



Holly Lodge Primary Academy

Whole School Food Policy

The Kite Trust is committed to equality and diversity.

We promote an inclusive culture for all our staff and the communities that we serve.

This Academy is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Approved by:	Academy Council	Date: Nov 2022
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Last reviewed on:	
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Next review due by:	Nov 2025
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Summary

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on trips and extracurricular events. Key information

- Only water to be consumed in school
- Fruit and vegetables only to be given as snacks during school day
- No sweets or cakes to be shared for birthdays
- Healthy / balanced approach to party food within school

Why is a policy needed?

At Holly Lodge we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Application

This policy covers the areas of:

- Breaktime snacks including those brought from home.
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

Break time snacks

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme. Any snacks that are brought from home will be restricted to fruit or vegetables or bread sticks unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

Milk

Our school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines. Parents are invited to register and pay for their child to participate in this scheme, which provides a carton (189ml or 1/3 of a pint) of semi skimmed milk every day for Reception and Key Stage 1 children. Parents can specify if an alternative type of milk is required e.g. soya.

Water

Clean drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned. No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

School lunches including packed lunches

At Holly Lodge all school meals will be prepared by Twelve15 following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment"

We will provide Universal Free School Meals for children in Reception and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily. (Appendix 1: Packed lunch guidance) Support and advice is provided through information on our website and annual packed lunch parent's workshop.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

Curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We re enforce our delivery of the national curriculum by holding a healthy school's week annually which enables us to focus on all aspects of wellbeing including healthy eating.

Before and after school club

Food provision at our breakfast and after school club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification. Children in the clubs have regular opportunities to prepare and cook healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes or sweets. In school we celebrate children's birthdays during the day with their peers.

At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

Monitoring

We consult annually with caterers, pupils, parents / carers and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals. The monitoring procedures for packed lunches can be found in Appendix one.

Appendix 1

Packed lunches will be monitored by the Midday Supervisors to ensure that children are receiving a healthy lunch. Children eating healthy lunches will be rewarded by stickers and other awards. Pupils' on special diets following verified medical advice will be given due consideration.

Guidance – suggestions of foods to be included in a packed lunch

At least one portion of fruit or vegetables every day.

- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink: water is best followed by semi-skimmed or skimmed milk, fruit juice, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

Suggestions for food to include less often in a healthy packed lunch (we recommend 2/3 times a week)

- Snacks such as crisps.
- Chocolate coated biscuits or wafers.
- Cakes
- Meat and pastry products such as sausage rolls or pies

Suggestions for food not to include in a healthy packed lunch (these are all foods we ask children not to bring to school).

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.