



Le Cateau
Community Primary School

Whole School Food Policy

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. 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 pupils.

This school food policy is co-ordinated by Hannah Lount (Le Cateau Healthy Schools Lead) and Val Doak (NYES Catering).

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices 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.
4. To ensure drinking water is available free of charge at all times on the school premises.
5. To encourage and model good practice for children regarding table manners, health and hygiene.

Food throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school has an on-site Breakfast Club who provide a daily provision for pupils from 7:45am – 9:00am.

Children are provided with a variety of cereals, fruit, yoghurt, toast with numerous spreads, bagels, crumpets, pancakes and different fruit juices to drink. We are also able to offer hot food options including poached eggs, scrambled eggs and beans on toast.

The breakfast club menu is available to all parents and displayed in the school hall and via the school website.

School Lunches

School meals are cooked on site and served between 11:45am and 1:15pm in the school hall. The school meals meet the mandatory requirements of the School Food Standards 2015. The school is part of NYES Catering Service who hold appropriate catering awards.

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 on our school website in the dedicated 'Healthy Eating' section. The menu is also shared on a termly basis through our parent communication function (Arbor). Paper copies can be requested via the school office.

Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in 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
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches **should not** include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

The school provides water for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink.

For detailed guidance around our packed lunch policy, please see our parent/carer packed lunch guide.

Break time Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years and KS1 fruit is provided as a snack through the Government funded scheme.

Pupils in KS2 are able to bring fruit or vegetable snacks allowed into school to eat at break times.

If a child attends PT After School they will be provided with a snack under the terms and conditions of their provision.

Drinks

Le Cateau is a water only school, with the exception of the free milk entitlement for all primary free school meal pupils. Water and milk is provided at lunchtime in the dining hall.

Each child is asked to bring a drinking bottle labelled with their name which can be refilled in each class as needed. Children are encouraged to take this bottle home daily to clean and then return to school. Children access the water stations throughout the day allowing them to maintain a good level of hydration.

Educational Visits

From time to time, educational visits are carried out. A packed lunch will be provided by the school, for all children who usually have a free school meal and upon request for the paid service. Children are welcome to bring their own packed lunches on trips, however, the contents 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: class points/tokens, achievement awards, Seesaw notifications of good work.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions. We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays. If this is provided, then this will be handed over at the end of the school day and must not be consumed on the school site.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

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.

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. The lead member of staff for this is Mrs Long and Mrs Doak. Pupil's food allergies are displayed in a sensitive way which includes information displayed behind the serving hatch in school kitchen and in the school office. All class based staff are made aware of pupils with dietary requirements and allergies as well as this information being stored on the school's management system (Arbor).

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. Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall. This option is subsidised by the school as a means of promoting healthy eating and good table manners.

Parents, carers and family members

Our relationships 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. Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.

Date policy implemented and adopted: April 2022

Review Date: April 2024

Appendix 1 – <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>