



# Elmwood Infant School

## Food Policy

Article 6: Every child has the right to life and to be healthy.  
Article 24: Every child has the right to good food and water.

**Agreed: Autumn 2019**

**Review date: Autumn 2021**

### **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 and governors. This school food policy is co-ordinated by Sita Amin.

### **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 – 8.50am.

The breakfast menu includes: Cereal, toast, fruit, yoghurt and milk.

#### **2. School Lunches**

School meals are provided by Olive Dining and served between 11:45 and 1:30pm 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, fish and vegetarian option. We also offer halal options. The school meals menu can be found on our school website and are sent home each half term.

#### **3. Packed Lunches**

As an alternative to school dinners, parents may decide to send their child to school with a packed lunch. The school encourages parents to provide a nutritious and healthy meal. This requires a balance of food groups, including at least one portion of fruit or vegetables to meet one of their 'five a day'.

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

The school will work with parents to promote healthy eating habits, discouraging parents from including the following items in packed lunches as much as possible:

- crisps/crisp like snacks.
- cake
- yogurt with high sugar content
- biscuits

Chocolate bars and sweets should not be included in a child's packed lunch box.

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink although this is optional.

#### 4. Snacks

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

In the Early Years and KS1, snacks are provided during the morning and include: fruit and raisins.

After school snacks are provided by the school and include:

- Cheese toasties, tuna and mayonnaise sandwich/wrap or chicken (halal) and mayonnaise sandwich/wrap
- Spaghetti hoops or baked beans
- Scrambled eggs
- Toast
- Crumpets
- Sweetcorn
- Yoghurt
- Fruit
- Milk and water

#### 5. Drinks

Milk is available for children in the early years and KS1. For children under the age of 5, milk is free and for children in KS1, milk has to be ordered on a termly basis. We also encourage children to bring water to drink during the school day and fruit is supplied free for a snack during the morning break. The school is a water only school, with the exception of milk.

Water is provided by water fountains in the school corridor and in the playground. Children are allowed to access this during break times and learning time at the discretion of the class teacher.

#### 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

Each week a child from each class is given a special mention by their class teacher to celebrate something they have achieved. As a reward, these children have juice and biscuits with the head teacher.

As well as this, when a class achieves 100% attendance in a week, the class has a party to celebrate. Children are given a packet of ready salted crisps and a biscuit each to celebrate.

## Celebrations

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

For birthday celebrations, all children will receive a sticker and other children in celebration assembly sing a song to those celebrating their birthday. We welcome any parents who would like to send in a book to their child's class on their birthday. We discourage chocolates, sweets and cakes for birthdays.

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

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell Guide 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 cooking club and gardening club which involves growing our own fruit and vegetables.

We also offer a healthy eating and cookery club for parents as of Spring 2019.

At least one member of staff delivering cooking sessions and clubs have achieved Level 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. We serve a halal option to meet the needs of our school community.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is Julie Feasey.

Pupil's food allergies are displayed in a sensitive way in the staff room and adheres to GDPR guidance on displaying sensitive information relating to any child's personal information.

## 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 also given the opportunity to purchase a school lunch.

## 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 and events are delivered throughout the year for family members to attend.

## 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.