

Riverside Primary School

Food policy



October 2021

Introduction

Riverside Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between members of staff, governors, children and parents.

Aim

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 7.30am – 8.45am.

The breakfast menu includes fresh fruit, low sugar cereal and wholemeal toast.

2. School Lunches

School meals are provided by Chartwells and are served between 12:00-13.00 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle and always contain a meat or fish and vegetarian option. The school meals menu can be obtained through the child's class or the school office. Chartwells offers a salad bar and a fruit bar to children having a school meal. Children are able to help themselves to the fruit and vegetables on offer to supplement their meal and encourage children to have their recommended 5 daily portions of fruit and vegetables.

3. Packed Lunches

The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines, mackerel or salmon.

Packed lunches should not include:

- Crisps or crisp type snacks e.g. cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/dessert
- Any form of sugary drink. This includes flavoured water, squash and milkshakes.

On a Friday, packed lunches will still follow the above criteria, but they can include a treat as part of their packed lunch. This must be a single item, but children can have a packet of crisps or a chocolate biscuit as part of their lunch.

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink. Children are required to bring a water bottle to school for drinking outside of lunchtimes.

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years and KS1, snacks are provided during the morning and include a variety of different fruit and vegetables. Free porridge is on offer to all pupils. Pupils are able to bring a snack into school to eat at break-times; however, this must be a fruit or vegetable snack.

5. Drinks

The school is a water only school, with the exception of the free milk entitlement for all KS1 pupils, to those KS2 pupils who order and pay for milk, and the milk on offer at lunchtimes. All children need to have a water bottle which is filled on a daily basis, and can be refilled in classrooms during the school day.

6. School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Mealtime arrangements

Children are called into the hall to eat their lunch in order of year group. EYFS come straight into the hall, while all other years are called in from the playground by lunchtime staff. All school meals must be ordered in advance and children tell their class teacher what they would like for lunch. Children who have not ordered their meal choice in advance will be given a jacket potato. All children are expected to put away their plate, bowl and cutlery in the designated area.

Pupils are encouraged to socialise during lunchtime, but at a respectable noise level. Staff in the hall use a traffic light system displayed on the interactive whiteboard to indicate the noise level. Green indicates a good noise level, amber indicates it is getting too noisy and red indicates that it is too loud and a period of 2 minutes silence is required. Once the period of silence is carried out, the screen is returned to green. A single table will be given a red card if they continue to talk. They must remain silent when the screen is green, until they have proven they can sit quietly and the red card is removed.

Curricula and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in Healthy Living lessons, Science, PSHE and Design Technology. Each year group is taught a Healthy Living lesson each term, and this can involve both theory and practical lessons. Various resources and planning materials are used including, but not restricted to, foodaffectforlife.org.uk, befoodsmart.com and the Eatwell Guide.

Staff delivering cooking sessions and clubs have achieved Level 1/2 in Food Safety and Hygiene.

Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Any dietary requirements are submitted by parents/carers to the school on joining. For children who have packed lunches and have special dietary needs, allowances will be made through consultation with the school. The school does check with parents that data held is correct at parents' evenings, but parents/carers are urged to contact the school with any changes to a pupil's dietary requirements at the earliest opportunity. Children with food allergies are highlighted to all staff including Chartwells.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. Staff are encouraged to eat a school lunch and sit with pupils in the dining hall. Teaching staff eating with pupils are able to take advantage of a reduced priced meal.

Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

The policy will be reviewed every 3 years.

Date policy implemented: December 2018

Review Date: October 2021