Windwhistle Primary School

Whole School Food Policy

Date Ratified: July 2024

Signed By:

John Porter – Chair of Governors

Signed by:

Heidi Hudd - Headteacher

Review Date: July 2026

Document Control
Document Information

	Information
Document Name	Windwhistle Whole School Food policy
Document Author	Headteacher/DSL
Document Approval	LGB
Document Status	Version 1.0
Publication Date	06/2024
Review Date	06/2026
Distribution	Website/General

Version Control

Version	Issue Date	Amended by	Comments
1.0	06/2024	LG	New policy

Windwhistle Primary School

Whole School Food Policy

Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

Food and Drink Provision Throughout the Day

Food Standards for Schools

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfast, mid-morning snacks, lunch and after school clubs.

The standards do not apply to:

- Parties or celebrations and to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents/carers or pupils
- Food and drinks provided after 6pm, or during weekends or school holidays

For more information, please refer to:

- The DFE Standards for School Food in England (updated 2021) https://www.gov.uk/government/publications/standards-for-school-food-in-england
- The DFE School Food Standards – Resources for schools including a practical guide, checklists , portion sizes and allergy information (updated 2021) https://www.gov.uk/government/publications/school-food-standards-resources-for-schools
- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others https://www.schoolfoodplan.com/

Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

- For information on the school food standards for breakfast (and all other meals outside of lunch) please refer to: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

Breakfast is served from 7:45am and is provided by the school in partnership with Magic Breakfast.

For more information on the Magic Breakfast provision please go to the **Magic Breakfast** website –**https://www.magicbreakfast.com/**

Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have one of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit and vegetables as a snack. Dried fruit should not be offered as a daily snack and may only be offered at mealtimes within a meal/dessert. For more information on snack guidelines for schools please refer to: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

The Government's school fruit and vegetable scheme entitles all children in EYFS and KS1 to one piece of fruit and / or vegetable per day.

KS2 children are able to bring fruit or vegetables to eat at playtime — **no other snack is allowed during break time.**

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Nuts

We currently have pupils with a nut allergy so we do not allow children to bring any nut products into school.

School lunches

The school lunches meet the statutory school food standards. Lunch is served from 11:45am until 12:45pm and is provided by Aspens.

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2.

All our school meals are provided by a contracted caterer who has a healthy - food policy as part of their tender. This includes the use of fresh fruit daily with vegetables each day as a choice for the children. They provide a vegetarian and non-vegetarian option, both of which are nutritionally balanced and healthy options. As well as lunches that address cultural, religious and special dietary needs including food allergies and medical conditions.

Menu Development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include:

- Healthy Schools Lead
- Catering company/provider including the catering company nutritionist/dietitian
- Parents / carers
- Catering staff at school including chefs and lunchtime supervisors
- Person responsible for budgeting
- Teacher and teaching assistant representation
- School Governors

Our school ensures that the pupil's voice is heard when reviewing our food and drink provision. We actively encourage children from different backgrounds to join this group.

Packed lunches

We encourage parents to provide healthy well-balanced packed lunches.
For children aged 5 years and above preparing a healthy well-balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including beans, pulses, eggs, fish, poultry, and meat
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or semi-skimmed milk

INCLUDE:
• **Minimum of 1 portion of fruit and 1 portion of vegetables everyday** • **Include a portion of non-dairy protein such as beans/pulses, fish, poultry, or meat** • **Oily fish at least once every few weeks (e.g., sardines, salmon)** • **Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties** • **A dairy product - milk, cheese, and yoghurt (unsweetened, low/medium sugar and low/medium fat), any dairy alternatives should be unsweetened and fortified** • **Water or milk (semi-skimmed or skimmed) as a drink**

LIMIT:
• **Processed meat products such as sausage rolls, pies, sausages etc** • **Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack** • **Fruit juice: no more than 150mls per day**

DO NOT INCLUDE:
• **Salty snacks such as crisps** • **Sweets and chocolate** • **Sugary soft drinks**

For more information and practical tips for children aged 5 years and above: https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/

We do not allow sweets, chocolate bars or fizzy drinks (although we do allow chocolate covered biscuits). Lunch time supervisors monitor the content of lunchboxes and encourage families to provide a well-balanced and nutritional selection. Our pupils who bring packed lunch place their lunch boxes on school trollies. All packed lunch children eat together, some in the dining hall, some in classrooms or outside if the weather is appropriate.

School events and trips

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart': https://www.nhs.uk/change4life/food-facts/sugar

Due to our commitment to be a 'Sugar Smart' school cakes, biscuits, chocolate, and sweets are not allowed in school time (excluding school lunches). Food provided at events and on school trips is healthy and well balanced.

Special Dietary Requirements

We are aware of food allergies, intolerances and other dietary requirements of children and have procedures in place to identify and manage these for

- Religious and ethnic groups
- Vegetarians and vegans
- People with food allergies and intolerances
- People with medical conditions where dietary needs are impacted

All such children have a Health Care Plan and it is noted on EdGen (our school's management information system)

Staff have completed the following training to enable them to manage food allergies, intolerances, and dietary requirements:

- First Aid
- Adrenaline / anaphylactic shock training

The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- A queuing system
- Hand washing facilities
- Seating arrangements
- How the food is served
- Space available, lighting, wall displays and noise control mechanisms
- Pupil responsibilities
- Social opportunities
- Reward systems

Food Safety

We ensure food safety at all stages of food preparation and storage, including adequate facilities, suitable equipment, regular staff training, risk assessments and hazards identified.

Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition, and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

For more information, please refer to:

- Design & Technology - https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study
- Science – https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study

- Health Education - https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education

Food and nutrition is taught at an appropriate level throughout each key stage, with food and nutrition links to different subject areas. Staff understand their role of promoting healthy eating messages in the school environment and monitoring of teaching and learning about healthy eating takes place. Staff act as positive role models.

Monitoring and Evaluation

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

The headteacher and PSHE leader are responsible for supporting colleagues in the delivery of the Food Policy. ELAN is responsible for ensuring the quality of the food offered as part of the contract with the caterer in conjunction with the school.

Policy Review

The Headteacher and local governing body is responsible for reviewing this policy.