



Holy Trinity Church of England (Aided) Primary School

Policy Statement

Whole School Food Policy

The Best for Every Child - a Unique Child of God

At Cookridge Holy Trinity Church of England (A) Primary School we serve the community by providing a happy, secure and caring Christian environment where all are valued and respected. We pride ourselves on being friendly and welcoming. We believe in the uniqueness of the individual as a child of God and recognise the range of contributions that each can make.

We provide for the spiritual, emotional, physical, mental and social development of the whole child, as a child of God. We seek to foster self-esteem and instil a sense of responsibility to others and the world around them through the teaching of our Christian Values.

We are committed to the pursuit of excellence, and the school curriculum aims to offer all children a broad and balanced, relevant and differentiated curriculum which provides consistency and continuity of teaching throughout the school, enabling every child to maximise their potential.

We work in partnership with parents, the local church, the wider community and other schools to provide an education of the highest quality.

Written by: Anna Casling/Gemma Elders/Food ambassadors

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To be reviewed: October 2028



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Whole school food policy

The development of this policy has been led by our School Food Ambassadors who are elected by their peers to lead the change for food at our school. We recognise the importance of ensuring every child has access to a healthy and well balanced diet, supporting them in leading a healthy lifestyle. We also recognize the link between a healthy diet and children's ability to learn. Recent news headlines and national guidance have highlighted the number of children who are experiencing health problems due to poor diet. Our school food culture and healthy eating ethos is based on key principals from the Eatwell Guide and is in line with The School Food Standards, The School Food Plan and the most recent national guidelines.

The Healthy Eating Lead in school is Mrs Casling, supported by the Food Ambassadors

Aim

To provide a whole school approach to food and healthy eating to improve the health and well-being of children and the whole school community.

Objectives

- ✓ To support pupils to make healthy food choices in order to establish healthy eating habits during their primary school years.
- ✓ To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

Before and After School Club

The food provided in our club is healthy and balanced. We ensure all food is compliant with the School Food Standards and this is monitored once a term.

Key Stage 1 Snack

All Key Stage 1 children are provided with free fruit and vegetables as part of the national fruit and vegetable scheme. Any surplus fruit is offered to the year 3 children. Milk can be purchased from Coolmilk (www.coolmilk.co.uk) and parents can purchase milk weekly, monthly or even termly. Those children not having milk can have a drink of water.

KS2 Break Time Snacks

Children are allowed to bring a healthy snack from home consisting of either **fruit (fresh or dried) or vegetables** to eat at morning break time.

Drinks

The school is a water only school. Children are encouraged to bring a water bottle of fresh water to school each day which can be accessed before going out to break and after lunch and at other times at the class teacher's discretion. Packed lunch children should pack and additional drink in their lunchbox, as water bottles are kept in the classroom. We do not allow fruit squashes. Children are encouraged to drink plenty of water throughout the school day.

School Lunches

Our tasty and delicious school meals are provided by MiQuill Catering Ltd who ensure the menus are balanced and compliant with the School Food Standards. Our meals are freshly prepared on site each day by our catering team who cater for a variety of tastes, diets and preferences. Menus, which are planned on a three week cycle, are varied and include a range of meals from different cultures and countries and are available to view on the school website and on the display in the school hall. Pupils have a choice of three meals each day and are encouraged to taste and try new foods. Our cook and food ambassadors meet once a term to discuss menu choices. Meals are served between 12.00- 1.15 pm in the main school hall.

Free School Meals

As a free school meal (FSM) could save families up to £450 each year, our school encourages and supports families to claim their entitlement and communicates this regularly through our newsletter and transition meetings for parents. Pupils on FSM are not identifiable at any point.

Packed Lunches

We expect packed lunches to be aligned to the same standards as those that apply to school meals. We encourage parents to use the Eatwell Guide to support them in providing healthy lunches (see attached). Packed lunches are expected to include at least one piece of fruit and/ or vegetables. Unhealthy snacks are discouraged, however, children are allowed a small treat in their lunch box. Current government guidelines suggest treats should not exceed 100 calories. Sweets are not allowed to be eaten as part of a packed lunch. All wastage will be sent home to help parents monitor their child's eating. Support and menu ideas are available for parents on the school website and the policy will be regularly communicated to pupils and parents. Pupils who eat packed lunches eat in the main dining hall with pupils who eat school lunches.

