



"We believe in respect and success for all"

Oakley Cross Primary School

School Food Policy

Date of policy: November 2019

Review date: November 2021

Our School Values

We want to instil in our children the core values of:

- Respect
- Resilience
- Confidence
- Kindness
- Tolerance

These values support the way in which all members of our school community can live and work together in a supportive way. They support our school aims.

School Aims (written by staff)

Article 3: The best interests of the child must be top a priority in all things that affect children.

At Oakley Cross we aim to provide a high quality curriculum, underpinned by strong teaching and learning and encourage every child to:

- **R**espect themselves, others and the environment
- **E**xpress their needs and feelings and recognise the needs of those around them
- **S**ucceed and reach their full potential by developing a positive work ethic and through high expectation and aspiration
- **P**ersevere when challenged, demonstrating resilience
- **E**nrich their lives through learning and seizing every opportunity to try new experiences
- **C**ontribute fully to school life and the wider community by developing confidence, self-esteem and independence
- **T**olerate others, embrace and celebrate difference and resolve problems appropriately

School Aims (Written by students)

Article 13: Every child must be free to say what they think.

The children of Oakley Cross expect the following aims to be supported by all Duty Bearers.

- **R**espect our right to be safe
- **E**veryone has the right to an education
- **S**pend time listening to children
- **P**rotect our environment so it is clean and safe
- **E**xercise is key for a healthy body and mind
- **C**are for us like a family
- **T**rain all new Duty Bearers

Introduction

Our 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. This school food policy is co-ordinated by Mrs Rachel Brannan (Head Teacher).

Article 24 'All children have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help them stay well.'

Aims

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 children 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 children, staff and parents/carers

Food Throughout the School Day

Breakfast

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

We run a daily breakfast club for children from 8.10am – 8.45am. T

Our breakfast menu includes:

- Toast
- Choice of sugar free cereals
- Yoghurt
- Beans
- Fruit
- Fruit juice or water

School Lunches

School meals are provided by Taylor Shaw and are served between 11:45am and 12:20pm from the school kitchen and are eaten in the dining hall.

Our 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, fish and vegetarian option. The school meals menu can be found on our school website.

Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. 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 or salmon

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

For detailed guidance around our packed lunch policy, please see our parent/carer packed lunch guide.

Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years, snacks are provided during the morning and include fruit or toast.

Our school is a member of the school fruit scheme and all children in KS1 are provided with a piece of fruit each day. We are also members of the Cool Milk scheme and those children signing up receive a carton of milk at snack time too.

Pupils are able to bring fruit into school to eat at break-times. Any after school snacks which are provided by the school include fruit or toast.

Pupils are allowed to bring in their own after-school snacks including fresh or dried fruit.

Drinks

The school is a water only school, with the exception of the free milk entitlement for all primary and secondary free school meal children. Water is provided throughout the day and at lunchtime. All children are provided with a water bottle in school.

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.

Rewards and Special Occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including: stamps, certificates, token prizes.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, all children will receive a song in class. Although we discourage chocolates, sweets and cakes as a rule, we recognise that some children do not celebrate their birthday beyond school and therefore a cake is allowed where this would be the primary celebration.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Curricular and Extra-Curricular Activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition).

The Eat Well model is used throughout the school (see below) as a model of understanding a balanced diet.

Termly clubs also support the teaching of food and healthy eating and include insert clubs e.g. cookery club, change for life and gardening club. Staff delivering cooking sessions and clubs have achieved Level 1/2 in Food Safety and Hygiene.

Special Dietary Requirements

We do everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is Mrs Lisa Geraty, HLTA. These are drawn up in line with our medical needs policies and involve health professionals as and when appropriate.

Pupil's food allergies are displayed in a sensitive way insert how in relevant places around the school including the staff room, medical bags in class and in the school kitchen.

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 welcome to have breakfast at the school breakfast club and are encouraged to eat this with the pupils.

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall. Where staff are in a supervisory role, lunches will be provided free of charge to staff.

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 2 years.

The Eat Well Plate

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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