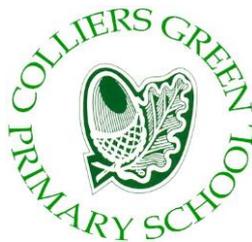


Colliers Green C. E. Primary School



ASPIRATION, RESILIENCE, COMMUNITY

Whole School Food Policy

Date completed: October 2018

Review date: October 2020

Reviewed and updated by Mandy Salter (FLO)

Introduction

The 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 and pupils.

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.
4. To take a whole school approach to healthy eating, to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.

The school food plan has produced practical guidance (PDF,78.9KB) To help school leaders and governing bodies adopt a whole school approach to food.

School lunches

School meals are provided by Cranbrook School and served between 12 and 1 in the dining hall. The school Meals meet the mandatory requirements of the school food standards.

School meals are planned on a 3-week cycle and always contain a meat, vegetarian and jacket potato option. Salad and fruit is also available. School meals menus can be found on our website.

Universal Free School Meals

From September 2014, all children in Reception, year 1 and year 2 in state funded schools in England have been eligible for free school lunches. The school fully supports this, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

Fruit Scheme (KS1)

The school is part of the national Fruit and Vegetable scheme. Children eat their fruit as part of circle time

and they are assisted with chopping/washing as appropriate.

Milk

The new food standards require that milk must be available during the day during school hours. This standard can be fulfilled by being part of the cool milk scheme.

<https://www.coolmilk.com/>

Packed Lunches

The schools 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.

- Some starchy foods such as bread (sliced, pitta bread, wraps, and bagels) pasta, potatoes, couscous, choose wholegrain where possible.
- One 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 keep to a minimum:

- Crisps or starchy snacks
- Any items containing chocolate including bars, biscuits and cakes

No Sweets should be in school.

The school provides water for all pupils at lunchtime.

For further guidance and menus, please visit www.kent.gov.uk/social-care-andhealth/healthchange4life
And or the Eatwell plate.

- Nuts, Peanut butter and other products with nuts, should not be brought into school, we aim to keep a nut free environment.

School trips

Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food guidance described above.

Cooking within school

As part of our curriculum, there will be occasions when pupils will engage in food technology activities. At these times the school will reinforce positive messages around healthy eating and will promote a healthy attitude to food and exercise whilst modelling good practice regarding food preparation. Pupils will also enjoy the social aspects of preparing, eating and sharing food.

Snacks

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

In the early year's snacks are provided during the morning and include, fruit and vegetables.

Pupils are able to bring into school to eat at break times, healthy snacks such as fruit, vegetables, cheese and yoghurts. The school discourages the consumption of snacks high in fat and sugar at break- time. Advice is available from the children's food trust.

Special dietary requirements

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. Parents need to inform the school of any special diet required.

- **Medical Diets**
Individual care plans are created for pupils with medical dietary needs/requirements. These documents symptoms and adverse reactions and actions to be taken in an emergency.
Parents must advise the school of any medical diets, including allergies and intolerances.

Dissemination of the policy

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. The policy will be available on the school website.

The school will use opportunities such as new parent's evenings and PSHE lessons to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

Useful websites

<https://whatworkswell.schoolfoodplan.com/>

<https://www.gov.uk/school-meals-healthy-eating-standards>

The eatwell plate.

<https://nhs.uk/livewell/goodfood/pages/eatwell-plate.aspx>

Monitoring and review

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