

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 formulated through consultation between members of staff, governors, parents, pupils, and the school nurse.

Aims:

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards 2014.
- To support pupils to make healthy food choices and be better prepared to learn and achieve.
- To ensure a consistent approach to healthy eating across the school community.

Food throughout the school day

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 need for breakfast is important to all children in our school. To this end, fruit is provided to all children free of charge.

School Lunches - School meals are cooked on site through a service level agreement with Servest. They are served in the dining hall. School meals at West Heath Primary School meet the mandatory requirements of the School Food Standards 2014.

School meals are planned on a 4-week cycle and always contain a meat/fish and vegetarian option. The school menu can be found on our school website.

Packed Lunches - The school's packed lunch expectations are developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced diet and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; 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.

Packed lunches should not include:

Crisps or crisp type snacks e.g. flavoured rice cakes; sweets; items containing chocolate including bars, biscuits, or cakes.

The school provides water for all pupils at lunchtime; therefore, packed lunches do not need to include a drink.

Snacks -The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years Foundation Stage, fruit is available throughout the school day. The school provides fruit (free of charge) for all children in KS1 and KS2 at break time and throughout lunchtime. Pupils are not allowed to bring in additional snacks for break time.

Drinks – Water is available for all children throughout the school day. All classrooms have readily available drinking water. Children may bring a drink of diluted fruit juice into school. **Fizzy drinks and concentrated juice are not allowed in school.** Milk is provided for all children in Early Years and by parental request throughout the school. With the exception of children in the Early Years Foundation Stage milk is paid for by parents.

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, all lunches must adhere to the same food and drink guidance as described above.

Rewards and Celebrations

Celebrations - The school recognises the importance of celebrating birthdays and special occasions. To this end, a small treat to be shared with the child's class is welcomed. For celebration events, we welcome a variety of foods, from different cultures. Occasional fund-raising events may include the sale of treat food such as soup and hot dogs. Fundraising will also adhere to the healthy eating ethos of the school.

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 adopted for pupils with food allergies. The lead member of staff for managing Medical Conditions in Schools is Mr Taylor-Bryant.

Pupil's food allergies are displayed in a sensitive way and are fully compliant with GDPR requirements. They are available in the first aid folders in each class and on the staff shared drive on the school's intranet which is accessible to all staff.

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.