

FRONT STREET PRIMARY SCHOOL



FOOD IN SCHOOL POLICY

SEPTEMBER 2024

School Food Policy

At Front Street Community Primary School, it is our aim to maintain an ambitious vision, with high expectations and a culture of improvement developed through a Growth Mindset. We recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve.

We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health. We can do this by increasing their knowledge and understanding of food and helping them to make healthy food choices. As an RRSA school we teach children that they have rights such as the right to health and health services, right to education and the right of freedom of expression and respecting views of others. *Article 12,13, 24, 28.*

Our approach to improving pupils' health through healthy eating.

We aim to:

- Increase knowledge and awareness of a healthy diet through our Physical Development (Early Years) PSHE, DT and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable
- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices
- Use a range of opportunities to promote healthy eating

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy. Staff will actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

The PSHE lead is responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE and Science planning.

Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment. Parents receive the school menu and this is shared with the children in advance.

Teaching about healthy eating and cooking in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Physical Development (Early Years) science, PSHE and PE. We provide opportunities for pupils to be taught cooking from Reception up to Year 6, in line with the EYFS and national curriculum. (DT) *Article 12, 13, 24, 28*

School lunches

All our school meals are in accordance with the School Food Standards. A copy of the weekly menu is on display in the dining area and discussed with children. The dining area has a calm

and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods.

Packed Lunches

Appendix A: Packed lunch policy

Snacks

All FS and KS1 classes are provided with a snack of fruit and/or vegetables. We share the fruit with Key Stage 2 children where possible. Only healthy snacks are allowed at break time.

Nut allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school. Staff are trained to recognise and manage allergic reactions.

Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the school website, newsletters and workshops. Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drink which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during the school day.

During out of school events, the school will encourage parents and carers to consider the food and packed lunch policy in the range of food and drink offered. Parents are also informed of the school meals on offer by being provided with a copy of the school menu at the beginning of the year. Parents are given information about the annual national weight measurement programme that children in Reception and Year 6 take part in. *Article 24*

Water for all

During school meal times only drinks which comply with the School Food Plan guidelines may be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink they will be asked to take it home, we talk to parents/carers and remind them of the food policy. *Article 24*

Curriculum assessment and monitoring

Children's learning about healthy eating is assessed in line with the schools assessment policy through science and PSHE (year group dependent) and Physical development in Early Years. *Article 12, 13, 24, 28*

Appendix A: Packed lunch Policy [Article 24](#)

Aim

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards. This policy applies to all pupils and

parents providing packed lunches to be consumed within school or on school trips during school hours.

We advise that packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day aim for wholegrain varieties.
- Dairy food such as milk, cheese, yoghurt, fromage frais, soya products everyday
- Only water, pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food

We advise that packed lunches should not include or occasionally include:

- Snacks such as crisps should be included only occasionally (no more than twice a week). Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits should be included only if there is also a balance of fruit/vegetables.
- Chocolate spread sandwiches
- Sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.