



Ashton St. Peter's Church of England VA Primary School

Food Policy Ratified Sep 2019 Update Sep 2022

At Ashton St. Peter's we endeavour to provide children with an education towards healthy eating and aim to help the children to understand the importance of a balanced diet.

Aim

For all aspects of food and drink in school to promote:

- engagement by all our children and young people in their education so they achieve their potential
- the current and future health and well-being of all the school community.

Objectives

To make information available about known allergenic ingredients used in any food and drink served

To protect those who are nutritionally vulnerable

To give our pupils, parents and staff the information they need to make healthy choices.

To ensure that we are giving consistent messages about food and health throughout the school day and maximise opportunities to promote a healthy diet.

To ensure that the food and drink provided to pupils in school is nutritious and of high quality, meeting Government standards for food in schools.

To provide guidance so that food brought into school is consistent with the standards for the food provided in school.

To involve all the school community in the promotion of a healthier lifestyle.

For the school to maintain our *National Healthy School Status*.

SECTION 1: FOOD THROUGHOUT THE SCHOOL DAY

- The benefits of a healthy breakfast are promoted in our school through Science, DT and PSHE lessons and discussions in parents' meetings.
- Reception and KS1 are provided with fruit at morning break and KS2 are encouraged to bring in a healthy snack of fruit or vegetables. Toast is provided at morning break for upper KS2. Milk is given free to under 5's and is available for the rest of the children for a small charge.

School Meals

- Children have the choice of school meals or packed lunches.
- Early Years and KS1 pupils are entitled to receive a free school lunch if desired
- We encourage healthy choices for packed lunches and do not permit sweets.
- Packed lunches are monitored by midday meal supervisors and anything not eaten is retained in the lunch box for parents to monitor.

- School dinners comply with the Government regulations for food based standards for school meals and the meals vary daily.
- Children/parents are given menus for the coming month, therefore parents are aware of the food available and the children are able to choose when they would like dinners.
- Children sit in mixed year groups and mixed dinners/packed lunch groups.
- Children are provided with water at lunch time and have the option of bringing in their own water
- FSM are available and eaten by some of the children who are entitled to it.
- Parents and staff notify the kitchen staff who ensure that the needs of children with dietary requirements are met.
- KS2 start their lunchtime later to minimise queuing at lunch time.
- Through the Science and PSHE curriculum, children understand the need for a balanced diet and as they become older understand how different types of food benefit the body.

After School Clubs

- Drinking water is available during after school clubs.
- Children are encouraged to bring a healthy snack e.g. a banana, if they are staying for an after school club.

Early Birds and Evening Owls

- Toast and water is provided for those children who would like it.
- Parents are able to supply cereal or a healthy snack if they wish

Water Provision

- Children are actively encouraged to bring in water bottles and have access to drinking water in all of the classrooms through the day.
- Children are encouraged to bring water to PE sessions and may drink water at break and lunch times

Other Food in School and Food Issues to Consider e.g. Food Safety and Hygiene?

- Children are not allowed sweets during school time and we do not allow sweets to be given out at special times
- Children always wash their hands before lunch times or preparing food.

SECTION 2: MESSAGES GIVEN BY THE SCHOOL

Aim

- We believe in the central importance of food in people's lives, not just for their health but socially, culturally and for personal enjoyment.

Curriculum

- Food and nutrition is taught through PSHE, ICT, Science and DT topics.
- Children learn about a balanced diet and how to make healthy choices.
- Children are involved in questionnaires regarding healthy eating and school dinners

Other Events

As defined in the DFE 'School food in England' 2015 document, The School Food Regulations do not apply to food provided:

- a) At parties of celebrations to mark religious or cultural celebrations
- b) At fund raising events
- c) As rewards for achievement, good behaviour or effort

d) For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch

e) On an occasional basis by parents or pupils

Review Procedures

The School's policy will be reviewed when:

- Every 3 years - Sep 2022
- The School wishes to review the policy.
- If amendments are required by the LA

Ratified by: *David Bower*

Date: July 2019

(Headteacher)