

# **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 coordinated by **Deborah Eckley (Assistant Head and PSHE)**

## **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 – 8.50am

The breakfast menu includes: **A selection of breakfast cereals**

**Toast with a choice of butter or jam**

**Fruit and Milk available daily**

### **2. School Lunches**

School meals are provided by Hutchison's Catering and served between **11:50 am and 12:20 pm. All our children eat together in the school hall 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.

**Regular menus are sent home via our communication tools.**

### **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**
- **Sweets**
- **Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts. These should be kept to a minimum.**
- **Items containing nuts**

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 & KS1, snacks are provided during the morning which include fruit or vegetables. Nursery children have access to a starchy snack as well.

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

Fruit and Vegetables are provided by the school as snacks during the after-school club.

Pupils are allowed to bring in their own after-school snacks including fruit and vegetables.

#### **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 can 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**

#### **7. Rewards**

The school does not allow food to be used as a reward for good behavior or achievement. Other methods of positive reinforcement are used in school including:

**Our behavior chart states that children showing exceedingly good behavior 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.**

#### **8. Celebrations**

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

We strongly discourage parents from sending in treats for their child to share with the class on their birthday. If items are brought in these will be given at the end of the day and it is then up to the discretion of the parent if they allow this. .

Occasional fund-raising events may include the sale of treat food such as cakes/icepops/ hot chocolate, 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**
- **Cook school delivers the cooking and nutrition aspect of the curriculum**
- **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 we use an electronic system called Appetite which flags any allergies or intolerances.**

**Hutchison's provides a separate menu for vegetarians.**

### **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: July 2025

Date: July 2027

# 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.

