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## School Food Policy

### Rationale:

The school is dedicated to providing an environment that promotes healthy eating and enables children to make informed choices about the food they eat and where it comes from.. This is achieved by a whole school approach to food as outlined in this policy

### Aims of the Policy

The main aims of the policy are:

- To enable children to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.in line with the mandatory School Foods Standard.
- To encourage a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
- To ensure equal access for all to healthy food and drink and appropriate nutrition education.
- To encourage uptake of free school meals for those entitled to them.
- Ensure all staff have up to date knowledge, skills and resources to educate pupils about food.

### Curriculum

Teaching and learning about food and nutrition occurs at an appropriate and progressive level within our science, PSHE and food technology curriculums.

Teachers are encouraged to practically cook with their classes at least three times per year with the cooking activities linked to the topic themes being studied within the class.

Where appropriate a variety of foods may be prepared and consumed within other areas of the curriculum or at a celebration. At such times food safety principles are followed.

We follow current authority and national guidelines regarding hygiene and cleanliness when tasting, preparing or handling foods in class.

All classes have access to the garden and growing areas. Classes are encouraged to participate in growing foods that can be used in their class recipes.

Time is given to training staff with appropriate cooking skills and knowledge of activities that can be undertaken with the different age groups.

Opportunities are given to the children to get to know local producers and food processors.

### Food throughout the School day

#### 1. Breakfast Club

The school runs a daily breakfast club offered to all children from 7.45am – 8.40am dependent on numbers. The breakfast menu contains cereal, toast, bacon beans, fruit and yoghurt served on a daily basis with weekly specials.

## Wick CE Primary School

### 2. School Lunches

Lunchtime is given a priority in the school day and seen as a social activity for the children. Children sit around tables with their classes and have cutlery on tables and eat from china plates. Food is served between 12.10 and 12.45 in the dining hall. Food prepared by the school catering team meets the National Standards for School Lunches.

School meals are planned on a 3-week cycle and always contain a meat/fish, vegetarian and baguette or jacket potato option. There is also a daily salad cart to choose from. The school meals menu is sent home termly to parents and is included in our weekly newsletters. Menus are displayed in all classrooms.

Parents are invited to share the school meal experience on 3 occasions each year and are encouraged to give us feedback so that we can enhance the provision even further.

### 3..Packed Lunches

Children with packed lunches are able to eat their lunch with those having hot meals. In warm weather lunches can be eaten outside. Packed lunch guidance is sent home to enable parents to make healthy choices .Sweets, chocolate bars and nuts are not allowed and it is recommended that treats are limited.

### 4. Snacks

#### *Morning*

The school provides toast for sale during mid-morning break. Children are also able to bring in hand held fruit or chopped fruit or vegetables in pots.

#### *Afternoon*

KS1 children are provided with a piece of fruit in the afternoon.

### 5. Drinks

Water is available to all children during the day. Children provide their own washable and refillable water bottles that are sent home daily for cleaning..

Children in EYFS receive free milk in the morning until their fifth birthday.

### 6. After School Club

The school runs an after school club from 3.15 to 5.45pm open to all depending on numbers. Fruit and a cake is available for the children attending.

### Outside the Classroom

#### *Cooking Club*

A paid cooking club is offered for children in years 2 – 5 after school during the school year. The children are encouraged to cook and taste seasonal recipes that form part of an entire meal. One of the sessions is a baking session. As much as possible herbs and vegetables grown in school are used in the recipes. Food is sent home along with the recipe for parents and siblings to try also.

#### *Gardening Club*

A gardening club is offered during the growing season for years 1 – 6. Along with the curriculum based learning, this offers children the chance to understand where their food comes from and how it develops from seed to edible plant.

Gardening is also used as part of our nurture provision for our more vulnerable children.

### Wider Community

The partnership of parents with our school is essential particularly with promoting healthy eating. We liaise with parents over the snack and lunchbox policy and send home ideas to help them make healthy choices.

## Wick CE Primary School

We aim to keep parents informed about current menus and any changes that may occur. We value feedback on food provision and work closely with the catering staff to improve the choices on offer. Parents are invited to join their children for school lunches during the year. Vegetables grown in school are often sent home with recipes included as to how to use them for families to cook at home together. Parents are welcome into school to participate in the gardening club.

### **Implementation, Monitoring & Evaluation:**

Parents will be made aware of the policy through the new parent welcome pack, the prospectus and school website. From time to time a reminder will be issued in the school newsletter.

The head teacher and staff will be responsible for the implementation of the policy through dialogue with parents and pupils.

The head teacher will report to the governors on the way the policy is being implemented.

### **Review:**

This policy is a working policy and will be subject to regular review in practice. The school will review every three years the process to ensure that it continues to work effectively.

Written by: Linda Stone

Date: April 2021

Approved by: H+S and Curriculum Committee

Date: 20/4/21

Reviewed by: H+S and Curriculum Committee

Date: 20/4/21

Next review: April 2024

Signed.....

Date .....

Chair of H+S and Curriculum Committee