



Caldecote Primary School
Food Policy (Healthy Schools)

1. Introduction

At Caldecote Primary School we aim to develop the full positive potential of every individual pupil in our care.

We recognise the vital role that good food and nutrition play in contributing to the health and wellbeing of all members of the school community, thus enabling them to achieve their potential.

We are aware of and abide by all legislation, including the most recent guidance on Natasha's Law (October 2021).

We are a nut free school and do not allow any type of nuts or derivatives to be consumed or brought on to the premises.

2. Rationale

Caldecote Primary School is a healthy school; we recognise the link between health and educational achievement and are committed to the personal development of each member of the school community. It is important that we review and examine all dimensions of school life, including our food provision, ethos and taught curriculum, to ensure that we promote health awareness to all members of the school community.

3. Objectives

- To ensure that the formal curriculum gives pupils up-to-date and consistent information about food and nutrition to enable them to make healthy eating choices
- To ensure that menus and food choices are in line with Government and Public Health guidance
- To identify opportunities to develop and improve the eating environment
- To ensure we promote healthy foods across the whole school day, (including the breakfast service), breaktime and out of school clubs
- To ensure that the teachers responsible for food technology have basic food hygiene training and other relevant training opportunities
- To ensure that all school activities, including social activities, meet with guidelines for food in schools
- To identify training needs which would support the promotion of Healthy Eating in school

4. How Are We Going To Meet Our Objectives?

We use Lunchtime UK to provide our school lunches. They work with the Co-Heads to ensure that the school is:

- Meeting the DfE School Food in England standards (January 2015)
- Promoting healthy food across the school day
- Complies with all requirements under Natasha's Law (October 2021)

This will apply to all food within school, including food offered to staff.

5. The Breakfast Club

We recognise the importance of breakfast in helping pupils to maintain good levels of concentration, mood and memory. We will work towards ensuring that our food provision before school meets with the School Food in England standards (1 January 2015)

6. Water in School

We encourage pupils and staff to drink water, as we recognise the link between hydration and physical and mental wellbeing.

Pupils will continue to be allowed water in lessons, preferably in a clear bottle. Pupils are encouraged to take responsibility for drinking water sensibly. School Council will regularly remind pupils of the importance of drinking water during the school day, along with the associated responsibilities. Water will continue to be readily available in the school dining room at lunch time and in the classrooms at all other times.

Water is available at a number of water fountains across the school site. The caretaker will ensure that these are regularly checked. The Head will ensure that the School Council is consulted on the location of water fountains in future building developments.

We will ensure that water is available to staff at all times through the CoolerAid machine in the staff room.

7. Residential Visits

When food is provided by external agencies on residential trips, we will, where possible, share our food policy with them.

When the school oversees food provision on school trips, including tuck shops, we will aim to follow the school standards for lunch and snacks.

8. Packed Lunches

We will actively encourage parents to follow similar guidelines when providing food in packed lunches by (see www.healthylunch.org.uk/government):

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- Posting recent Government and Public Health guidance and information on the school's website
 - Exploring opportunities to raise parental understanding of healthy eating principles

We recognise, and actively encourage, the role of young people in making positive food choices. The taught curriculum will facilitate the development of such skills.

8.1. The School Council will produce a list of preferred snacks. See Appendix 2.

9. The Taught Curriculum

The Healthy Schools Leader, along with the Design & Technology Leader will ensure that pupils receive consistent and up-to-date information about nutrition across the curriculum, particularly in Science and Food Technology. We will give pupils the opportunity to reflect upon their diets and to develop their skills in making positive choices.

10. The Eating Environment

We recognise the importance of creating an environment that encourages positive social interaction. The children eat in the dining hall. This area is staffed at all times to ensure that the eating environment is safe, clean and pleasant.

We will continue to develop the eating environment by consulting pupils on their views. There is a 'Golden Table' for children who demonstrate positive behaviour at meal times. 'Food in School' will be a regular item on the School Council agenda. Strategies for enhancing the eating environment will form a key part of these discussions.

11. Food Used in Fundraising, Prize Giving and Celebration

We are committed to charitable fundraising at Caldecote Primary School. In following the standards for food in schools other than school meals, we allow cake and biscuit sales at certain times. On occasion, each year group shall be permitted to bring in treats that may not be completely healthy. When appropriate, we will support the use of healthy food as prizes. Fundraising activities by the PTA will endeavour to offer a variety of options to help children make a healthy choice as part of their personal development. At the weekly Headteacher 'Tea Party' children will be offered a special treat (cake or biscuit) as a reward for receiving the Star Award. They have the choice to eat it at the party or to take it home. Sweets will not be used as rewards in the classroom.

12. Training and Continuing Professional Development

The Design & Technology leader will ensure that the teachers responsible for food technology have basic food hygiene awareness and other relevant training opportunities.

The Healthy Schools leader will identify training which will support the promotion of healthy eating in school.

13. The Development of the Food Policy

Representatives from the following groups will be invited to be involved in all development, decisions and actions:

- Governing Body
- Pupils
- Catering Providers
- Parent Forum
- Teaching and Support Staff
- Parents
- Other advisors, e.g. School Nurse, Dietician, Oral Health Promotion Staff

14. Monitoring and Evaluation

We will use the following indicators to monitor and evaluate our progress:

- A frequent and systematic approach to monitoring food provision will indicate that we meet with the DfE standards across the school day
- Regular consultation with pupils should demonstrate their awareness of healthy choices and the availability of drinking water
- There are clearly identified learning outcomes for all Healthy Eating activities
- Policy and practice is regularly revised and reviewed, involving staff, governors, young people and the parent forum
- The impact of training for staff and governors on practice is evaluated
- A variety of methods are employed to communicate the key points of the policy and curriculum to the community

15. Policy Review

The Policy statement will be reviewed in line with the rolling programme of Policy reviews.

Headteacher:

Date:

Chair of Governors:

Date:

Appendix 1

Areas for future consideration during the development of this policy.

Tuck/Break Time	
Breakfast/After School Clubs	
Water	
School Lunches	
Packed Lunches	
Dining Environment	
Celebrations & Festivals	
Lettings	
Food in the Curriculum	
Food Beyond the Curriculum, e.g. cooking/growing clubs	
Partnerships with Parents/Carers and Pupils	
Monitoring & Evaluation	

Appendix 2

Snacks

The School Council, in consultation with the rest of the children in school, the staff and parent forum have made a list of what they consider to be healthy snacks. This is the list:

Fresh Fruit
Vegetables
Cheese 20g max (unprocessed e.g. not cheese strings)
Plain crackers (no spreads)
Plain rice cakes
Dried and freeze dried fruit
Plain popcorn
Milk
Water

All snacks must also be below 100 calories (Public Health England December 2017 and The Change4Life campaign 2017).

Parents are expected to promote a healthy choice of snack by encouraging children to bring in a snack from the Healthy Snack List.

If a child has forgotten their snack or brings in a snack which is not on the list, they will be offered free fruit instead.

National Fruit and Vegetable Scheme

Our school is pleased to participate in the National Fruit and Vegetable Scheme which provides a free piece of fruit or vegetables each day for every child in Reception, Year 1 and Year 2.

Department of Health Milk Scheme

Our school participates in the Department of Health Milk Scheme which provides a free 189ml portion of milk each day for every child in Reception and all children in receipt of the Pupil Premium. All other children at school are offered milk for a small cost.