

# WHEATCROFT SCHOOL

## FOOD POLICY

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Date of Next Review	2026	Responsibility	Governing Body
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Date of Policy Adoption by Governing Body		Method of Communication - Website	

### Introduction

Wheatcroft is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition.

### National Guidance

The Department for Education launched the School Food Plan and introduced a new set of standards for all food served in school from 2015. These standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided breakfast, mid-morning snacks, lunches and after school clubs.

From September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for our pupils.

For more information please refer to:

<http://www.schoolfoodplan.com>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

### Policy Aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

### Breakfast

Breakfast is an important meal which should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. We encourage all parents to ensure their child has breakfast before coming to school. We do not provide breakfast at school but children who attend Wheaties morning club have access to fruit and toast.

### Snacks

We understand that snacks can play an important part of the diet of children and contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in Reception, Year 1 and Year 2 to one piece of fruit and/or vegetable per day. We also provide half a slice of wholemeal toast for all pupils at morning break.

Any snacks that are brought from home are restricted to fruit or vegetables unless recommended by a doctor on medical grounds (eg dietary need, diabetes).

### **School lunches**

Food prepared by the school catering department meets the national school food based standards. They ensure that the quality of ingredients is good and locally sourced where possible and include some organic and low sugar choices. The choice of meals is offered on a 3 week rolling menu to give variety and a daily choice of food is also available.

The Government funds universal free school meals for all children from Reception to Year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easy way of ensuring they get a nutritionally balanced meal.

We cater for vegetarian diets and other dietary requirements such as food allergies and intolerances. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets can be submitted to the school office.

Any food provided as part of residential visits will give a balanced and healthy approach to meals and, where possible, we will use off site providers that comply with the national food standards.

### **Packed lunches**

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. Parents are encouraged to provide healthy well balanced packed lunches.

Guidance on preparing a balanced child's lunchbox says the following items should be included:

- ❖ starchy foods – bread, rice, potatoes, pasta
- ❖ protein foods – including meat, fish, eggs, beans (include oily fish every few weeks)
- ❖ a dairy item – this could be cheese or a yoghurt
- ❖ vegetables or salad and a portion of fruit
- ❖ a healthy drink such as water, milk or 100% fruit juice.

These items should be limited:

- ❖ Meat products - sausage rolls, pies, sausages etc
- ❖ Cakes and biscuits - to be enjoyed as part of a meal occasionally, not as a snack
- ❖ Fruit juice - recommended limit of 150mls per day

Do not include these items:

- ❖ Salty snacks such as crisps, salted nuts etc
- ❖ Sweets and chocolate
- ❖ Sugary soft drinks

Packed lunches provided by the school for school trips comply with the required standards.

### **Drinks**

Water is available for all pupils throughout the day. Pupils are encouraged to bring their own named water bottle to the class each day. No drinks, other than water, should be brought into school unless recommended by a doctor for medical needs.

Milk is available for children once a day in the dining hall or classroom.

### **Events and celebrations**

We want to give children the opportunity to celebrate occasions with food but to promote healthy eating choices we would ask that celebrating children's birthdays with cake or sweets is not done in school time. If parents want to bring something in to celebrate birthdays we would ask that healthy foods such as fruit or non-food items such as stickers are considered as alternatives.

At Christmas and other occasional times during the school year children may have a party in school for which food is brought in by parents. We will aim to provide a balance between treat foods and healthy fruit and vegetables at these times.

### **The dining room experience**

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged to be independent during the meal, clearing up after themselves and tidying their trays and cutlery on to a trolley.

### **Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage through Science, PHSE, PE and Design and Technology. Effective teaching enables pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. We re enforce our delivery of the National Curriculum by holding a healthy schools week annually which enables us to focus on all aspects of well-being including healthy eating. We invite visitors into school to reinforce healthy eating and a dentist visits annually to talk about oral health.

### **Extra-curricular activities**

We offer clubs that provide continued learning around leading a healthy lifestyle, for example, gardening club, sports clubs, gymnastics and dance clubs, 5-a-day. Children may bring a healthy snack to eat at after school clubs if they wish.

### **Food safety**

We have a high standard of food preparation facilities and food handlers are appropriately trained.

### **Sharing the policy**

This policy is adopted by all staff and shared with parents through the school website.