
St. Nicholas at Wade CE Primary School

Food Policy

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St Nicholas at Wade Church of England Primary School is a NUT FREE ZONE SCHOOL at all times – this includes lunchtime and packed lunches (no peanut butter sandwiches or coconut products).

Vision: Building a foundation of health, wellbeing, and nourishment



In the parable of the Wise and Foolish Builders (Matthew 7:24–27), Jesus reminds us that strong foundations help us stand firm through life's challenges. This principle guides our approach to food and nutrition: by providing healthy, balanced, and safe meals, and promoting positive eating habits, we help children build the foundations for lifelong wellbeing. Rooted in our Christian values, our food policy encourages care for our bodies, supports learning, and fosters a community where every child is nourished, respected, and able to thrive.

Intent

In line with our Christian vision, we consistently strive to establish strong foundations, including our commitment to promoting healthy eating habits. We know that attitudes towards food are learned and we endeavour to educate children about the nutritional values of different foods. Through our efforts, we actively promote healthy choices and advocate for the moderation of high-sugar foods. Our goal is to equip the children with the necessary knowledge and attitudes to make informed decisions about their diet, enabling them to develop healthy habits that will support their well-being in the future. By instilling these values early on, we aim to empower our students to navigate a society where they are frequently presented with unhealthy food options.

Our staff recognise that healthier children learn more effectively and are all committed to achieving the following aims and objectives:

- To ensure that we give consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all Key Stage 1 children to eat the free and subsidised fruit and vegetables provided to work towards the five pieces recommended daily.

Dining Room

The School will provide a safe and healthy eating environment for pupils, staff and visitors having lunch at midday in the school. The school will provide a clean, sociable environment for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- All pupils eat in the dining hall or the outside dining space (Packed Lunch only) with their class and then move into the playground
- Children will walk into the dining hall in the same manner they walk into worship. They will then be directed to collect their food and find a seat in the dining hall
- All litter, from lunch boxes brought in from home, must be taken home at the end of the school day
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, do not eat their lunch etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful.
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them

- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain.
- Children should be polite and respectful of other people.
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

School Meals

- Food is provided by Caterlink Catering Company.
- Information about school meals is shared with parents and children via menus displayed in the display board outside reception, Facebook and the school website.
- Free school meals are provided for all children in Key Stage 1; Reception to Year 2.
- All Key Stage 2 children can elect to receive school meals, for a small cost (£2:68)
- Food is presented at child height and the cooks, and other staff, talk through the options verbally.
- Children are encouraged to try different foods each day, by the staff in the dining hall and other staff.
- Children are encouraged to eat all, or at least try to eat most, of the food provided, either by the school or in their lunch box
- Children are expected to choose one of the main options and vegetables and salad each day.
- Homemade dessert options are offered, and other options include fruit and yoghurts.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.

- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed.
- The cook is informed about children who have special dietary needs or allergies and this information is updated regularly. Our admission procedures ensure that medical information is obtained for new pupils. Information on pupils (including photographs for identification) with food allergies is also displayed in the kitchens and staffroom. This information is checked and updated by our office staff. This information is covered or removed during any school events where the premises are open to public access in accordance with our Data Protection.
- The school occasionally has themed days related to a topic or the time of the year, such as Christmas, Chinese New Year etc...

School Food Standards

A new set of standards for all food served in schools came into force in January 2015. Our school, through its caterers, need to adhere to the following:

- That starchy food cooked in fat or oil must not be provided on more than two days each week.
- To promote variety, the new standards want three or more different starchy foods provided weekly, including at least one wholegrain variety.
- The theme of variety is also seen in fruit and vegetables, with caterers needing now to ensure at least three different vegetables and three different fruits are provided each week.
- When it comes to protein, the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions here are designed to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer.

- The same thinking is behind the new requirement for a portion of dairy food to be included every day and that lower fat milk and lactose reduced milk are made available.
- Levels of added salt are strictly controlled.
- Homemade Desserts have a sugar content reduced by 25%.
- All Seasonal fruit and vegetables are locally sourced, supporting the local economy and reducing transport CO2 emissions.

The Contract Dining Company, Caterlink, has been awarded 5 stars for their food hygiene

Packed Lunches

The school will provide information on healthy foods that should be included in Lunch boxes from home. The school recognises the benefits of a well-balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation. A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured) Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which

may be harmful to your child. Parents are asked not to provide their children with foodstuffs containing nuts in order to reduce the risk to children in school who have a nut allergy.

Breakfast Club

The staff in these clubs have undertaken Food Hygiene Training to a minimum of Level 2.

An example of food offered is:

- Low Sugar cereals and porridge
- Toast, crumpets, muffins (wholegrain where available)
- Yoghurts
- Selection of fruit
- Milk or water to drink

Drinks

The school will ensure all children have free access to fresh drinking water. The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day. The school agrees with this recommendation and provides:

- A free supply of drinking water
- In all Key Stages children have clean plastic cups, or their own water bottles, in the classroom which they can access at all times

Fizzy sugary drinks are not allowed in school and parents are informed of this

Snacks

The school will encourage all children to eat a piece of fruit or alternative healthy option at snack time.

- All children are encouraged to bring in a piece of fruit from home that they like.

- A range of fresh fruit or vegetables are offered to children in KS1, free of charge, during morning play.
- Fresh milk is available daily to all children, at a small cost.

Curriculum

- The formal curriculum develops pupil's knowledge of healthy eating through Design and Technology and cross-curricular links.
- The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops during Science Week.
- In Key Stage 1 and 2 children learn the importance of healthy living in Science, DT and PSHE. The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.
- Our school has recognised the importance teaching children to cook healthy meals. We have cooking facilities and an equipped kitchen in the staffroom, which has enhanced and increased the quality and quantity teaching practical cooking to all year groups.
- The children also cook a range of food outside on a real fire during their 'Forest School' sessions.
- Food based activities are Risk Assessed prior to the activity.
- First Aid provision is available on site.

PfA (Preparing for Adulthood)

Chapter 8 of the SEND Code of Practice is entitled "Preparing for Adulthood from the Earliest Years" it says that when a child is very young, or SEN is first identified, families need to know that the great majority of children and young people with SEN or disabilities, with the right support, can find work, be supported to live independently, and participate in their community. **All professionals should encourage these ambitions right from the start.**

St Nicholas at Wade recognises that this policy presents unique opportunities for children to prepare for adulthood – particularly our children with SEND.

Namely:

- Our dining hall and dining space provide a safe inclusive space for children to build friendships and enjoy the company of others ‘schools should support children and young people so that they are included in social groups and develop friendships.’ SEN Code of Practice
- The children are encouraged to learn the skills needed to eat food independently and with confidence
- Children learn about what is healthy and what a balance diet is, they learn to make healthy choices for themselves and can form opinions of what they like and do not like. ‘Schools need to prepare them for the new responsibilities, new experiences, new independence and the new challenges of the next stage of their education, training and employment. And most importantly **support them to be able to make future choices about all aspects of their lives**’ SEN Code of Practice
- The curriculum outlined above bares in mind PfA, St Nicholas at Wade has an inclusive curriculum and the SENCO (Tim Neal) reviews provision carefully to ensure children with SEND/ECHP are able to access the learning

This policy has been written taking into account the advice provided by Kent for PfA:

https://www.kent.gov.uk/__data/assets/pdf_file/0003/124167/Preparing-for-Adulthood-core-standards.pdf

Guidance from the government for food standards for schools:

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

