthy breakfast before arriving at school, unless they are attending breakfast club
- Follow the school guidance on packed lunches

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. Children are taught about different food groups and why we

need them, what a balanced diet is and that treats are ok in moderation. The Eatwell model is used throughout the school as a model of understanding a balanced diet.
As part of the new allergy guidance, Allergy Awareness Week (April) has been added to the school calendar as part of the PSHE curriculum.

Food throughout the day

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 lunches	School meals are provided by Caterlink and served between 11.30 and 1.00 in the hall. The school meals meet the mandatory requirements of the School Food Standards 2026 https://www.gov.uk/government/collections/school-food-standards. School meals are planned on a 3 week cycle and always contain a meat or fish, halal and vegetarian option or jacket potato. Vegan options are highlighted. Every meal is served with vegetables followed by a hot or cold dessert. Water and a salad bar are available. Children are encouraged to wash their hands before and after eating to help prevent the risk of cross contamination. Safeguarding menus are provided for pupils with food intolerances, allergies, or coeliac disease. Children are encouraged to sit down at their table until they have finished their food. Staff on duty should be aware of choking / silent choking. Teaching staff are also encouraged to eat a school lunch and sit with pupils in the hall. All EYFS children must be in sight AND hearing of an adult while eating. They must be supervised by a PFA trained member of staff. (Please also read EYFS safer eating and sleeping policy for more specific guidance)
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: • 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 • Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel • Water Packed lunches should not include:

	• Crisps • Sweets • Any items containing chocolate including bars, biscuits, cakes • Fizzy or sugary drinks **Nuts should be avoided due to allergies including hidden nuts in foods such as spreads.**
Snacks	Early years and KS1 pupils are given a piece of fruit or vegetable at morning break. KS2 pupils are encouraged to bring in a healthy snack. Children are encouraged to sit down to eat their fruit either in the classroom or in the playground. Staff model healthy, safe eating by sitting with their children. (Please see EYFS Safer Eating and Sleeping Policy for more specific guidance)
Drinks	The school is a water only school. All pupils are encouraged to bring in their own water bottles. Water is available in all classrooms.
After School Club	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.
DT lessons	At times, DT lessons are food based. Recipes may need adapting if there are children in the class with allergies or intolerances. Parents may be asked to supply ingredients or contribute a money donation towards the cost. Class teachers will notify parents at least a week in advance of any planned cooking or tasting activities. If a child in the class has a specific allergy, intolerance or coeliac, a specific risk assessment will need to be written for this activity.
School trips	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. Staff need to make sure the tables and eating areas are clean for use, particularly if there are children with allergies. A risk assessment would also be needed for this child on a trip.
Rewards	The school does not allow food to be used as a reward for good behaviour or achievement unless explicitly allowed by the Head teacher.
Celebrations eg. Birthdays	While the school recognises the importance of celebrating birthdays and special occasions, school staff will NOT accept or hand out birthday cakes, sweets, or treats brought from home. If parents wish, they can share pre-packaged birthday food treats, handed to other parents (not children) outside the school gates at the end of the day. This allows parents to check ingredients on the pack and decide what is safe for their own child. Products with

	nuts and other known allergens should be avoided. Parents will be encouraged to bring non-food items for birthdays or make a toy/book donation to the class.
Celebrations eg. Class parties	All staff in the class must be aware of children's allergies and religious dietary requirements. A list of suggested food is posted on Classdojo. Parents can choose something to donate. This must be prepacked shop brought food. No home made or home cooked foods to be sent in. School staff must check the labels for nuts and send home anything unsuitable. Staff must be aware of dietary needs of the children in the class and ensure they only eat the correct foods. Younger children may need to be served the food so they eat the correct items. Older classes can be made aware of what foods are halal/non halal etc. Any children in the class with allergies will be given a plate to take home. Parents will be asked to supply party food for their child.
Fundraising	Occasional fund-raising events may include the sale of treat food. Sweets will be halal whenever possible. Ingredient lists of any food items on sale at events such as fairs will be published on dojo before the event. Parents will need to notify the school if they do not want their child to purchase or eat any of the foods. These will also be attached to the stalls during the event. Slush drinks will not be served to children under the age of 5. Popcorn will not be sold to children under the age of 5. Only shop brought cakes will be sold and the packaging will be available for parents to see. For hot chocolate sales over the winter, parents will be notified of the brand of chocolate used/ ingredients so they can make an informed choice. For slush sales over the summer, only children year 1 and above can take part.

Early Years Safer Eating

From 1st of September 2026, the Early Years Statutory Framework, includes safer eating and safer sleeping guidelines. EYFS statutory framework for group and school-based providers. Children must always be within sight and hearing of a member of staff whilst eating. Choking can be completely silent, therefore, it is important for staff to be alert to when a child may be starting to choke. Where possible, staff should sit facing children whilst they eat so they can make sure children are eating in a way limit the risk of choking, prevent food sharing and be aware of any unexpected allergic reactions. A member of staff with a valid paediatric first aid certificate must be present in the room whenever children are eating. Staff supervising children during meals and snacks must remain alert and positioned so that they can respond immediately to choking or an allergic reaction.

Snack time

- Children are offered a piece of fruit / vegetable in the classroom.
- Children are to sit on the floor / chair while eating.
- Guidance recommends that pips or seeds are removed from fruit before serving.
- Guidance recommends that small round foods (like grapes, strawberries and cherry tomatoes) should be cut lengthways and into quarters.
- Guidance recommends to cut large fruits (like melon) and hard fruit or vegetables (like raw apple and carrot) into slices instead of small chunks.

Lunch time

- Children can bring a packed lunch from home or eat a school dinner.
- Children eat lunch in the hall together, they are sat at tables and encouraged to stay seated throughout.
- Children are encouraged to eat their own lunches and not share with others.
- Children with additional needs may have an attached adult during this time if necessary.
- Children with a food allergy who eat school dinner will have a specially designed menu for them to choose from. They will have a packed lunch from home until this is in place.

Managing allergies and intolerances

We take allergy and food intolerance management seriously and follow strict procedures to ensure that all children can eat safely.

Before a child joins our school, we gather detailed information about any known food allergies or intolerances

All staff are trained to be aware of and understand information about food allergies by:

- Knowing which children have allergies, intolerances and coeliac and their individual care plans
- Knowing the symptoms and treatments for allergies and anaphylaxis
- Understanding the difference between allergies, intolerances and coeliac disease
- Being aware that children can develop allergies at any time, particularly during the introduction of solid foods
- Procedures for dealing with incidents or accidents

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. Medical condition and plans are also on Bromcom under their profile.
(For more information read the Allergy Policy)

Religious and cultural awareness

Parents are asked about children's religious or cultural dietary requirements during their pre-start meeting and this information is passed onto teachers. It is also available on Bromcom. Common religious or cultural dietary requirements are halal, no beef or port, vegetarian, no egg.

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 school's monitoring policy.

Policies to read alongside this one

Early Years Safer Eating and Sleeping Policy

Allergy Policy