



St. Andrew's
Church of England Primary School



Food Policy

Summer 2024

We believe that every person in our school community should flourish and broaden their horizons. Therefore, it is the element of 'enrichment' that defines our school; we are a church school that endeavours to provide the widest of opportunities for all.

Within our caring and nurturing environment and guided by our shared Christian values, we aim to ensure that all voices in our school family can be heard and all are engaged in learning that develops and challenges them, excites their imagination and provides an opportunity to achieve their full potential.

We see everyone and everything as valued in the eyes of God and recognise that all the members of our family are individuals as we work together towards a society of mutual respect, compassion and justice.

Even the smallest person can change the course of the future." JRR Tolkien

1. Aim of Policy

1.1 The aim of the Whole School Food Policy is to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors at the school.

2. Rationale

Our school food policy is underpinned by the following values:

2.1 Our school promotes the health and wellbeing of all staff, pupils and visitors and believes that healthy eating is an important aspect of this work.

2.2 Our school wants to help children and young people to adopt healthy lifestyles and attitudes towards food and physical activity.

2.3 Our school recognises the important link between healthy eating and the effective learning and achievement of pupils.

2.4 Our school works in partnership with parents, children and others to improve the health of children and their families.

2.5 Our school recognises that sharing food is a fundamental experience for all people; a way to nurture and celebrate cultural diversity; and an excellent bridge for building friendships and promoting a sense of community

3. Objectives

3.1 To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.

3.2 To increase pupils' knowledge of food production, including farming and local food producers, and to enable pupils to learn how to grow foods e.g. fruits and vegetables.

3.3 To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

3.4 To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.

3.5 To provide a pleasant and sociable environment for pupils and staff to enjoy their food including packed lunches.

4. Breaktime

Morning snack – All children are welcome to bring a healthy snack from home for the mid - morning break time. We have guidelines for snacks which we strongly encourage parents and carers to observe. Children can bring in fresh fruit or vegetables, cheese or yoghurt. Water or Milk may be drunk. The school is part of the National Fruit and Vegetable Government Scheme which provides a free piece of fruit or vegetable to all children in EYFS and Key Stage One.

5. The Dining Environment

5.1 The school is committed to providing a welcoming eating environment. Pupils eat their lunch in the school hall where the school aims to provide a calm, ordered environment conducive to mutual respect and good behaviour.

5.2 It is also committed to the following:

- Actively helping children who find the physical process of school dinners or packed lunch difficult – for example opening containers or packets of food.
- Encouraging all children to eat the food they have been provided with.
- Equal treatment of children who order school dinners and those who choose to bring packed lunches, in terms of provision and supervision.
- Encouraging children to wash their hands before eating.

6. Hot School Dinners

6.1 The school has hot school dinners provided by The Farm Kitchen; a local company with a very good reputation for providing meals that meet the government guidelines for food standards. As well as meeting these guidelines, The Farm Kitchen ensures that each meal contains at least 2 portions of fruit and vegetables and they are committed to using local produce in menus that reflect seasonal changes.

6.2 Staff who serve hot school dinners are encouraged to achieve their Level 2 Food Hygiene certificate.

7. Packed Lunches

7.1 Pupils can have a mixture of hot school dinners and packed lunches during the course of a week.

7.2 Parents and pupils are encouraged to send a healthy packed lunch.

7.3 The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches.

7.4 Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten. We will encourage parents to include in lunchboxes those foods which are known to have a positive impact on the child's physical development and ability to concentrate and thus learn effectively. Lunchtime staff will engage with children and chat to them about what they are eating whilst encouraging healthy food choices.

8. Milk Scheme

8.1 The School Milk Scheme provides free milk to under 5s but all children may be provided with milk at morning break provided that parents are happy to pay.

9. Water

9.1 Plentiful drinking of water by children has been recognised in improving behaviour and concentration. Therefore, all pupils have access to a plastic water bottle for which they are responsible for daily cleaning. Children are regularly reminded to drink water throughout the school day. Drinking water is provided to all pupils and staff via water coolers.

10. Catering for allergies and intolerances

10.1 When children join St. Andrew's, parents/carers complete a form stating medical conditions. The Additional Needs Leader holds a list of children's medical conditions and food allergies/intolerances. This information is shared with teaching staff and midday supervisors regularly during staff meetings. A folder of children's medical conditions is kept in the medical room for staff to access.

10.2 In classrooms, there are also green boxes where medicines and information are stored. Green boxes contain: red medical folders; any emergency medicine for individual children e.g. auto injectors, inhalers; any current paperwork / Health Care Plans.

11. Celebrations & Festivals

11.1 The school also recognises that food plays an important role in celebration of cultural, personal or community milestones, such as religious festivals, birthdays or the end of term. Food given should form part of a balanced, healthy diet, at an individual teacher's discretion.

12. Food in the curriculum

12.1 Food represents many things to us all: energy, nutrition, commodity, livelihood, communal activity and pleasure, to name but a few. Its significance in our lives means that it can, and should, be used to enrich the school curriculum.

12.2 Education on the importance of a healthy diet is in the National Curriculum in these subject areas: Design & Technology, PSHE and Science. There will be opportunities for cooking and growing food.

13. Monitoring and Evaluation

13.1 The Headteacher takes overall responsibility for the monitoring and implementation of the Whole School Food Policy, for liaison with the Governing Body, LEA and appropriate outside agencies as required.

13.2 All staff will have general responsibility for handling the daily implementation of this policy. Monitoring of this policy may include:

- meetings with Lunchtime Supervisors, which will include feedback on children's food choices.
- Headteacher / School Business Manager meeting with representatives of The Farm Kitchen.

14. Communication/dissemination of the Policy

14.1 The policy will be disseminated in the following ways:

- School Website
- Newsletters
- Staff Meetings