

**Keston Primary School**  
**Whole School Food Policy**

**1. 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 visitors to our school
- 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

**2. 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
- 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 staff and pupils 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

**3. How our Food Policy is implemented.**

- School Ethos
- Curriculum
- Birthday food
- Water
- Breakfast Club
- Break time
- Lunchtime
- Staff and Visitors
- School Visits and Special Menus
- Enforcement

### **School Ethos**

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

### **Curriculum**

PHSE, Explore and Discover, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education based on the principles laid out in Section 2.

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 or at a celebration. 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 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.

### **Birthday Food**

Parents sometimes wish to give out birthday food – food which is provided by parents for this purpose will be sent home with the child for the parent to make a decision as to consumption within the child's diet. Parents will be encouraged to send fruit as an alternative.

### **Water**

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

### **Breakfast Club**

The food offered is consistent with the school policy, School Food Trust non-lunch standards and monitored by the Head.

### **Break time**

At break times our pupils are only allowed to consume fruit or pure fruit based snacks. Water or milk is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safe for a pupil with a nut allergy.

### **Lunchtime**

Lunches meet/exceed the *School Food Trust's* national standards. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based

standards meeting one third of a child's average dietary requirements across a menu cycle.

Pupils are encouraged to taste and eat new foods.

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

Packed lunches are monitored and the curriculum encourages a healthy balance. Appropriate storage arrangements are made. If there is no fridge space, pupils are encouraged to bring insulated bags with freezer blocks. Information is provided to parents on balanced lunchboxes through the school Packed Lunch Policy (appendix A)

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

### **Staff and Visitors**

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

### **School Visits and Special Menus**

Special menus and food offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

### **Enforcement**

New parents are made aware at introductory meetings that Keston is a water only school with the exception of bought in milk for Early Years and KS1. Children who bring in drinks not conforming to this will be provided with water and the parents communicated with.

If a child is regularly provided with packed lunches which do not fall within the school guidance parents will be given a copy of the school policy and provided with guidance. The Packed Lunch Policy has been written following full consultation with staff, pupils and parents.

### **Equal Opportunities**

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

Free packed and cooked lunch provision will be handled sensitively.

### **Personnel**

The Head is responsible for food in school.

### **Monitoring and Evaluation**

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

## **Keston Primary School and Nursery**

### **Packed Lunch Policy**

#### **Aim**

To ensure that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

The contents of this Policy have been informed by guidance from The Children's Food Trust. Parents, staff and the children have been consulted in the writing of this policy.

#### **Food and drink in packed lunches:**

- The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- The school will work with parents to encourage packed lunches to meet the standards listed below.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- In Early Years and Key Stage 1 the school will, wherever possible, enable pupils eating packed lunches and pupils eating school lunches to sit together.
- In Key Stage 2 pupils eating packed lunch will do so in the junior hall; this arrangement will be kept under review and changes made to enable children to sit with those eating school lunches if possible.

#### **Packed lunches should include:**

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, humus, falafel) every day
- Oily fish, such as salmon, at least once every three weeks
- A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day
- A dairy food such as milk, cheese, yoghurt (natural or fruit based), fromage frais or custard every day

- The school will provide drinking water and unless away from school on a visit no other drink should be provided

**Packed lunches can occasionally include:**

- Meat products such as sausage rolls, individual pies, corned meat and sausages
- Cakes and biscuits, but encourage your child to eat these as part of a meal

**Packed lunches should not include:**

- Salty snacks such as crisps or savoury biscuits - instead include seeds, vegetables and fruit with no added salt, sugar or fat (**no nuts please**)
- Confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets
- Items which are high in fat, saturated fat, sugar or salt

**Special diets and allergies:**

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school. If your child has a packed lunch and a special diet is required please contact the school office.

**Assessment, evaluation and reviewing:**

Where packed lunches that aren't in line with the packed lunch policy are brought into school, leaflets will be included in the packed lunch to go home. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

**Involvement of parents/carers:**

We encourage all children to eat school lunches. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which are in line with our packed lunch policy.

**Sharing the policy:**

The school will ensure that all parents/carers are aware of the policy e.g. by sharing information via the school newsletter, website, prospectus, in assemblies etc.

The school will use opportunities such as parents' evenings and healthy living lessons to promote this policy as part of a whole school approach to healthier eating.

The policy will be shared with all school staff, including teaching and catering staff.