



Onslow Infant School

Whole School Food Policy

This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment

Policy Review

Policy reviewed & adopted March 2022

Policy will be reviewed in March 2025 by the Healthy Schools Leader and Head Teacher

Onslow Infant School Whole Food Policy

Introduction

The school is dedicated to providing an environment that promotes healthy eating. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents and school council pupils. This school food policy is co-ordinated by Karon Sewell, Healthy Schools lead.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food throughout the school day and in line with the mandatory School Food Standards.
2. To support pupils to eat a healthy diet 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. School Lunches

Free school meals are available to all children in our Infant school. Parents can opt to provide their child with a packed lunch but very few at the time of writing choose to do this (7 % @ Nov 2021). School meals are provided by Twelve15 and served between 11.50 and 1.00 in the dining hall. 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. The school meals menu can be found at <https://itstwelve15.co.uk/primary-menu/>. Special dietary requirements are catered for and include religious, medical and other individual needs. Lunchtime

supervisors monitor what the children are eating and have 'cause for lunchtime concern' notes to pass to teachers and then to parents if any issues arise.

2. Packed Lunches

We have a healthy eating packed lunch leaflet that is given to parents if they opt for their child to have a packed lunch or when lunchtime staff note concerns about the contents of a packed lunch. The leaflet aims to support pupils to have a balanced lunch and best prepare them for learning during 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.

We are a 'healthy school' so ask that fizzy drinks, chocolate confectionery and sweets are not included. As we have children with nut allergies we are also a nut free school so ask that nuts products are not included in lunch boxes. As chocolate spread often contains nuts we also ask that this is not used within a packed lunch box.

Some parents add a drink to a child's packed lunch box but the school provides water for all pupils at lunchtime if required. Any food that the child does not eat is sent home so that parents can keep a check on what their child is eating.

When the children go on a school trip and they are asked to bring a packed lunch parents are reminded that we have a no nuts policy and are asked not to include glass bottles or fizzy drinks. They are requested to bring a water bottle.

3. Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years and Years 1 and 2, snacks are provided during the morning and include: fruit (from the Governments Fruit and Vegetable Scheme) and a dry snack eg breadstick, rice cake, cracker which have been donated by parents.)

If children are attending the onsite after school club, after school snacks are provided by the club and include a sandwich which the children make themselves. If attending other clubs, eg football,

dance, multi-sports, parents send in a snack for their children to have before they commence the club.

4. Drinks

The school is a water only school with the exception of the free milk entitlement for all under 5's and free school meal pupils. Parents may opt to purchase milk for their children once they reach the age of 5. We encourage the children to drink adequate amounts of water throughout the day and children are asked to bring in a water bottle every day.

5. School trips

A packed lunch will be provided by the school, for all children as they are entitled to a free school meal.

If they wish they can bring their own packed lunch from home, 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: green cards at lunchtimes, stickers, positive praise and whole class achievement rewards eg a mufti day, a film showing, class party with games.

Celebrations

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

For birthday celebrations, children will receive: a birthday card from the class mascot and/or class, a song in class and/or birthday assembly, a birthday sticker.

We ask parents not to send in treats, chocolates, sweets and cakes for birthdays.

For celebration events and topic related activities, classes may provide a variety of foods, from different cultures and countries, for children to try.

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 and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

Our eco school also supports the teaching of food and healthy eating by growing food. Some fruit and vegetables are also grown in each year group's growing beds eg broad beans, strawberries and potatoes.

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 the SENCO. Pupils' food allergies are shared with all relevant staff in a sensitive way.

Information is kept securely in all classrooms and centrally in the office.

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

Parents, carers and family members

Our relationship 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. Information about school lunches is given to parents/carers before the children start at Onslow. Parents/Carers are invited to experience a lunch meal/session with their children on one of the stay and play sessions in the summer term before they start school.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

The policy will be reviewed every 3 years.

Date policy implemented: 27.01.22

Review date:

Appendix 1 – Eatwell Plate

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.

