



## Whole School Food Policy

### Rationale

At Middleton St Mary's, we recognise the importance of ensuring every child has access to a healthy and well balanced diet, supporting them to lead a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn. Our school is a supporter of the National Change4Life campaign.

### Aims of the Policy

The aims of our food policy are:

- *To ensure food and healthy eating messages are embedded in the school's ethos and consistent across all food provision and classroom activities.*
- *To provide a whole school approach to food and healthy eating to improve the health and wellbeing of children and their families.*

### Breakfast

Our school has a breakfast club that runs every morning and is supported by funding through 'magic breakfast'. The breakfast club is available to all pupils and costs £2 per day and buy one, get one half price for siblings.

The food provided includes; cereals, toast, bagels, fresh fruit and also porridge in the winter. We ensure all food served is healthy and meets the current food standards. Full details of our breakfast club and how to book a place can be obtained by phoning the school office.

### Break Times

At break time all Key Stage 1 children are provided with free fruit and vegetables as part of the National Fruit and Vegetable Scheme and any surplus fruit is offered to older children. Key stage 1 children are also provided with milk which is either subsidised or free, this is served at lunchtime. In Nursery and Reception, milk and snack are offered throughout the day on their snack table.

If pupils are bring in snacks from home, we encourage a fruit and vegetable only policy to promote healthy snacking.

### Drinks and Water

All pupils are provided with a free school water bottle when they start school. Water bottles can be replaced for 60p. Each class has two water monitors. Their responsibilities include encouraging their peers to drink water, refilling the water bottles at lunch and tidying up any spills. If pupils bring drinks in from home, sugary drinks are not permitted and healthier drinks such as milk or water should be encouraged. This is reflected within our packed lunch policy. The 'Leeds Drinks Policy Guidance' has been used to guide our policy.

### School Meals

Our school meals are provided by the Leeds Catering Company who ensure the menus are balanced and compliant with the mandatory food and nutrient based standards. We support the catering company by carrying out our own monitoring once a term. The menus are regularly reviewed in consultation with pupils and parents and a recent survey showed a good level of pupil satisfaction with school meals. Our menus are varied and include a range of meals from different cultures and countries and we post copies on our website each term. Rewards (Caught being good tokens) are given to children who show positive behaviour during lunchtime, such as helping another pupil or making healthy choices, and eating all of a dinner is rewarded with a sticker. We promote our school meals through the school website and we try to offer tasters at new parents' evenings and school events. Increasing school meal uptake is included as a key objective in our Healthy Schools action plan.

### Free School Meals

All of our Reception and Key Stage 1 pupils are eligible for a Universal Free School Meal which means they do not have to pay for their dinner each day. Once in KS2, some children are in receipt of a Free School Meal (FSM) and we strongly encourage parents to benefit from this. We make sure FSM pupils cannot be identified at any point of the school day so there is no stigma attached.

## **Packed Lunches**

Pupils who bring in a packed lunch are able to eat in the main dining room with pupils who eat a school dinner. All wastage will be sent home to help parents monitor their child's/children's eating. Parents' will be encouraged to provide a balanced packed lunch in line with the school's packed lunch policy. Packed lunches will be expected to include at least one piece of fruit and/or vegetables. Unhealthy snacks such as crisps, chocolate and sweets are strongly discouraged. This is consistent with the standards for school meals. Sugary drinks are not permitted and it is not essential to bring a drink as the school provides all packed lunch pupils with access to water.

## **The Dining Room Environment (The Hall)**

The Hall is attractive and well-kept area and all pupils are able to sit with their friends during lunch.

## **Cultural, Age Appropriate, and Special Diets**

At Middleton St Mary's, we are supportive of children with any cultural and special dietary requirements and this is reflected in our food menus. The 'Leeds Cultural and Religious Food Policy Guidance' has been followed to support this. All pupils' dietary needs are recorded and communicated sensitively with the catering team. We also ensure portion sizes are age appropriate.

## **Sustainable, Food and Drink**

As a school we take pride in food culture and the environment and we are registered to the 'Leeds Sustainable Schools Framework'. Our growing club produces vegetables used for school cooking activities and food waste is used for compost. Our menus include locally sourced ingredients where possible and this is supported by our catering provider.

## **Special Occasions and Rewards**

We understand that all children enjoy a treat on special occasions although as a Healthy School we encourage parents not to send in sweets and cakes for birthdays or similar celebrations. If they do, they will be shared at home time so that parents are aware.

## **School Educational Visits and Events**

Our standards of healthy eating are reflected beyond the usual school day and our food policy applies to school visits and other special events. During out of school events, parents and carers will be encouraged to consider the Food Policy in the range of refreshments offered for sale to the children. However there may be occasional exceptions which will be regarded as treats for the children e.g. food at school discos and family events, and the Christmas party.

## **The Curriculum**

Our policy is reinforced and embedded through learning in the classroom. Our curriculum will enrich children's experience of food, physical activity and healthy balanced diets through Science, PSHE, PE and Design and Technology. We build on knowledge and practical skills through the key messages of the eatwell plate to support healthy choices for life beyond school.

## **Communication with parents**

We will communicate and share our policy with parents each year and listen and act on views and opinions through ongoing surveys. Parents are welcome to attend our Health and Wellbeing meetings each term when we hold an open forum to discuss any matters arising relating to the food policy or other areas of health in school.

*Written by: N Wood, December 2017, reviewed December 2018*

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