

# West Ashton Church of England Primary School



## Whole School Food Policy

Dated: November 2022

Review date: November 2024

‘You will shine among them like stars in the sky’

Philippians 2:15

## **Summary**

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra-curricular events.

- Only water to be consumed in school unless advice has been given to encourage a child to drink something different during the day
- Fruit and vegetables only to be given as snacks during school day
- Aim to be a 'nut-free' environment

## **Why is a policy needed?**

At West Ashton CE Primary School we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. We promote the message that there are no 'bad' foods, but that some foods should only be eaten sometimes.

Children are taught that, normally, nuts are an important part of their diet but that they are extremely dangerous for some people and that some of the children at the school have severe nut allergies. In order to keep these children safe we endeavour to eliminate entirely from the school site all foods containing traces of nuts (eg. biscuits, cakes and spreads); this includes items for consumption at lunchtimes, school events and extra-curricular activities.

## **National Guidance**

This guidance has been written to reflect the School Food Standards that were revised in May 2022. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

This policy covers the areas of:

- break time snacks including those brought from home.
- milk
- water
- school lunches including packed lunches
- curriculum
- Catering for allergies and intolerances

## **Break time snacks**

All EYFS and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme. Any snacks that are brought from home will be restricted to

fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

## **Milk**

Children under the age of 5 receive a 189ml (third of a pint) carton of semi-skimmed milk every day. This is delivered fresh and chilled to their classroom every day. At the age of 5, parents/carers can register for their child to continue receiving milk at snack time via <https://www.coolmilk.com/>

## **Water**

Drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned. No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

## **School lunches including packed lunches**

At West Ashton, all school meals will be prepared following the government nutritional guidelines. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment." We will provide Universal Free School Meals for children in Foundation Stage two and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, our packed lunch guidance supports parents to make informed choices to create it healthily. Support and advice is provided through information on our website.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards. Any meals taken as part of on or off school site residential will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

We aim to be a 'nut-free' environment. This means that the following items should not be brought into school:

- packs of nuts
- sandwiches containing peanut butter or chocolate spread
- fruit and cereal bars that contain nuts
- chocolate bars or sweets that contain nuts

- sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- cakes made with nuts

## **Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We reinforce our delivery of the national curriculum by holding a healthy school's week annually which enables us to focus on all aspects of well-being including healthy eating.

## **Catering for allergies and intolerances**

Parents must alert the school at the earliest opportunity if a child has an allergy or intolerance to a particular food. Details must be given to the school office along with medical documentation relating to the child's medical dietary requirements.

West Ashton is committed to reducing the risk to members of the school community and visitors with regard to the provision and preparation of food which could lead to an allergic reaction. We are not in a position to guarantee a completely allergen free environment, but rather to minimise the risk of exposure and plan for effective response to possible emergencies. So support this, we do not allow food or drink sharing.

# Healthy Packed Lunch Guidance

## What makes a healthy, balanced packed lunch for children?

There are currently no regulations regarding the types of foods that can be included in school packed lunches, although many schools have policies in place, so it's a good idea to familiarise yourself with your child's school packed lunch policy as some food items may be restricted.

Below are some guidelines on how to put together a healthy, balanced packed lunch – these follow the principles of the UK healthy eating model, the Eatwell Guide:

A school packed lunch should:

### Be based on starchy foods

- This can include rice, pasta, bread, couscous, wraps, pitta, potatoes and chapatti and where possible try to choose wholegrain varieties, e.g. wholemeal bread and leave skins on potatoes.



### Include plenty of fruit and vegetables

- Include 1-2 portions in your child's lunch box and try to vary these throughout the week.
- You could add sliced vegetables into a pasta dish or sandwich.
- Supermarkets often have packs of chopped fresh fruits or individual packs of dried fruits. Keep some of these in the cupboard for those days when you don't have much time to prepare.

**Top tip:** Make your own individual bags of dried fruit - place a small handful of mixed dried fruits, into food bags or sealed containers to store in the cupboard, this will also keep the costs down!



### Include a portion of legumes (beans, pulses, seeds), tofu, fish, eggs, meat, a dairy food and/or a non-dairy source of protein

- Use legumes (beans, pulses, seeds), tofu, fish, eggs, meat and other sources of protein as sandwich fillings or in a pasta or rice salad.
- If you're not including a dairy food in the main lunch item (e.g. in a salad or sandwich), add in a yogurt or some cheese such as a cheddar stick or cheese string to the lunch box.
- If you're including a dairy alternative, e.g. soya yogurt or milk, choose varieties which are unsweetened and fortified with calcium and vitamin B12.



### Include a drink of water



**Top tip:** The school does not have fridge space available for children's packed lunches, so to keep your child packed lunch cool, freeze a drink (and place in a bag) to act as a cool pack and it will melt back in time for lunch!