



GRANGE INFANT SCHOOL **WHOLE SCHOOL FOOD POLICY**

Rationale

This policy was drawn up using a range of national documents from the DfE School food standards: resources for schools, supported by Public Health England, an executive agency of the Department of Health and Social Care. Its mission is to protect and improve the nation's health and to address inequalities. Its social marketing campaign is Change4Life, which aims to help Key Stage 1 and 2 pupils understand the benefits of eating well and living a more active lifestyle from an early age.

Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school.

The whole-school food policy covers the areas of:

School council, curriculum, school lunches, packed lunches, snacks and drinks provided by school, snacks and drinks provided from outside school, extra curriculum activities, eg after school cooking club, early provision and breakfast club, classroom magic breakfast bagel club.

This policy applies to all staff, pupils, parents/carers, governors and partner agencies working with schools.

School Council

The school will work with the school council to provide a mechanism for consulting with pupils in all aspects of food in school.

- The school council will be involved in consultation regarding healthy food options.
- It will enable children to have a voice.
- The school council will disseminate the healthy eating policy and healthy eating messages to the classes.
- The school council will work with the catering team – inviting them to council meetings as appropriate.

School Lunches

The school will provide free school meals to all pupils. All school lunches will be prepared following the government's nutritional guidelines.

- There will be a flexible choice of whether to have school dinners or not – no need to book in advance.
- There will be a limited choice to ensure a balanced meal.
- Eating arrangements – children will be able to sit with class mates.
- Children will have access to fresh drinking water.
- Children can bring in fruit juice or squash, in addition to their class water bottle, to be drunk with their school lunch.
- There will be a queuing policy with a rotation of sittings.
- The school lunch hall will be made as pleasant as possible to encourage good social interaction.

Playtime snacks brought from outside school

- The school provides fruit and/or vegetable snacks for playtimes.
- Staff will model eating fruit at playtime.
- Children on special diets will be given consideration with consultation in accordance with government policy on nutrition.

Packed lunches

The school will provide facilities for pupils bringing in packed lunches. The school will work with parents to ensure that packed lunches contain healthy options. The school will work with the pupils to provide attractive and appropriate dining room arrangements. Parents will be advised:



- Pupils are encouraged to provide packed lunches in insulated bags with freezer blocks, to stop the food going off. (There is no fridge space in school.)
- The packed lunch is to contain no more than one chocolate based item.
- The packed lunch should not contain sweets.
- The packed lunch should contain no more than one packet of crisps or similar savoury snack.
- The packed lunch should contain a starch-based carbohydrate – this provides the children with energy.
- The packed lunch should contain at least one piece of fruit or vegetable.
- Children will have access to fresh drinking water.
- Children can bring in fruit juice or squash, in addition to their class water bottle, to be drunk with their packed lunch.
- Any food left in lunchboxes will be sent home.
- There will be no swapping of food.

Water

The school will encourage pupils to drink water at frequent intervals throughout the day. Children should all have a school water bottle, as part of their basic equipment. Children will have easy access to fresh drinking water throughout the school day.

- Fresh water will be available to all children throughout the day.
- Children must have a named, bottle of water in class everyday.
- Water will be freely available at lunchtime.
- Water bottles will be emptied daily and taken home at the end of the week to be washed.
- After physical activity and during hot weather, children will be encouraged to drink more water.
- The plastic bottles **must** contain only water – this should not be flavoured water.
- Water bottles can be purchased from the school office for £1.00.

Milk

The school provides a free daily carton of milk to all pupils under the age of 5. Parents of older children may order milk online coolmilk.com, which will be delivered to school.

Curriculum

The policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the personal, social and health education (PSHE), design and technology and science curriculum.

- As part of topic work children will have opportunities to taste, cook and prepare food. The food prepared or cooked in school will mainly focus around healthy choices, eg fruit kebabs and wholemeal scones.
- Children will be made aware of the healthy eating policy throughout the curriculum.
- Healthy eating messages will be taught as part of looking after yourself.
- There will be consistent messages across the curriculum about healthy eating.
- Healthy foods will be actively promoted through regular tasting sessions.
- All children will learn and apply the principles of food hygiene.
- Children will learn and apply the principles of a balanced diet and how diet affects health.

Assessment, Monitoring, Evaluation and Reviewing

The PSHE Leader will monitor, review and evaluate the policy in order to lead the school community. The school will link with the school caterer, to ensure high-quality cooked meals, which meet government nutritional standards, are available. The school will seek the support of a range of agencies, including nutritionists, oral health nurses and dieticians, to enhance the taught curriculum.

This policy will be reviewed annually.

Date reviewed: May 2022

Date for next review: May 2023