



Introduction

This policy sets out Kelsey Primary School's response to the School Food Plan and School Food in England documents.

Linked Policies

There are no directly linked policies. However, elements of the schools behaviour and inclusion policies may be relevant.

Aims

Kelsey Primary School aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. Kelsey Primary School staff recognise and are committed to the fact that healthier children learn more effectively.

Legal Framework

- Sections 512, 512ZA, 512ZB, 512A and 533 of the Education Act 1996, as amended
- Section 114A of the School Standards and Framework Act 1998
- 2007 No. 2359 The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007, as amended by S.I. 2008/1800 and S.I. 2011/2190 ('the School Food Regulations')
- Additional advice and guidance is provided at:
<http://www.schoolfoodplan.com/standards/>

Statement of Policy

The Eating Environment:

- All pupils eat in the Hall with their friends or peers.
- Pupils who eat a packed lunch can sit with children who are eating a school meal.
- Children are encouraged to chat socially but to keep the noise at an appropriate level.

During lunchtime all children are encouraged to:

- Stay in your seat. No moving to sit with friends if a space becomes available.
- Finish eating before moving anywhere – inside or outside
- Place rubbish from packed lunches in the bin when you have finished your lunch.
- If you drop food on the floor pick it up or tell a member of staff.

Food in School Policy – Kelsey Primary School

- Face forward to the table when you are eating. This will stop food falling on the floor.
- Be polite and have good manners at all times when talking to an adult.
- Queue quietly and sensibly whilst waiting to come into the Hall and when waiting to get your lunch.
- Children always eat from plates and dishes. They use a fork, knife and spoon. The children are encouraged to use cutlery correctly.

School Meals:

Food is provided by the Kingswood Catering (www.kingswoodcatering.co.uk).

The Service provides:

- Universal Infant and statutory Free School Meals plus paid meals provision
- Up to three choices of main course and desert choices daily
- Meals for teaching and non-teaching staff and visitors to the school
- A range of menu choices suitable for the needs of pupils including non-meat alternatives
- Healthy options and drinks that meet the current government standards
- Catering for special diets including allergies plus cultural/religious requirements
- Menu information and ordering via the website
- New intake packs for Reception pupils
- Theme days, special event catering

At Kelsey Primary School:

- Meals are pre-ordered via the caterer's website or school office
- We encourage children to choose from the range of options provided and parents are encouraged to give their child some element of choice at mealtimes
- Children are encouraged to try new/different foods by staff
- Children are expected to choose one of the main options and vegetables or salad each day
- Sandwiches and jacket potatoes with a choice of fillings are on offer daily
- Healthy dessert options are offered, such as fruit or yoghurt
- Children are encouraged to eat their main meal before dessert and this is monitored by members of staff present in the Hall
- Staff monitor how much children eat – both too little or too much. If any issues arise they will notify the class teacher who will speak to parents
- The lunchtime staff are informed about children who have special dietary needs or allergies and must not label children or single them out in any way because of their dietary requirements
- The school occasionally has themed days related to a particular topic or celebration.
- Parents are sometimes invited to these events.

Food Standards:

- Starchy food cooked in fat or oil must not be provided on more than two days each week
- To promote variety the new standards require three or more different starchy foods provided weekly, including at least one wholegrain variety.

Food in School Policy – Kelsey Primary School

- The theme of variety is also seen in fruit and vegetables, with caterers needing to ensure at least three different vegetables and three different fruits are provided each week
- The revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources
- The revisions 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 used
- There are limits to the quantities of juice and combination drinks available. The standards have been designed to control the amount of added sugar.

Packed Lunches:

- Parents are encouraged to provide a healthy lunch box which follows Food Standards
- Parents can find ideas for packed lunches and what to avoid at <http://www.schoolfoodplan.com/standards/>.
- Parents may be consulted by a class teacher or Headteacher if any issues arise with children's packed lunches
- Children are encouraged to take home anything they do not eat from their lunchbox which allows parents to see what their child has/has not eaten.

Snacks:

- All children are offered a piece of fruit/vegetable each morning which they eat during the mid-morning break
- For Class 1, milk is available each day at break time. This is pre-ordered, paid for by parents and costs around 15p per day. The cost is kept low by the EU School Milk Subsidy Scheme and the school does not seek to make any profit from this. Milk provided is semi-skimmed and kept refrigerated.
- Reception children have a snack provided each morning on a rolling system. They choose when they want to eat a piece of fruit/vegetables and have a drink of water/milk. As well as this snack and drink, water is provided for these children throughout the day

Water:

- Fresh drinking water is available throughout the day
- Pupils may use individual bottles from which to drink
- Water fountains are provided
- Water is available to all children as part of the school meal at lunchtime.

Curriculum:

- The national curriculum develops pupil's knowledge of healthy eating
- The profile of healthy eating is taught through a Science and Design Technology focus
- Food from other cultures forms part of the teaching of other cultures, festivals or as part of the history/geography/RE curriculum
- A children's kitchen is available for any food/cooking activities.

Out Of School Club:

Food in School Policy – Kelsey Primary School

OOSC follow the school's food & drink policy:

- We aim to provide nutritious food which meets the children's individual dietary needs.

OOSC's food and drink procedures:

- Staff undertake food hygiene training and apply their knowledge in preparing and storing snacks for children
- Before a child starts to attend the club, we find out from parents/carers any dietary needs or allergies the children might have
- We record information about individual dietary needs in the children's personal file
- We display current information about individual dietary needs to ensure all staff are kept informed
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes
- We provide nutritious food, avoiding large quantities of fat, sugar, salt, artificial additives, preservatives and colourings
- We include foods from different cultural backgrounds, providing children with familiar foods and introducing them to new ones
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of religious groups to which the children and their parents belong, and of meat-free and vegan diets
- We require staff to show sensitivity in providing for children's diets and allergies
- Staff must not label children or single them out in any way because of their dietary requirements
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils which are appropriate for their ages and stages of development and which take into account the eating practices of their culture
- Fresh drinking water is always available.

Parents:

- Information about school meals/milk is published on the school website, on school noticeboards and via newsletters if required
- Parents are invited to join their children for lunch on special occasions.

Other issues:

- Rather than bring sweets or cakes into school to celebrate a birthday, children are encouraged to buy a "Birthday Book" which is inscribed with their name and added to the class/school library. More details are available from the Class Teacher and on the school website
- Staff are encouraged not to use sweets as a reward.

Policy Information:

Date adopted by the governing body:

December 2016

Policy Written by:

Magnus Smedley (Headteacher)

Policy Review Date:

December 2021

Food in School Policy – Kelsey Primary School

Signed:

Chair of governors:

Headteacher:
