



# Congerstone Primary School

## Food Policy

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<b>Sources</b>	School Policy		
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<b>Date of next review</b>	Dec 2025		
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<b>Signed – Chair of Governors</b>			
<b>Signed – Headteacher</b>			
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Oct 2022	Oct 22	AR	Addition of meals being cooked on site since Sept 2022

At Congerstone Primary School we understand healthy eating and oral health are key parts of our healthy school status

### **Aims:**

Proper nutrition is essential for good health and effective learning. We believe the subtle messages children receive about food and health from daily life at school are as important as those given during lessons, eg school menus, peer pressure to eat certain snacks in packed lunches. By working together, we aim to promote healthier eating habits which;

- Ensure pupils and staff are well nourished at school and that every pupil has access of safe, tasty and nutritious food.
- Provide opportunities for children to learn about healthy eating and nutrition as part of ongoing cross-curricular work in classrooms, enabling children to make informed choices. This is part of our PSHE, Science, Design Technology work.
- Ensure all pupils and staff have access to an easily available water supply during the school day.
- Actively encourage parents to provide healthy food items in lunchboxes.
- Provide a pleasant and sociable dining experience which helps pupils to learn social etiquette at mealtimes
- Involve pupils and parents in decision making in respect of catering and food provision.

### **Responsibilities:**

- The Headteacher has day-to-day responsibility for ensuring this policy is put into effective practice.
- School Food Support, who provide mid-day meals, are responsible for drawing up menus according to the New School Food Standards guidelines and for organisation of service over the lunchtime period.
- The Governing Body (Resources Committee) takes an overview of policy and regularly reviews provision.
- Classroom and support staff all have a responsibility to promote healthy eating messages to pupils

### **Curriculum, Teaching and Learning:**

Within the curriculum this includes;

- Understanding the development of healthy bodies and teeth through different food groups and their contribution to good healthy growth
- The National Nutrition Guide – ‘The Balance of Good Health’ (Eatwell Plate) which is used across the curriculum. Pupils are given the opportunity to apply this to school meals/packed lunches.
- Opportunities to taste, touch, smell and feel a variety of foods as part of topic e.g. European week
- Exploring multicultural aspects of food linked with school meal theme days and topic lessons.
- Learning about food preparation through classroom cooking sessions as part of Design Technology Curriculum
- Gardening which provides valuable opportunities to promote the eating of salad and fruit/vegetable crops
- Promoting active lifestyles through physical activity and emotional wellbeing within PE and PSHE

### **Healthy Break-time snacks;**

As a Healthy School, we expect parents to support us by providing their children with healthy food for break times.

Examples of healthy snacks at Congerstone include;

- a piece of dried or fresh fruit, vegetable or small piece of cheese at break times.
- We do not allow sweets, crisps, biscuits, yoghurt and fruit filled snack bars.
- On swimming days a larger healthy snack is recommended.
- <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks>

Children in Keystage 1 and Foundation receive a free piece of fruit or veg every day from the government Fruit and Vegetable Scheme

### **Nuts**

Our school operates a No Nut Policy and therefore we ask that nuts or products containing nuts in any form what so ever are **not** brought on to the premises

## **Drinks**

Children have access to drink plenty of water at school particularly after PE, active play and in hot weather.

We encourage children to:

Bring their own water bottle which;

- Should be taken home at night for washing and refilling with water.
- Should be different, and in addition, to their lunchtime drink.
- Should be transparent, labelled and with a non-spill top

Subsidised milk is available free to children under the age of 5. Parents can pay for milk for their child from age 5 to the end of KS2.

## **School Catering:**

School meals are cooked on site by School Food Support; this ensures children are offered a balanced meal every day on a 3-week menu rotation. Every effort is made to ensure that pupils make appropriate choices.

- School lunchtime menus are discussed between the school and catering provider (School Food Support). Local preferences are considered within the framework of the New School Food Standards
- Theme days are linked to curriculum areas or calendar events.
- All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.
- Salad and fruit is available every day and children are encouraged to access this
- Due to the large difference in calorie requirements between KS1 and KS2, portion sizes are adjusted accordingly. These are set by our meal's provider (School Food Support).
- Children with special dietary needs have a nutritionally balanced menu adapted by School Food Support nutritionists. This is handled sensitively so children do not feel attention feel included
- We are a nut-free school as we have a number of children with allergies

## **Packed Lunches:**

Children are encouraged to bring a healthy packed lunch. Guidance is issued to parents through leaflets, newsletters, website links, Twitter links developed with regard to nutritional standards.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

- Packed lunches should include some fruit or vegetable e.g. piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge.
- Sweets, crisps, sugary drinks and chocolate are not encouraged, although we recognise that treat size portions can be included if balanced with more healthy foods.
- Children are encouraged to drink water or milk.
- The school provides a suitable storage area for lunch boxes.
- All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.
- Food 'swapping' or sharing is not permitted
- Parents are regularly reminded that we are a nut-free school and any food children bring into school must not contain any nuts.

## **The dining environment**

The school recognises the:

- Importance of lunchtime organisation on children's behaviour. Older children are encouraged to assist the younger children in positive play and friendship.
- Value of promoting social skills.

In addition to this

- Teachers, caterers and Mid-day Supervisors work together towards creating a pleasant dining room atmosphere and the development of appropriate table manners.
- Lunchtime staff are supported by the school behaviour policy.

- All reception children are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods. An explanation of lunchtime organisation and food is given to all new parents at foundation induction meetings. School meals are free for all of KS1.
- Liaison with secondary schools provides an opportunity for the smooth transition to a cashless cafeteria system; pupils are able to experience this as part of their Y6 transition visits in July.

### **Free School Meals:**

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents and a non-discriminatory process is emphasised. Following government guidance, school provides free school meals for all children in KS1.

### **Before and after school care**

All food and drink provided reflects our Healthy School Status.

- Food and drink is healthy and nutritious
- Children are encouraged to discuss and choose their food within healthy food parameters
- Children have access to drinking water at all times

Staff at Pitstop maintain high standards of personal hygiene and take all practicable steps to prevent and control the spread of infection.

- Staff are trained in food hygiene and follow appropriate guidelines.
- A clean environment is maintained at all times.
- Waste is disposed of safely and all bins are kept covered.
- Staff ensure that children wash their hands before handling food or drink and after using the toilet.
- Cuts and abrasions (whether on children or staff) are kept covered.
- Children are encouraged to eat a healthy diet.
- Our school is a 'nut free zone' as we have pupils who have severe allergic reaction (anaphylaxis). Where required, epipens will be kept with the child whilst at Pitstop. Staff are trained to administer them.

### **Treats and Rewards:**

To ensure consistent messages, sweets are not generally used as rewards. Prizes for competitions may be gift vouchers, games or books. Sweets are only allowed on the occasion of a child's birthday when s/he may bring a sweet for classmates. Lollipops are actively discouraged as they present a potential choking hazard.

### **Parental Involvement:**

- All new parents are given a summary of the school menus as part of the induction pack. School menus go home and children are encouraged to discuss the meals in advance with their parents.
- Information about school catering is provided at Foundation parents evenings and in school newsletters e.g. menus, theme days, free school meals.
- Feedback from parents is invited and welcomed.
- Parents are consulted before any major changes are made.

### **Monitoring and evaluation**

Monitoring and evaluation of the policy will be made by the headteacher and a member of the Resources Committee.

The policy is available on the website, and a copy is kept in the school office

### **Links to other policies**

Pitstop handbook

Medical conditions in school

Health and safety policy