

Clipston Endowed VC Primary School

School Food Policy

Based on the original policy as recommended by advisors to the Local Authority.



Be Kind ~ Be Your Best ~ Be Happy

School Food Policy

"Give thanks to the Lord, for He is good" – Chronicles 16:34

Adopted by the Governing Body: November 2023
Proposed Review: Autumn 2025

Signed

Mrs Sarah McElroy: Chair of Governors

Clipston Primary School's Mission, Ethos and Aims

Our Mission

Be Kind ~ Be Your Best ~ Be Happy

Ethos

Recognising its historic foundation, Clipston Primary School seeks to serve its community by providing a rounded, connected and coherent education of the highest quality.

We endeavour to preserve and develop our distinct religious character in accordance with the principles of the Church of England.

The school lives out its Christian virtues – Thankfulness, Kindness, Justice, Love, Forgiveness, Responsibility and Courage – and all those essential human values, which are common to good, kind and tolerant people of all faiths and none, through the experiences it offers to all its pupils.

Aims

The school's aim, through its Christian ethos, is the creation of a safe, happy learning environment, which supports all children on their journey towards becoming:

- Successful engaged learners, who enjoy learning, who are knowledgeable and skilled, and who make progress and achieve their best;
- Confident, articulate individuals who can lead safe, healthy and fulfilling lives in the communities in which they live now and in the future;
- Responsible, happy citizens of the world who have the capacity to make positive contributions to society.

“Do to others as you would have them do unto you” Luke 6:31

To achieve these aims, staff and governors will work in partnership with parents, carers and the local community for the benefit of all our pupils.

The School Food Policy

Introduction

Clipston Endowed VC Primary School is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The policy is communicated to the entire school community e.g. via staff meetings and the school website. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day. The nutritional principles of this policy are based on current evidence based findings; and the NHS “Eat Well Plate” (Appendix 1) [The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk) is the agreed model for ensuring a healthy balanced diet. Our School Food Policy and healthy eating strategy is led by **Mrs Emma Mercer**.

Food Policy aims

The main aims of our school food policy are:

To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes

To provide healthy food/drink choices throughout the school day
To ensure that food and drink in school promote the health and well being of pupils, staff and visitors to our school

Curriculum

It is essential that nutrition education is embedded into the curriculum and that there is consistency across different subjects - science, technology, PSHRE & PE - and that it remains consistent with the whole school food policy. There are numerous opportunities in the curriculum for pupils to develop knowledge of health including healthy eating projects, Gardening Club, PSHRE, Enrichment Days, DT lessons and PE lessons.

Teaching methods and resources

- We follow the National Curriculum in order to impart information to children about healthy balanced eating/food and nutrition.
- We provide information based around the 'eatwell plate' and deliver this to the whole school, for example during assemblies and certain lessons where Healthy Living is relevant.
- Staff consider ways in which to link classroom activities to learning about food and the 'food a fact of life' programme is available to all staff www.foodafactoflife.org.uk.
- In addition to our Kingswood Catering Menus, we can provide information for parents on Healthy Lunchboxes.

Food and drink provision throughout the school day

National Nutritional Standards for food in schools became compulsory in June 2014.

Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch, tuck shops, vending and before/after-school clubs.

Breakfast Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards. The breakfast menu usually includes a choice of: **Toast** (made using 50:50 bread) with a butter-substitute spread and optional jam or marmite, **Cereal**, **Water** or **milk** to drink, **fruit**.

Break time snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. We have adopted a fresh fruit or vegetable only policy for break time snacks across the whole school, as this positively enhances the National Free Fruit scheme in the EYFS and Key Stage 1. Some children with specific needs are an exception to the Breaktime Snack "fruit or vegetable" only policy. Parents should discuss their child's specific needs with the Head Teacher.

School lunch

Food prepared by Kingswood Catering meets the National Nutritional Standards for School Lunches. As a school, we encourage pupils to have a school lunch provided by Kingswood catering. Free school meals can be provided to all those pupils who are entitled to them.

Packed lunches

The school encourages parents and carers who choose not to order their child a Kingswood Lunch, to provide their child with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'eatwell plate'. This will ensure children having packed lunches have a healthy balanced meal. Information about Healthy packed lunches is provided on our website.

Use of food as treats

The school does not encourage the frequent eating of sweets or other foods high in sugar or fat. However, occasionally treats such as "hot chocolate" or "ice lollies" may be used with groups of children as one of the methods of positive reinforcement or reward used in school. In addition, we will adhere to parent's wishes on occasions such as birthdays if we are requested, to distribute treats such as cake or sweets.

Drinking water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge. The school agrees with this recommendation. We provide a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at lunchtime. Children can also bring in a drinks bottle from home. This should contain water, but we recognise that some parents will choose to send their child to school with squash instead and we respect this choice as we believe that a drink of squash is better than no drink at all, if a child refuses water. Fizzy drinks are not allowed.

Special dietary requirements

The school endeavours to provide food in accordance with pupils' religious beliefs and cultural practices as required. School caterers offer a vegetarian option at lunch every day and we would liaise with them to endeavour to meet other requirements such as vegan and Halal meals if required. We recognise that some pupils may require special diets that do not allow for our food policy to be wholly met. In this case, parents are asked to make us fully aware of their child's needs. Individual medical care plans will be created for pupils with medical dietary needs/requirements. The school's caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted as required.

Food safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that: adequate storage and washing facilities are available; that food handlers in Breakfast Club undertake appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available as required. Information is cascaded to everyone who is involved with food related activities in school.

The eating environment

The school will provide a clean, sociable environment for pupils to eat their lunch. Lunchtime supervisors will help to ensure a safe, enjoyable experience at lunchtime and will encourage healthy eating.

Leading by example

Staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. Staff are committed to setting an example with food in school. For example when on break-duty they will usually consume fruit or vegetables as a healthy snack in front of children.

Awareness and monitoring

This policy is available to the whole school community and families/staff at our school are made aware of its importance. From time to time, Governors may carry out monitoring of aspects of this policy such as hot meal uptake, contents of lunchboxes or break time snacks. Staff will not, however, withdraw food from a child or remove unhealthy options from lunchboxes.

Appendix 1: The Eatwell Plate

