



# St Mary's CE Primary School Whole School Food Policy



All the activities in St Mary's School are carried out in the Christian spirit and promote the school values of Faith, Family and Future – Building a positive future for all as part of God's loving family.

St Mary's School prides itself in providing equal opportunities for all members of its family regardless of disability, religion, sexual orientation, culture, gender, ethnic origin, colour or age. All pupils have access to the full curriculum, and the right to a learning environment which dispels ignorance, prejudice or stereotyping.

## Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and families
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices

## What do we want to achieve?

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day
- To ensure that the provision and consumption of food is an enjoyable and safe experience
- To ensure that the whole school community understands that a balanced diet is recommended
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment e.g. through the PSHE curriculum
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- To ensure that food provision in the school reflects the ethical and medical requirements of pupils and staff e.g. religious, ethnic, vegetarian, medical, and allergenic needs
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them

## How our Food Policy is implemented

1. School ethos and values
2. Curriculum
3. Birthday Gifts
4. Availability of water
5. Breakfast Club/ After School Club snacks
6. Break time
7. Lunchtime
8. Staff
9. School trips
10. Community Involvement
11. Enforcement

### 1. School Ethos and Values

The importance of a balanced diet is consistently communicated throughout the school day. This is a consistent approach in line with our school values of Faith, Family, Future.

## **2. Curriculum**

Healthy eating is an integral part of our ongoing work to further Healthy Lifestyles through PE, science and PSHE. PSHE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education based on the principles laid out in 'What do we want to achieve?'

Curriculum delivery will involve practical food experience delivered by properly trained staff and will be adequately resourced.

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum. At such times food safety principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet, as depicted by 'The Eatwell Plate', makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

Foods containing high levels of fat, sugar and salt will not be used as rewards.

## **3. Birthday Gifts**

Parents sometimes wish to give out birthday food or treats. However, parents should not feel obliged to do this. This is acceptable as an occasional treat for the children. These will always be distributed at the end of the day for children to take home.

## **4. Water**

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classes or lessons may require the management of the intake of water for safety or behaviour management issues e.g. whilst using ICT equipment. This is acceptable as long as the principle above is fundamentally upheld. All pupils should bring a refillable water bottle to school with them. Only water (not flavoured) is permitted for drinking during the school day as this is consistent with healthy eating and dental hygiene principles.

## **5. Breakfast Club/After School Club**

The food offered for snacks is consistent with the school policy and is monitored by the Head.

## **6. Break time**

At break times, all Reception and KS1 pupils are given a free vegetable/fruit based snack. Other pupils may bring a healthy snack to eat at morning break e.g. fruit, vegetable based snacks. Snacks which are high in salt, fat and sugar are not permitted e.g. crisps, biscuits, cakes etc. In addition, any nut based products are not permitted in school in order to minimize the risk for children suffering from severe allergic reactions. Children are encouraged to drink water at break times in addition to when they are in the classrooms. This is to ensure that pupils return to the classroom prepared and refreshed for learning.

## **7. Lunchtime**

Lunches provided in school meet the requirements of the DfE School Food Standards 2014. All pupils have a choice enabling them to eat healthily.

Pupils are encouraged to taste and eat new foods. Milk and water are available to drink for all children in receipt of a school meal.

Staffing, time and seating arrangements are sympathetic to a positive social eating environment for those eating school lunches and those eating a packed meal.

Packed lunches are monitored and the curriculum encourages a healthy balance. Appropriate storage arrangements are made. Pupils are encouraged to bring insulated bags with freezer blocks. Information is provided to parents on balanced lunchboxes through Parentpay, the school website, this policy and Class Dojo.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff, pupils, governors and parents/carers.

## **8. Staff**

Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

## **9. School Trips**

Food served on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

## **10. Community Involvement**

This policy has been written by SLT and approved by staff and governors. The school nursing service has been invited to support parents with its implementation.

## **11. Enforcement**

If a child brings a snack/drink to school or has items in their lunch box which do not fit with the school's policy on healthy eating, the items will be removed and a healthy alternative offered. The snack/lunch box items will be returned to parents at home time. Please see our guidance on healthy packed lunches (below) for further details.

### **Healthy Packed Lunches - Guidance for Parents**

This packed lunch guidance has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day (see appendix 1). The following information is just guidance as we would not want to dictate to parents what their child should/should not be eating. There are a small number of items which are not allowed in school; this is on the recommendation of the DfE. There will always be children in school with specific dietary requirements due to medical or special educational needs. Parents should discuss specific needs with us so that we are aware of the requirements for their child.

School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. The School Food Trust (SFT) provides regulations for healthy school meals and packed lunches (<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>), and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (e.g. crisps and chocolates) should not be included in a packed lunch, and should be consumed out of school hours.

### **Content of Packed Lunches Foods**

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches (appendix 1) and should include the following:

- Fruit and vegetables; at least one portion of fruit and one portion of vegetables
- Protein; meat, fish, egg or another source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal)
- Oily fish; such as tinned or fresh mackerel, sardines, salmon, tuna
- Carbohydrate; starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- Dairy; food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products
- Drinks; water, low sugar fruit drinks, semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies. NO FIZZY DRINKS
- Puddings; should be fruit based such as fresh fruit, fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

**Foods to avoid or limit:-**

- Crisps, cakes and biscuits, meat products such as sausage rolls, individual pies, corned meat and sausages. These items should be included in packed lunches no more than once per week.
- High sugar fruit juice based snacks e.g. Winders

**Packed lunches must not include any of the following:-**

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets. Chocolate covered biscuits should only be given as an occasional treat e.g. once a week.
- Chocolate spread as sandwich filling, chocolate dips or puddings
- Peanuts and peanut products and all other types of nuts.

**Special diets and allergies**

We ask that parents/carers be aware of nut allergies. The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. As some children in school have nut allergies we ask parents to refrain from including peanuts or peanut butter in lunches. If parents/carers have any concerns about this policy regarding provision for their child, they should speak to the Head.

**Packed Lunch Containers**

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack or frozen food e.g. yoghurt with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

**Staff**

To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with pupils.

**Monitoring**

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches.

If a lunch is not deemed to meet nutritional standards parents will be advised on the changes that need to be made. Any sweets, chocolates or fizzy drinks will be confiscated until the end of the day. An alternative healthy option will be offered as a substitution.

**Working with parents and carers**

We hope that all parents and carers will support this packed lunch guidance. We will offer advice and guidance to parents/carers on packed lunches if required. We offer a range of ways to support parents/carers e.g. regular information on newsletters, Class Dojo and information from the School Nursing Service.

## Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian and for appropriate serving.

## Personnel

The Head is responsible for food in school. School meals are provided by Trafford Catering Service.

## Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.

## Policy Development and Review

This policy document was produced by the SLT in consultation with school staff including the catering staff, Governors and school community nurse.

This document is freely available to the entire school community. It has also been made available in the school newsletter, web-site and prospectus.

This policy was adopted by: St Mary's C.E. Primary School, Davyhulme	Date: November 2019
Date of Review November 2025	Signed: <i>A L Daniel</i> (Head Teacher)
	Signed: <i>A Jarman</i> (Chair of Governors)

## Appendix 1

# The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

