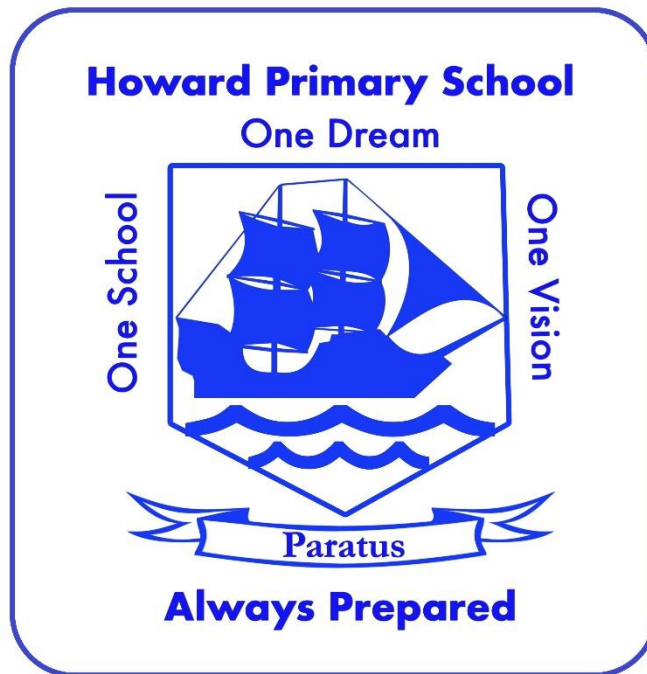


Whole school food policy



Reviewed: January 2024

Article 24:

Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy.

Whole School Food Policy

Howard Primary School

Introduction

Howard Primary 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 formulated through consultation between members of staff, governors, parents and pupils. This school food policy is co-ordinated by J Handley, Deputy 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
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

School Lunches

School meals are provided by Pabulum and served between 11.30 and 1.15pm in the dining hall. School meals are planned on a 3-week cycle and each week contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.

Packed Lunches

Packed lunches should aim to 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

Packed lunches should only include 1 option from the following lists:

- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts
- Crisps

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink. *For detailed guidance around our packed lunch policy, please see our parent/carer packed lunch guide.*

Snacks

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

In the Early Years and KS1 snacks are provided during the morning and include fruit. Children in KS 2 are encouraged to bring in their own piece of fruit to have at breaktime.

Pupils are allowed to bring in their own after-school snacks including fruit and cereal bars.

Drinks

Howard Primary School encourages only water to be drunk, with the exception of special occasions including Christmas parties.

School trips

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.

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 stickers.

Celebrations

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

We acknowledge that parents want to send in cake/sweets for their child's birthday, just as staff do, but do try to encourage fruit or healthier options.

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.

Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, RHE and Design Technology (cooking and nutrition). The Eat-well model is used throughout the school as a model of understanding a balanced diet.

The school allotment is being developed with funding from the 'Seed to Plate' Initiative which will help teach children where food comes from and how food is made.

Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. An individual menu is created for pupils with food allergies and the lead member of staff for this is J Handley

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.

Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

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: January 2024

Review Date: January 2026