



SCHOOL FOOD POLICY

Approved by Governors: Summer 2021

INTRODUCTION

Commonswood Primary and Nursery School is dedicated to providing an environment that promotes healthy food and eating and enables pupils to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition. This policy covers all aspects of food and drink at school.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, and children.

National Nutritional Standards for food in schools became compulsory in June 2014. These cover all aspects of school food being offered and eaten in school throughout the school day. They apply to all food and drink sold or served in schools from 0730hrs – 1800hrs (inclusive), including all foods, breakfast, snack, lunch, clubs and wrap around care.

The policy is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school. This policy is applicable from 0730hrs – 1800hrs in accordance with the School Food Plan (2013).

The nutritional principles of this policy are based on the NHS Eatwell Guide.

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by *the Deputy Headteacher* and approved by the school's external health consultant. The Deputy Headteacher will keep staff up to date with food in school issues.

FOOD POLICY AIMS

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food/drink choices throughout the school day and ensure food brought into school is healthy too
- To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school

These aims will be addressed through:

- A broad and balanced curriculum which adheres to Department of Education legislation (September 2015)
- Opportunities within the curriculum to develop knowledge of health and wellbeing
- Extra-curricular opportunities to develop knowledge of health and wellbeing
- The use of the NHS Eatwell Guide and the Children's Food Trust in the teaching and learning of food and nutrition



SNACK TIME

Our school operates a Fruit and Vegetable only policy during snack time. KS1 children are provided with a fruit or vegetable snack as part of the Universal Free Fruit Scheme (2004). Children in KS2 are permitted to bring an item of fresh fruit or vegetables to eat at snack time. Children bring in water (in named containers) and have free access to water throughout the day. Children are not permitted to drink juice/squash.

SCHOOL LUNCHES

Food prepared by the school catering team (HCL) meets the National Nutritional Standards for School Lunches (The School Food Plan 2013). A vegetarian option is offered every day and HCL provide food in accordance with pupils' religious beliefs and cultural practices as required. Visit the HCL website for further details of menus and nutrition.

From September 2014, the government introduced the Universal Infant Free School Meals (UIFSM) scheme entitling all students in the United Kingdom between the ages of 4-6 to have a school meal provided for them free of charge. As a school we strongly encourage all pupils who are eligible for free school meals whether under the UIFSM scheme or as a Free School Meal eligible child, to consume school meals. For further information about applying for Free School Meals, parents/carers should contact the school office.

PACKED LUNCHES

Parents/carers may provide their child/ren with a packed lunch. This should be nutritionally balanced in accordance with the NHS Eatwell Guide. This will ensure children having packed lunches have a healthy balanced meal. There is a school packed lunch guide for parents/carers which outlines suggestions for healthy lunches.

Under no circumstance must students bring in to school, packed lunch or otherwise, the following:

- Sweets/ confectionary
- Canned or carbonated drinks

WRAP AROUND CARE

The Childhood Obesity *Plan of Action* (2016) outlines an intention of all primary schools to provide a morning provision on site for students. Commonswood Primary and Nursery School provides a wrap-around care facility called the Fox Club which provides nutritious food and drinks for pupils before and after the school day and complies with the standards and this policy.

USE OF FOOD AS A REWARD/BIRTHDAYS

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. Parents/carers are asked to contribute to classroom book corners or outdoor playtime equipment instead of bringing in sweets to celebrate birthdays.

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge. The school encourages all staff and pupils to consume water as their primary fluid intake. Juice/squash is not permitted. There is a free supply of drinking water and pupils are encouraged to bring in a water bottle and drink at frequent intervals throughout the day. Water is freely available at the lunchtime meal service for both school dinner and packed lunch children.



SPECIAL DIETS - MEDICAL

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents/carers are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. All staff and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that suitable equipment is available and key members of staff having appropriate food safety and hygiene training. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas. "Be Safe" guidance and risk assessments are in place for food technology lessons

Parental permission is sought when pupils taste foods as part of the curriculum.

THE FOOD AND EATING ENVIRONMENT

In accordance with the School Food Plan, the school will provide a clean, sociable environment for pupils to eat their lunch. MSAs help to ensure a safe, enjoyable experience at lunchtime and encourage healthy eating.