



Whole School Food Policy

Date reviewed	1.12.2023
Date of next review	1.12.2025
Governor sign off	S. Ross

Introduction

Leasowe Primary 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 documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 8.00am – 8.45am.

The breakfast menu includes:

Toast

Cereal

Yoghurts

Selection of fresh fruit.

No additional sugar or jams are available.

2. School Lunches

School meals are provided by Chartwells and served between 11:45 and 12:45 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle and always contain a meat and vegetarian option. The school meals menu can be found on our school website.

3. Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance 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 (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 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
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- Sweets
- Any items containing chocolate including bars or desserts

For detailed guidance around our packed lunch policy, please see our parent/carer packed lunch guide.

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years, snacks are provided during the morning and include a selection of fruit.

Pupils are able to bring healthy snacks into school to eat at break-times.

After school snacks are provided by the school and include rice krispies, hoops, rice cakes, bread sticks, yoghurts, beans, toast, popcorn, juice, various fruits, cheese, cucumber, pepper and carrots.

5. Drinks

The school is a water only school, with the exception of the free milk entitlement for all primary free school meal pupils. Water is provided in each classroom.

6. School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards and special occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement.

Other methods of positive reinforcement are used in school including: -

- Use of free time
- Special activity time

Celebrations

The school recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, all children will receive a song in class.

We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Curricular and extra-curricular activity

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 (see appendix 1) as a model of understanding a balanced diet.

Termly clubs also support the teaching of food and healthy eating and include 'Family cooking club'

Staff delivering cooking sessions and clubs have achieved Level 1/2 in Food Safety and Hygiene.

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 Claire Hill.

Pupil's food allergies are displayed in a sensitive way in relevant places around the school including the school kitchen and office area.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Staff are welcome to purchase breakfast at the school breakfast club and are encouraged to eat this with the pupils.

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.

Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend with our family liaison officer.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.

Date policy implemented: 1.12.2023

Review Date: 1.12.2025

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

