

SINGLETON C.E. PRIMARY SCHOOL



Healthy Eating and Food Policy

Updated April 2023
Review Date: April 2025

FOOD POLICY

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.

Aims

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- To support pupils to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food Through the Day

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.

Although we do not currently run a daily breakfast club for pupils we are aware that an early start means they may well be hungry earlier in the morning.

We may provide breakfast on an ad hoc basis or to ensure children have eaten prior to an event or their SATs tests. The food served will follow the same guidance as all food served and comprise of non-sugary cereals, whole meal toast and fruit.

Morning Snack

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

In Willow Class, snacks are provided during the morning and include fruit or vegetables .

Pupils in Beech and Oak Class are allowed to bring in their own fruit or veg snacks to have at morning break.

School Lunches

Hot School meals are provided by Chartwells and can be ordered by parents online. The meals are served at 12pm a whole school in the Hall or Beech Class. The school meals meet the mandatory requirements of the School Food Standards 2015.

Packed Lunches

Parents/carers are responsible for making decisions about what to pack for their child's lunch. The school will not police lunch boxes, but offers the guidance below taken from the NHS Better Health: Healthier Families website.

The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#tips>

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

Packed lunches should try to avoid:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or desserts

Drinks

During the day your child has access to water to refill their water bottle. Squash is not encouraged due to the impact on dental health.

Pupils up to the age of 5 may have free milk in the mornings. Children over 5 may have milk if their parent/carer signs up to the scheme: <https://www.coolmilk.com/parents/>

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 should adhere to the same food and drink guidance described above.

Treats

The 2007 Food Standards acknowledged that: As with the other food standards, these do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events. Therefore cakes / treats may be served for such events or given to children to take home.

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including:

- verbal praise
- praise given by another member of staff
- being sent to the headteacher
- being in the Golden Book

Children who are in our Golden Book, do not receive food as a reward. they may instead enjoy: a special story / film , an opportunity to have extra outdoor play, a walk into the local village or to play a game together

Celebrations

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

For birthday celebrations, all children may wear their own clothes to school. They may bring a small treat to share with other children at the end of the school day. We recognize that for some families having a party for their child, where treats may be served, is a financial challenge and offer this moment as an alternative celebratory moment.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is insert name and role and reference to other relevant policies.

Pupil's food allergies are displayed in a folder in our Staff Room.

There is no expectation that families will have this knowledge when gifting a birthday celebration treat. For this reason: NO TREATS provided for by families may be eaten before a child has been collected at the end of the school day.

Food Across the Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition)

After school Clubs may also support the teaching of food and healthy eating. Staff delivering cooking sessions and clubs have achieved either Level 1/2 in Food Safety and Hygiene.

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.

Gifts and treats shared with the staff by parents and visitors will be accepted with good manners and grace, but will be stored with careful consideration to children using the Staffroom for any reading / intervention.

Parents and Carers

Our relationships with parents/carers are 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.

Events and food related workshops will be delivered appropriately during the year for family members to attend.