We would like **all** our pupils, whether on school dinners or packed lunches, to have the same opportunities to eat healthy, balanced meals and therefore actively encourage parents to provide healthy packed lunches.

Dining Environment

School lunches are eaten in the main school hall. Lunchtime starts at 11.45 am for Reception pupils, 12.00 pm for Key Stage 1 pupils and 12.30 pm for Key Stage 2 pupils. Currently classes are called into the dining hall in year group order and tables are cleaned between sittings. Lunchtime supervisory staff encourage pupils to use cutlery correctly and to show good manners. They also encourage pupils to try new foods. Pupils are expected to use quiet, polite voices in the dining hall at all times to ensure a pleasant atmosphere in which to eat and socialize. Parents are encouraged to teach their children to use knives and forks at home.

Cultural and Special Diets

The school tries to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural requirements wherever possible. Parents are requested to provide a medical note to confirm food allergies or medical diets to ensure the safety of pupils.

Special Occasions, Rewards and School Events

Our standards of healthy eating are reflected in all aspects of the usual school day. When tangible rewards are given to pupils in school these are not food based. On school residential trips and other special events and celebrations we aim to provide healthy food choices and limit less healthy options.

We understand and recognize the importance of celebrating birthdays in school. There has been a tradition of sending in sweets for the class to celebrate a child's birthday. We continue to allow a small treat for birthdays but these should be pre-packaged (individually wrapped if possible; no boiled sweets) and are sent home with children to eat after school with parental permission.

We do allow three bake sales each year in school (one per term) and Year 6 Enterprise Day (where buns and cakes are sold) to raise money for selected charities.

Monitoring Food Provision and Consumption

Catering staff submit the menus to the head teacher (which are compliant with the School Food Standards) and checked externally by our catering company. Our School Food Ambassadors also carry out monitoring each term and give feedback to our school cook and senior leadership in school council meetings. We have a comments box in the school dining room for pupils to provide us with continuous feedback about lunchtimes. These comments are reviewed each term by the School Food Ambassadors and changes made where possible and appropriate.

Food Education and the Curriculum

Our school delivers healthy eating food education through the You, Me, PSHE scheme of work (from Islington Council) to all pupils and we review this annually. This ensures learning is in line with current guidance and pupils are working towards the core food competences. The Eatwell Guide is used throughout school and underpins all food related learning.

Cooking in the Curriculum

Our school meets the statutory requirements for all pupils to learn cooking skills as part of the design and technology curriculum. As part of our Healthy Schools status, each year group cook once per term with a focus on healthy, savoury meals. Each year pupils will receive cooking lessons which focus on cooking predominantly savoury meals which are affordable. All staff will receive training for cooking in the curriculum.

Growing, Sustainability and Farming

Our school and catering provider support sustainable food by using local produce where possible. Pupils visit our local working farm, Crag House Farm, at least once during their time with us to engage our pupils with where their food comes from.

We have a very enthusiastic group of pupils who are keen to grow a range of vegetables during the summer months. The vegetables they grow have been used in the school kitchen as part of the school lunches on a few occasions.

Extra- Curricular Activities

Pupil Involvement

We have a team of School Food Ambassadors who are elected each year to lead on food, monitor school meals and represent the voice of their peers. The SFA supported the development of this policy and created the food policy display in the dining room to share key messages. They work to an action plan and also deliver an assembly each year to pupils to remind them of key messages. In addition they undertake pupil perception surveys to inform our policy.

Parent/Carer Involvement and Communication

Our policy is available on the school website. All parents are invited into school to try a school meal at some point during each year. Tastings of school lunches are on offer during parents' evenings for parents. School lunch menus are shared on the website. We will listen and act upon parental views and opinions through on-going surveys.

Action Planning

Our policy will be reviewed each year by the senior leadership team and the Healthy Schools Coordinator. A full review and consultation with all stakeholders will take place every three years. We have a school food action plan in place that helps us plan, prepare and improve our food provision and culture each year.

Links With Other Policies

This policy should be read alongside our PSHE, Design and Technology, anti-bullying, positive behaviour, inclusion, equal opportunities, PE and Physical Activity policies.