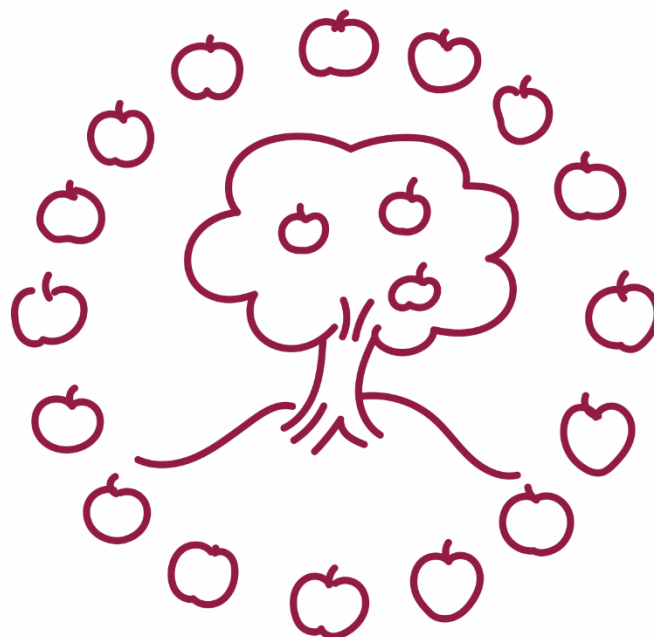


Kingsbury Episcopi Primary School

Whole School Food Policy



Success Through Teamwork

Approved by the Governing Body of Kingsbury Episcopi Primary School	
Chair of Governors	Simon Faull
Signature	Simon Faull
Date:	May 2024
Review Date:	January 2026

Whole School Food Policy

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was adapted through consultation between members of staff, governors, parents, pupils and support services. This school food policy is co-ordinated by Melanie Lawson, Head teacher.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 8.00am – 8.40am.

The breakfast menu includes:

- Cereal
- (Served with Semi Skimmed Milk)
- Toast with Butter, Jam or Marmite
- Fruit
- Water to drink.

The breakfast club menu is available from The Willows Childcare.

2. School Lunches

School meals are provided by Figs Catering and served between 12:00 and 13:00 in the School hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3-week cycle and always contain a meat/ fish and vegetarian option. The school meals menus are emailed to our families each term and the menu is displayed during lunch time in the school hall.

3. Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible.
- 1 portion of fruit and 1 portion of vegetables or salad.
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon
- **The weight of portions is also important and is the same as for hot meals.**

Packed lunches should not include:

- *Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars*
- *Sweets*
- *Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts*

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years, snacks are provided during the afternoon and include: apples, oranges, bananas, sugar snap peas, pears, tomatoes and raisons.

Pupils are able to bring in a healthy snack such as apples, oranges, bananas, sugar snap peas, pears, tomatoes and raisons into school to eat at break-times.

After school snacks are provided by The Willows Childcare and include:

- Fruit
- Biscuits (plain)/ Cakes
- Ice Poles / Ice lollies / Ice cream for a treat on a hot day.
- Water to drink

5. Drinks

The school is a water only school, with the exception of the free milk entitlement for all primary free school meal pupils. Water is provided at break and lunch times and when needed in the classrooms, there is a water fountain in the playground.

6. School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food and drink guidance described above.

7. Rewards and special occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including:

Celebrations

The school recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, all children will receive:

- a sticker
- Song in class
- A birthday badge/sash/hat (depending on the class)

We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays.

For celebration events, we welcome a variety of foods, from different cultures, for children to try.

Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

8. Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition).

9. Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is Melanie Lawson.

Pupil's food allergies are displayed in a sensitive way, all staff are emailed this information, This information is also kept in the office (all staff know where) and the lunch time staff also have a copy in their file of information.

10. Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day.

Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

11. Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

The policy will be reviewed every 2 years.

Date policy implemented: May 2024

Review Date: January 2026