



PORTICO
ACADEMY TRUST

opening doors, unlocking potential

Whole School Food Policy

Date Written/Reviewed: _____ January 2024
Next Review Date: _____ 2026
Person Responsible: _____ R Hallifax



Agreed by of Principal: _____ 18.1.24

Agreed by Trustees: _____ 7.2.24

Date _____

Introduction

Porters Grange Primary School and Nursery we recognise the importance of a healthy lifestyle and we are dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat.

This policy covers all aspects of food and drink at school and states the ways in which our school community supports children to develop their knowledge and understanding of the importance of a healthy diet in their everyday lives, and develop the skills and attitudes that will help them make informed healthy choices both in and out of school. The policy is available through the school website and it is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day.

National Guidance

This guidance has been written to reflect the School Food Standards which were revised in January 2015. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

The 'eatwell plate' is the agreed model for ensuring a healthy balanced diet.

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material

Standards for school food throughout the school day are in place. www.childrensfoodtrust.org.uk

FOOD POLICY AIMS

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of children, staff and visitors to our school.

- To provide healthy food & drink choices throughout the school day and ensure food brought into school is healthy too.
- To give our children a lifelong positive attitude to healthy living and wellbeing.

CURRICULUM

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS2 through design and technology. Healthy eating is explicitly addressed within the science, PHSE, PE and D&T curriculum. It is essential that the curriculum remains consistent with the whole school food policy. The school hold an annual Health Week in the summer term to reinforce what is being taught throughout the curriculum.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Breakfast

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals. At our breakfast club, we offer a range of healthy breakfast options:

a choice of fruit

a toasted item – e.g. toast, crumpet, fruit bread

toppings for toast including low fat spread and low sugar jam

milk or water for drink

As a school we have opted in to offer a free breakfast snack for all children when they arrive each morning. The children have a choice in class of either a portion of bagel or cereal.

Breaktime Snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks which are high in fat and sugar at break-time.

We encourage a fruit only policy for break time snacks for Key stage 2 children as this positively enhances the free fruit in key stage 1 and in EYFS. To accompany this, EYFS also have the choice of milk or water.

Staff agree to set a good example and at breaktimes on duty to eat fruit or vegetables whilst with the children. Alternative snacks are to be consumed in the staff room.

School lunch

At Porters Grange Primary School and Nursery, we recognise that most of us need to eat more fruit and vegetables, cereals, fish and lean meat. We also need to eat less fat, sugar and salt. This knowledge is reflected in the food provision in school.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

Pupils have the choice to bring in a packed lunch or have a school dinner provided by our catering service and free school meals are provided to all those pupils who are entitled to them.

All school meals will be eaten in the school dining hall (unless circumstances demand otherwise). Children will be encouraged to eat their lunch, or as much of it as possible. If a child is regularly not finishing their meal, the mid-day assistants will inform class teachers, who will, if necessary, contact the parents/carers. Every effort is made to ensure children are eating sufficient amounts of food.

Healthy options are promoted at lunchtime and children may help themselves to the salad cart. The staff issue stickers as part of their reward system for healthy choices made by the children.

Packed Lunches

The school encourages parents and carers to provide children with packed lunches which complement the nutritional standards. Parents are provided with a healthy lunchbox leaflet. Healthy balanced packed lunch options are based on the principles of the 'eatwell plate'. This will ensure children having packed lunches have a healthy balanced meal. Parents are also asked to consider foods which may affect children with allergies (e.g. peanut butter or eggs).

It is school policy that fizzy drinks or juices are not permitted in packed lunches. We also encourage children to eat some of their 5 a day at lunch time. The lunchtime staff monitor lunch boxes, giving advice to children about the items in their lunch boxes and rewarding children making an effort towards 5 a day.

Food not allowed in packed lunches;

- Peanut butter or nuts (due to allergies in school)
- Eggs or products containing eggs (due to allergies in school)
- Chocolate spread sandwiches
- Fizzy drinks, juice, flavoured water or drinks high in sugar. Water only.
- Confectionery such as chocolate bars and sweets.

Cakes and biscuits are allowed but should only be included once a week. We encourage parents to only include cakes with low sugar (such as Soreen and to eat as part of a balanced meal).

Any foods high in sugar are discouraged; this includes items such as chocolate mousse, chocolate split yogurts and parents will be notified if an item in the packed lunch is not compliant. Any child will be allowed to eat it in the first instance, however if these items are included repeatedly, certain items may need to remain in the lunchbox uneaten.

Parents are advised;



Make them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese. Cut down on the spread used and try to avoid using mayonnaise in sandwiches.



Include least one portion of fruit/vegetables or salad

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat and more appealing. Add a squeeze of lemon juice to stop it from going brown. Add salad to sandwiches! Cherry tomatoes, sticks of carrot, and peppers all count towards 5 a day.

**Cut down on crisps;**

If your child really likes crisps, try reducing the number of times you include them in their lunchbox and swap for alternatives like savoury crackers, plain popcorn, rice cakes, tea cake or fruit loaf.

**Include a drink**

such as water,

Any extra curricular/after school clubs

Any food and drink provided at our after school clubs is in line with the overall whole school food policy and complies with standards for all school food other than lunches.

Food as a reward

The school does not encourage the eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

Events and Celebrations

At Christmas and at the end of the school year, classes may have a class party in which food is brought in by parents. We aim to provide a balance between treat foods and healthy fruit and vegetables at these times.

Children are NOT permitted to bring in treats to celebrate their birthday with their class. Parents can send in alternative such as fruit or small items to give out e.g.bubbles. Class teachers will decide on an alternative way to celebrate a birthday such as singing 'Happy Birthday', wearing a special hat, selecting the story for the day, a special job or choosing a song or dance at the end of the day.

Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils every day and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Children in EYFS Stage 1 and 2 have access to water in the playgrounds using a water fountain and in their classrooms and are able to help themselves to water. Each class has plastic cups available. Children have the option to bring a water bottle to school with them if

they wish to do so. These bottles are for water only, and must not contain any other drinks. Children who receive a hot dinner are given a drink of water and do not need to bring a drink with them into the hall.

Speical Diets – Religious and Ethnic groups/vegetarian/Halal

The school provides food in accordance with pupils' religious beliefs and cultural practices as required.

School caterers offer a vegetarian option at lunch everyday.

Special Diets- Medical

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

The school is egg free; school dinners do not contain eggs.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

The food and eating environment

The school provides a clean, sociable environment for pupils to eat their lunches and has developed the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

Consultation, monitoring and evaluation

This policy has been developed through wide consultation with the whole school community. The policy and its impact are reviewed on an ongoing basis.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.