



# KINGSHILL CHURCH SCHOOL

## WHOLE SCHOOL FOOD POLICY

### Rationale

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.

Our School operates a **No Nut Policy** and therefore ask that nuts are not brought onto the school premises in any form whatsoever.

Food prepared by the school catering team Edwards and Ward meets the National Nutritional Standards for School Lunches:

<http://www.childrensfoodtrust.org.uk/schools/the-standards>

### Aims of the Policy

- To ensure as far as possible that food and nutrition in school promotes health and well-being.
- To provide opportunities for children and adults to share food as a way to celebrate cultural diversity and to build friendships.
- To increase children's knowledge of food production.
- To ensure children and staff have access to water all day.
- To ensure that food provision in school reflects the ethical and medical requirements of staff and pupils, e.g. vegetarians, people with allergies or specific medical needs.
- To ensure that children develop a healthy attitude towards food and understand the importance of a balanced diet.

### Water

**We encourage pupils to drink water at frequent intervals throughout the day; to educate them about the importance of hydration, and to ensure that they have easy access to free fresh drinking water throughout the school day.**

- Children are encouraged to drink water and they have access to their water bottles all day. They are **not permitted to bring in any other drink than water** for class sessions.
- Water is available to all staff in the staff room.
- Children and parents are encouraged to provide a healthy drink option for packed lunches.

### Snacks

**We aim to ensure that break-time snacks and drinks are in line with the Whole School Food Policy.**

- **Foundation Stage and Key Stage One** children receive a daily portion of fruit/vegetables through the National Fruit and Vegetable scheme in the classroom immediately after morning break. They are encouraged to try the fruit/vegetable. Each class arranges how the fruit is distributed and shared. All children sit down which encourages them to spend time eating their fruit/vegetable.
- All **Children** are allowed to bring ONLY fruit (including dried fruit) and vegetables to eat during morning break. **WE WILL NOT ALLOW CRISPS OR CHOCOLATE / CEREAL BARS AS A MID MORNING SNACK.** (*If a child has a **diagnosed** intolerance to fruit and vegetable then a separate policy will be applied.*)

### School Meals

**We provide a healthy, nutritious and enjoyable school lunch.**

- The School works in partnership with its school meals provider to ensure the provision of a healthy, balanced school lunch. The school and its caterer must meet the nutritional standards for school meals.  
<http://www.childrensfoodtrust.org.uk/schools/the-standards>
- The three-weekly menu will be on display for parents and children on the school website
- If a child is not eating well, parents/carers will be informed. Food is provided for children with special dietary requirements such as allergies. Children will be encouraged to develop good eating skills and table manners.
- All children in EYFS and KS1 are entitled to a Free School Meal every day.
- Children are entitled to **Pupil Premium** funding if their families are in receipt of Income Support or Income-based Job Seeker's Allowance. Application forms for free school meals for KS2 children are available from the School Office.

### Lunch boxes

**We provide information on healthy foods that should be included in lunch boxes from home.**

- The school recognises the benefits of a well-balanced hot school meal for children in the middle of the day and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation. A child's lunch should include only the following:

- ✳ A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad.

- ☐ Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.
  - ☐ A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
  - ☐ A small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg, hummus, etc.
  - ☐ A drink - fruit juice (**no fizzy drinks**), water (not flavoured) or milk (not flavoured).
- We will not allow chocolate bars or sweets in lunchboxes and we strongly recommend NO crisps or similar snacks.
  - Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures can, after a period of between two to four hours, contain increased levels of bacteria which may be harmful to your child. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and brought into school.
  - The midday supervisors will encourage children to eat all their food and not share with others. Food that is not eaten is left in lunch boxes so that parents know what has been consumed.
  - Further advice and ideas for packed lunches can be found at:  
<http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect/lunchboxtips/>
  - Parents who have difficulty following these guidelines are requested to contact the school.

### **Dining Environment**

**We ensure the dining environment is a desirable place where there is enough space to sit and eat a meal, promoting social and community cohesion.**

- The school recognises that dining is an important social and cultural experience. If you have a pleasant and happy dining environment, people will want to eat there. We believe that it is important to give the children ample opportunity to sit and enjoy their meal together, allowing them to feel rested and refreshed for learning in the afternoon.
- The school will provide a clean, sociable environment indoors for children to eat their lunch. In doing so, the school requests children adhere to the following rules:
  - ☐ Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box.
  - ☐ All litter from lunch boxes brought in from home must be taken home at the end of the school day.
  - ☐ Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, do not eat their lunch or skip lunch, etc.

- ✳ Children are expected to behave while eating their lunches and be polite and helpful.
- ✳ If a child has a problem or wishes to leave, they should raise their arm and wait until a lunchtime supervisor speaks to them.
- ✳ If children are unsure of what the meal, or any meal item is, they can ask the caterer or supervisory assistant to explain.
- ✳ Caterers and supervisory assistants should thank children for using the facilities, as children should thank them for their help and assistance.
- ✳ Children should leave the area where they have eaten their lunch in a reasonably clean and tidy condition.

### **Rewards**

**We reward pupils for good mealtime etiquette and good behaviour.**

- In order to encourage good behaviour and social interaction during the meal time, the school operates a 'pink slip' system for outstanding behaviour over and above what is expected and children who always behave as expected will receive recognition in that a list is given to each teacher on a Friday of those children who always behaved well at lunchtime. Classroom teachers then reward children as appropriate.
- Food is not to be used as a reward in school. Children may bring in food to celebrate, such as at the time of their birthday. This food must be bought from a shop rather than home-made and the ingredients should be checked. Food should be handed to the parents and carers at the end of the school day rather than given to the children, to allow the parents and carers authority over when and if the children consume the food.
- If home made items are brought in for sales we cannot guarantee the suitability of ingredients or the process by which they were made

### **The Curriculum**

**We include work associated with healthy balanced diets in its curriculum.**

• As part of the work that children do for Science and for Personal, Social, Health Education (PSHE) and for activities that will contribute to our Healthy Schools Status, they will be taught:

- ✳ The components of a healthy diet.
- ✳ The importance of healthy eating both now and in the future.
- ✳ The cost of menus, etc.

### **Children with Special Education Needs**

- All staff are made aware of any medical/allergic conditions of individual children through staff meetings, discussion and clearly displayed notices in the School Office.
- Information relating to individual needs is discussed with all parents before their child's admission to school.

### **Parental Involvement**

- The Food Policy is on the school website. Parents are welcome to comment. This is discussed with parents before their child starts school.

### **Food Hygiene**

- Children are always reminded about the importance of handwashing before eating or handling food.
- Whenever children work with food in the classroom, they are helped to follow basic hygiene routines.

### **Monitoring and Evaluating**

- This policy, and the supporting procedures and activities, will be monitored and reviewed periodically by the School Council and the Local Governing Board.