

Camblesforth Primary Whole School Food Policy

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 Georgia Wynn (Class teacher/PSHE and Science Lead/Staff Governor)

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 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: A range of cereals and toast with butter.

2. School Lunches

School meals are provided by Hutchisons Catering and served between 12:00 and 12:20 in the dining hall. All our children eat their lunch at the same time. 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, fish and vegetarian option. See appendix 2

3. 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

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

4. 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 which include fruit or vegetables. Pupils are able to bring fruit or vegetables into school to eat at break-times.

After school snacks are provided by the school and include chicken or tomato soup, baked beans, wholemeal bread/wraps (tuna, cheese, dairyless, ham or chicken filling), cucumber, carrots, tomatoes and fruit.

5. Drinks

The school is a water only school, with the exception of the free milk entitlement for all primary free school meal pupils. Water is provided from each classroom or the water dispenser in the middle of the school whenever the child/ren need them.

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.

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:

Our behaviour chart states that children showing exceedingly good behaviour will be on WOW which is recognised throughout school. There are certificates given to the children weekly and additional rewards such as extra playtime. As well as this, our Phunky Food Ambassadors hand stickers out to children who they have noticed have healthy packed lunches.

Celebrations

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

We welcome any parents who would like to send in treats for their child to share with the class on their birthday.

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 the Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

- A range of sports clubs such as cricket, netball, dodgeball etc
- A cooking club
- Lunchtime sports and activities
- Sports Leaders

Special dietary requirements

The school does 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 Karen Jackson.

In the kitchen, information and photos are kept in a blue allergen folder. In addition to this, the nutritionist for Hutchison also has the information about each child (no photos). Her email address is Nutrition@hutchisoncatering.co.uk. Her name is Laura.

Hutchison's provides a separate menu for vegetarians.

All staff are aware of each child's allergies in school.

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 behavior around food and drink and in line with the policy, when in the company of pupils.

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.

Monitoring and review

The policy will be reviewed every 2 years.

Date policy implemented:

24.5.23


Review Date: 24.5.25


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.




Appendix 2





Date: Camblesforth – Week 1 – 20/2, 13/3, 17/4, 8/5					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Event	"Meat Free Monday" Veggie Pasta Bolognese with Sweetcorn	Beef Burger in a Soft Bread Roll with Potato Wedges and Garden Peas	Roast Gammon with Yorkshire Pudding, Mashed Potato, Gravy, Cauliflower & Carrots	Chicken Korma with Rice & Broccoli Florets	Fish Fingers with Chips & Baked Beans
Vegetarian Selection		Vegetarian Burger in a Soft Roll with Potato Wedges and Garden Peas	Quorn Fillet with Yorkshire Pudding, Mashed Potato, Gravy, Cauliflower & Carrots	Sweet Potato & Vegetable Curry with Rice & Broccoli Florets	Vegan Pizza Roll with Chips & Baked Beans
Jacket Potatoes	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad
Desserts	Flapjack	Banana Cake	Fruit in Jelly	Chocolate & Orange Biscuits	Fruit & Ice Cream

Available Daily: Fresh Bread, Water, Fresh Fruit, and Yoghurt



Date: Camblesforth – Week 2 – 27/2, 20/3, 24/4, 15/5

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Event	"Meat Free Monday" BBQ Quorn French Bread Pizza with Potato Wedges & Garden Peas	Beef Pasta Bolognese with Sweetcorn	Roast Chicken with Yorkshire Pudding, Roasted Potatoes, Gravy, Cauliflower & Carrots	Pork Sausages with Mashed Potatoes, Broccoli Florets & Gravy	Fish Fingers with Chips & Baked Beans
Vegetarian Selection		Macaroni Cheese with Sweetcorn	Quorn Fillet with Yorkshire Pudding, Roasted Potatoes, Gravy, Cauliflower & Carrots	Vegetarian Sausages with Mashed Potato, Broccoli Florets & Gravy	Quorn Vegan Dippers with Chips & Baked Beans
Jacket Potatoes	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad
Desserts	Jam Filled Oaty Bar	Fruit Cobbler & Custard	Strawberry Whip with Fruit	Carrot Cake	Ice Cream Roll

Available Daily: Fresh Bread, Water, Fresh Fruit, and Yoghurt

Date: Camblesforth – Week 3 – 6/3, 27/3, 1/5, 22/5

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Event	"Meat Free Monday" Margarita Pizza with Herby Diced Potatoes & Vegetable Sticks	Mexican Salsa Chicken with Rice & Broccoli Florets	Roast Turkey with Yorkshire Pudding, Mashed Potatoes, Gravy, Cauliflower & Carrots	Ham & Pea Pasta Bake with Sweetcorn	Battered Fish Fillet with Chips & Garden Peas
Vegetarian Selection		Vegetable & Bean Quesadilla with Rice & Broccoli Florets	Quorn Fillet with Yorkshire Pudding, Mashed Potatoes, Gravy, Cauliflower & Carrots	Creamy Tomato Pasta Bake with Sweetcorn	Cheese & Bean Bake with Chips & Garden Peas
Jacket Potatoes	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad	Crispy Jacket Potato with a choice of Fillings, Vegetables or Mixed Salad
Desserts	Lemon Muffin	Chocolate Crunch	Fruit in Jelly	Apple Sponge & Custard	Shortbread

Available Daily: Fresh Bread, Water, Fresh Fruit, and Yoghurt