



# **Low Moor C. of E. Primary School**

*Aiming for Excellence*

## **WHOLE SCHOOL FOOD POLICY**

**Reviewed and Approved by: Strategic Planning Committee**

**Date of meeting: 9<sup>th</sup> March 2017**

**Signature:-**

**Position: Chair of Strategic Planning Committee**

**Date:-**

**Next review date: February 2018**

# **LOW MOOR C. of E. PRIMARY SCHOOL – WHOLE SCHOOL FOOD POLICY**

## **Context**

Low Moor C. of E. Primary School is committed to being a healthy school and to promote the health and wellbeing of the school community. As part of this we aim to help our pupils understand the importance of healthy eating, and to develop the skills to take responsibility for the choices they make.

## **1. Policy Statement & Aims**

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To ensure that all aspects of food and nutrition in the school help promote the health and well-being of the whole school community.
- To ensure that food provided across the school day is consistent with our aim and meets the school food standards.
- To ensure that food and nutrition information across the curriculum, and in extra-curricular activities, is consistent and up-to-date.
- To ensure that the whole school community is involved in the consistent implementation of this policy.

## **2. Equal Opportunities / Cultural Diversity**

- 2.1. At Low Moor C. of E Primary School, we ensure an awareness of healthy eating.
- 2.2. As in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.
- 2.3. We accommodate children with particular dietary needs through a specific register which is regularly updated by our admin team. This is distributed to all relevant staff with a photo to display.
- 2.4. In addition we are sensitive to weight issues and actively promote alongside healthy food, a healthy lifestyle. We have a wide range of extra-curricular activities open to all.

### 3. School Governors, Leaders And Staff Responsibilities

- 3.1. It is the responsibility of the staff in each year group to be aware of any children with specific food allergies and to take this into consideration when any food is prepared.
- 3.2. Staff are to make children aware of how to make healthy choices in their eating including the importance of a healthy breakfast.
- 3.3. Each year, staff are encouraged to attend EpiPen training.

### 4. Specific Procedures to Implement Policy Aims

#### Breakfast Club

- Breakfast is an important meal that contributes significantly to a child's health and wellbeing. We know that children learn and achieve when they have started the day with a healthy breakfast. At Low Moor, we operate a breakfast club that provides a nutritious meal for pupils before the school day.

The breakfast club menu is as follows:

Assorted cereals with milk	35p
Hot Chocolate (with low fat option)	25p
Toast with Jam	25p
Toasted crumpet or pancake	25p
Fruit yoghurt	30p
Fresh fruit	25p
Pure apple juice (Small)	15p
Pure orange juice (Small)	15p
Fresh semi-skimmed milk	35p
Beans on toast (Thursdays)	35p
Rice pots	30p
Fruit smoothies	25p
Malt loaf	25p

## **Break time**

- Pupils are encouraged to bring fresh fruit or vegetables from home.
- Foundation and KS1 pupils participate in the free school fruit and vegetable and free milk schemes. Milk must be ordered termly, in advance.
- Reduced fat milk is offered to all pupils in KS2 at a cost of £11.50 per term
- Milk is free for Free School Meals pupils in KS2 and must be ordered termly in advance.

## **School lunches**

- Food prepared by the school catering team meets the national food standards for school lunches.
- All pupils have free access to water during the lunch period.
- School lunches include a vegetarian option and there is always a salad bar available.
- A hot or cold meal and a sandwich option is available every day.

## **Packed lunches**

- Packed lunches should form part of a child's well-balanced diet. To support parents we regularly include information and ideas about the contents of these in newsletters and in the school prospectus.
- We do not permit fizzy drinks or fruit juice, sweets or chocolate bars in school.
- We encourage every child to have at least one portion of fruit and one portion of vegetables each day at school.

## **Water provision**

- Pupils are encouraged to drink water throughout the school day. Pupils can bring their own water bottle or one can be purchased from the school office at a cost of £1.50.

## **Consistent messages**

- Healthy Food is consistently promoted throughout the school within the curriculum, assemblies and events.
- Within the formal curriculum-
  - FS, KS1 + KS2 Science
  - Design Technology
  - Cross curricular work
  - PSHEe
- Extra-curricular activities, for example
  - Homework club
  - Special events, such as Healthy Living Week and visits from the Life Education Caravan
  - Tesco – 'Farm to Fork' workshop
  - PSHEe
  - B-Healthy Programme

## **Nuts**

- 4.1. Food served in our kitchen by FM Catering is 'nut –free'
- 4.2. We do not enforce 'nut-free' in food brought from home, for example in packed lunches or home baking.
- 4.3. Should we have a pupil or member of staff in school with a severe nut allergy then the appropriate risk assessments will be undertaken and it may result in a review of our policy.

## **5. Dissemination of the Policy**

- 5.1. All staff are responsible for the implementation of this policy.
- 5.2. Parents and carers may access this policy via the school website.

## **6. Monitoring, Evaluation and Review**

- 6.1. The headteacher and PSHEe co-ordinator are responsible for supporting colleagues in the delivery of the Whole School Food Policy.
- 6.2. The Local Authority is responsible for ensuring the quality of the food offered as part of the contract with the caterer.
- 6.3. Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the governing body has particular expertise.