St Lawrence CE Primary

Whole School Food Policy

Our Aims

St Lawrence CE Primary School recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school.

It is important that St Lawrence CE Primary School considers all elements of work to ensure that awareness of healthy eating is promoted by all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

Food Policy Aims

The main aims of our school food policy are:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- To ensure that the mandatory food based standards are implemented
- To ensure that the school follows the principles laid out in the School Food Plan, encouraging the take up of school meals
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

These aims will be addressed through the following areas:

- The School Food Plan http://www.schoolfoodplan.com/

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is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support head teachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by :-

- Adopting a 'whole-school approach': integrating food into the life of the school: treating the dining hall as the hub of the school
- The head teacher leading the change
- Concentrating on the things pupils care about: good food, attractive environment, social life, price and brand
- Encourage take up of school meals to improve school food economics and in particular encourage take up of the new Universal Free School Meals for all KS1

Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all. Curriculum Food and Nutrition is taught at an appropriate level throughout each key stage. Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014.

Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporate the DFE statutory guidelines :-

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239041/PRIMARY_national_curriculum_-_Design_and_technology.pdf

This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions.
As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.
All pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from.
Older pupils are taught about seasonality and a range of cooking techniques.

Cross Curricular

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to Science and Wellbeing.

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Staff training
School staff including teachers and TAs have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines.

Visitors in the classroom:
This school values the contribution made by outside agencies including the school nurse in supporting class teachers. It is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

Resources
Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'Eatwell plate' where appropriate.

Food and Drink Provision throughout the day
Food Standards National Nutritional Standards for school Lunches became compulsory in 2009. As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches will came in to force in January 2015. Together with the existing standards they cover all food served in schools: breakfast, lunch and afterschool meals;

http://www.schoolfoodplan.com/standards/ .

Breakfast Club & After School Club

Food is provided at both of these clubs. The school aims to promote healthy eating with the offer of food that is available.

Breakfast
Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. Staff will inform the Designated Safeguarding Lead (Mrs Micklefield) or Deputy Lead (Miss Jones or Mrs Lintott) if a child is identified as not being given breakfast.

Lunch Food
Lunch Food is prepared by the school catering team and meets the National Nutritional Standards for School Lunches. HC3S are the catering company who supply meals to St

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Lawrence CE Primary School. HC3S complies with the Food Standards 4 Universal Free School Meals.

All children in Year R, Year 1 and Year 2 in state-funded schools in England have been eligible for free school lunches. The School fully supports this initiative, encouraging children to have their free school meal.
Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

Fruit Scheme (KS1 only)
The School is part of the National Fruit and Vegetable Scheme. Children eat their fruit as part of snack time.

Milk
The new Food Standards require that milk must be available for drinking at least once per day during school hours for pupils under 5 years old. This standard is not met by providing milk at breakfast or after school clubs. This standard can be fulfilled by being part of the Cool Milk Scheme. Pupils having a cooked school meal will also have the correct milk content as part of the school meal diet. https://www.coolmilk.com/

Snacks
The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school only provides fruit and vegetable based snacks at playtime in Foundation Stage and Key Stage 1. In Key Stage 2 pupils are encouraged to bring in a fruit or vegetable snack for playtime

Drinking Water
Drinking water is available to all pupils, every day, and free of charge. Pupils are encouraged to bring in their own water bottle to have during the day. Pupils are encouraged to drink regularly.

Medical Diets
Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency.

Packed Lunches
Packed lunches prepared by the school caterers adhere to the Government Food Lunch Standards. The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the ‘eatwell plate’.

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Further advice can be found on the NHS Change4life website
https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#make-your-own

Food Allergies

Our parents are asked when their child enrols at the school if they have any food allergies. This information is passed onto HC3S and all staff. We are a 'nut free' school and do not permit the use of any foods containing nuts for any cooking activities.

Pupils who have particular food allergies wear a wristband. Their photo is displayed in the staff room.

Updated – April 2023

Date for next review – April 2026

Headteacher (Fiona Micklefield) …….

Chair of Governors (Paul Susans) ……..