



Chapel End Primary School
Food policy

'Mission Statement.'

**We aim to provide our children
with the highest possible standard
of education, through quality
teaching and learning, in a happy
caring environment.**

**We will do the best WE can to enable our children to do the
best THEY can.**

This policy was approved by:	Full Governors
Date	Spring 2021
Review Date	Spring 2023

Intent

Billinge Chapel End Primary School recognises that there is an important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships and intergenerational bonds.

We will do the best WE can to enable our children to do the best THEY can.

- To improve the health of pupils by helping to influence their eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food and a safe, easily accessible water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of pupils, for example, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food and enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.
- To develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food through both education and example.
- To create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious and environmentally sustainable food.
- To help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

Implementation

- **ANY foods containing nuts are not allowed in school.**
- Specific food topics will be covered within the taught curriculum particularly in the curriculum areas of Science, DT and PSHE. Issues including nutrition, dining, cooking, menu planning, food hygiene and storage, cultural diversity, food production, marketing and labelling, recycling and plant growth are all addressed throughout the curriculum.
- Children are also involved in tasting sessions and healthy eating projects as extra activities to support the taught curriculum work.
- The food provided by school at Breakfast and After school Club and that served at lunchtimes adheres to national standards set by the government. At lunchtime the children are provided with a choice of meals from a set menu each day. Alternatively children may bring a packed lunch to school. Guidance on healthy packed lunches is provided as follows. **Children are not allowed sweets or fizzy drinks in their packed lunch.**

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day. If grapes are provided from home they should be sliced lengthways.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, falafel) every day
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should not include:

- Foods containing **nuts**
- Snacks such as crisps. Instead, include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are

also a good choice.

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but children are encouraged to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.
- Please note: pupils with special diets will be given due consideration.
- The mid-day supervisors are responsible for ensuring children wash their hands immediately before they go for their lunch. They also help the children to collect and eat their lunch in an orderly and sociable manner.
- All children dine in the Junior Hall.
- Children who have school meals are responsible for disposing of any waste food in the litterbins provided. Children who bring a packed lunch take any waste food home in their lunch box.
- Children in Foundation Stage are provided with a morning and an afternoon healthy snack. Parents are charged termly for the morning snack. Snacks provided include cheese and crackers, pancakes, rice cakes, ham/cheese wraps and yoghurt. Fruit from the School Fruit and Vegetable scheme is provided in the afternoon.
- Children in Key Stage One are encouraged to eat a piece of fresh fruit/vegetable each day for their morning snack as part of the School Fruit and Vegetable scheme. Children in Key Stage One and Two may also wish to bring in a snack from home. They are encouraged to choose a healthy snack, for example, toast, plain biscuits, crackers, bread sticks, dried fruit or cheese. Crisps, nuts, sweets, chocolate biscuits and cakes are not allowed.
- Children in Foundation Stage and Key Stage One are given the opportunity to drink milk each day. KS2 children may purchase milk if they wish. Alternatively children may drink water. All children have access to drinking water at all times. Children in Key Stage

Two may have plastic bottles of water on their tables providing they are fitted with a sports' cap.

- Fruit and vegetables supplied to school as part of the School Fruit and Vegetable Scheme are linked to seasonal produce, for example, pears during the Autumn, Satsumas during Winter, Cherry Tomatoes during Summer etc.
- Maximum uptake of school meals is encouraged throughout all key stages including Nursery. Reception and Key Stage One children are entitled to Universal Free School Meals and we aim to ensure that all Key Stage Two pupils who are entitled to free school meals receive one.

Roles and responsibilities

Pupils

- Children to engage in sessions linked to food and nutrition across the relevant areas of the curriculum.
- Children to follow the agreed policy on food they bring into school and consume in school.
- Children to do their best to adopt a healthy and balanced diet.

Parents

- Encourage their child to adopt a healthy and balanced diet.
- Support their child to follow the school policy on food they bring into school and consume in school.
- Inform school of any specific food intolerance, allergies or dietary requirements their child may have.

Teachers/Support staff

- Encourage children to develop an understanding of healthy eating through taught sessions across the appropriate curriculum subjects.
- Encourage children, whenever possible, to try healthy food options at snack times and lunchtimes.
- Encourage children to develop good hygiene relating to food, eg. hand washing at snack and lunch time.

PSHE Leader

- Create an intent statement for healthy eating with the staff.
- Write the food policy and update it every 2 years.
- Ensure that links are made with other curriculum areas.

- Organise enrichment activities linked to healthy eating.
- Stay up to date with new initiatives to promote healthy eating and nutrition in school.

Headteacher

- To ensure that the subject leader is undertaking their duties.
- To provide the subject leader with CPD to ensure that they are capable in their role.

Governors

- Receive annual reviews relating to the subject from the subject leader.
- Monitor that the Headteacher and subject leader are carrying out their duties effectively.

Impact

By implementing this policy at Chapel End Primary School children will have developed:

- Familiarity with healthier foods and the confidence to make healthier choices related to food.
- An understanding of what constitutes a healthy, varied and balanced diet.
- An understanding of why a healthy, balanced diet is so important and how it contributes to overall wellbeing.
- Respect and tolerance for others who may have different dietary requirements relating to culture, allergy, intolerance or personal preference.
- An understanding of the importance of hygiene practises involving food.