



Food in School Policy

Agreed by Governors: Autumn 2023
To be reviewed: Autumn 2026

Dothill Primary School Healthy Eating Policy

Introduction

This policy is a guideline for promoting healthy food to pupils, staff and parents at Dothill Primary School.

Aim

To ensure that all aspects of food and nutrition in school promote health and the well-being of pupils, staff and visitors to our school.

Rationale

Evidence suggests that action in schools can affect key health outcomes. A key area for improvement is school food which should reinforce healthy eating messages from the classroom. Food eaten at school provides a significant proportion of children's intake and can encourage pupils to eat more fruit and vegetables and develop a taste for food low in sugar, salt and fat. Schools offer a place where the government and others can support most children and young people in making informed choices about their diets, now and in later life and provide them with access to healthier foods.

Morning Break

- Fruit or vegetables provided daily for Reception and Key Stage 1.
- Fruit or vegetables brought daily from home for Key Stage 2

Healthy Lunch Boxes

We provide guidance to parents on appropriate packed lunch options – see appendix

School Lunches

School lunches are provided by the Local Authority and comply with the Government School Food Trust Standards

- We use a cashless system of payment for school meals in order to ensure uptake of free school meals and remove the stigma attached to them
- We endeavour to make the dining room environment a pleasant eating environment for students
- Clean and palatable drinking water is freely available for all students during lunchtime
- Foods that are appropriate to the cultural and religious needs of the school population are on offer
- Students who are vegetarian are provided for.
- Menus are freely available to all with updates communicated through the school website.
- A weekly menu board is on display
- The catering team also offer a sandwich choice for lunch. The order form can be found on the school website. This needs to be completed and returned to school by 10am on the Wednesday of the week before it is required.

Drinking

- All students should have a water bottle. Bottles and replacement lids can be purchased from the school office and the order form can be found in the appendices of this policy. Water bottles will be allowed in school during lessons exceptions being ICT, Design and some science lessons. Carbonated and flavoured drinks are not permissible.
- Water is freely available to children taking a school lunch.

Promotion of food at school

- Information regarding appropriate food options brought from home for morning break and lunchtimes will be provided for all parents on the school website. Food is not used as a reward in our school.
- There is no withholding of food as a punishment
- Our school does not advertise branded foods or drink products on the premises, school equipment or books and will ensure that any collaborations with business does not require endorsements of brands or specific company products
- All staff will provide a positive role model for children for example in snacks and drinks chosen for themselves and in their attitude to food and eating
- All school staff should encourage students to choose a healthy balanced meal and explain the importance of physical exercise
- Parents are asked not to provide cakes or food 'treats' for the children in school at birthday or holiday times.

NB There are special occasions in school when food that does not comply with the Government School Food Trust Standards may be found, for example, after school fairs or celebrations.

Communication about food at school

Parents receive a copy of the updated lunchtime menu at appropriate regular intervals.

Curriculum

Within the school curriculum we actively ensure that all students acquire knowledge, skills and practical experience in food and nutrition during their school career so as to be provided with the appropriate skills and knowledge of how to eat well when they become independent.

Pastoral care

- To avoid long queuing, children will enter the hall in year groups at 10-15 minute intervals.
- School staff supervise the children as they have their lunch encouraging good table manners and a positive social occasion.
- Children being provided with a school lunch will be encouraged to choose a vegetable or fruit with their meal.

Signed.....*R Butcher*.....Date 15.11.23

(Head teacher)

Signed.....*A Hyslop*.....Date 15.11.23

(Chair of Governors)

Appendix A: Packed lunch Policy

Aim

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards.

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

Why was this policy formulated?

- To make a positive contribution to children's health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by schools which must adhere to national food standards set by the government.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day aim for wholegrain varieties.
- Dairy food such as milk, cheese, yoghurt, fromage frais, soya products everyday
- Only water, pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted.
- If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive, examples are - fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings (eg. Muller Rice), fruit smoothies and fruit based crumbles.
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food

Packed lunches should not include:

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Please note, we have children and staff in our school who have severe nut allergies so we are a "nut free" school. **Please do not send your child to school with nuts or food containing nuts.**

Packed Lunch Containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

Appendix B

Universal Infant Free School meals

ALL children who are in reception, year 1 or year 2 in a state-funded school will be offered a free healthy school lunch. There is no longer a need for us to undertake an income assessment in the way that we do for children above year 2.

However, if parents of children in reception, year 1 or 2 notify us that they are a low income family who meet the means-test assessment criteria for Free-School Meals then the school can also claim the Pupil Premium.

Registering could raise money for your child's school

Registering for free meals could raise an extra £3,000 for your child's school, to fund valuable support like extra tuition, additional teaching staff or after school activities. This additional money is available from central government's pupil premium and the local funding formula's deprivation supplement. It is allocated for every child whose parent is receiving one of the welfare benefits listed in the form. It is therefore important to sign up for free school meals, even if your child is in reception, year 1 or year 2, so that your child's school receives as much funding as possible.

How the information in the form will be used

The information you provide in the form will be used to decide how much money your child's school will receive each year.

You only need to complete this form once and it will last for the duration of your child's time at their current school.

If your child is in KS2, you should complete a FSM form if you believe your child is entitled to free school meals based on your income.