

The Federated Schools of  
Wood Street Infant School  
&  
Worplesdon Primary School



## Food Policy

Policy Reviewed	September 2023
Next Review	September 2024

# Food Policy

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## 1. Philosophy

At The federation of Wood Street Infant School and Worplesdon Primary School we give pupils opportunities to develop the skills needed to become well-rounded, articulate, independent and confident members of a constantly evolving society, valuing themselves and others and feeling inspired by the world around them. We aspire to promote a love for learning and life and we achieve this with the following four drivers at the core of our delivery of the National Curriculum (2014)

- building resilience
- inspiring curiosity
- promoting teamwork and independence
- instilling empathy.

We understand the importance of healthy eating, oral health and the pupils' education.

Named member of staff leading on healthy food: Dan Torjussen.

## 2. Aims

The federation of Wood Street Infant School and Worplesdon Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by a whole federation approach to food and nutrition documented in this school food policy. We know from research that children and young people need a great deal of help and guidance to eat healthily at school, not just in their learning but also by exposing them to good food environments.

## Food Policy

Food and sharing food are an important part of what we do as a school. At The federation of Wood Street Infant School and Worplesdon Primary School we believe eating is more than just 'refuelling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school. Therefore, the children have the opportunity to sit with their friends to eat their lunch whether they are having a school dinner or a packed lunch.

The menu, which is healthy and nutritionally balanced, is provided by Twelve15. We ensure that there is an option for everyone and we cater for all of the dietary requirements of our children whether that be vegetarian/vegan, a religious diet or other dietary needs and allergies (see separate allergy policy). We are very happy to work with you and your child to make sure that they are able to eat the food on offer. We know that some children can be fussy, but we are committed to working with you to help your child enjoy a wider range of foods.

### 3. Food and drink provision throughout the school day

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs.

For more information please refer to: <http://www.schoolfoodplan.com>

#### **Breakfast**

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals. We understand the impact of children coming to school without having breakfast so a small supply of cereals along with fruit is kept in school for these occasions.

We also provide healthy breakfast options as part of our breakfast club menu.

#### **Healthy breakfast options:**

We offer a variety of different fruits and vegetables every day, e.g. fresh fruit, fresh fruit, dried fruit, canned fruit in natural juices and juice;

- A selection of cereals including low sugar, low salt, high fibre alternatives. Mix plain cereal with wholegrain varieties to reduce overall sugar content.
- A variety of different types of bread for sandwiches, toast and toasties, including wholegrain varieties.
- Porridge
- Provide different toppings for toast and bread e.g. low fat spread, reduced sugar jam, low fat soft cheese, cooked tomatoes, bananas or beans and eggs.
- Semi-skimmed milk for drinking, with cereal or in smoothies and low fat yoghurt.

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### Snacks

At The Federation of Wood Street Infant School and Worplesdon Primary School we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day.

The children will often bring in their own snacks from home. Parents are encouraged to send their children in with a piece of fruit or vegetable.

Snacks provided for children and staff are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

### School lunches

Food prepared by the school catering department meets the national school food based standards we ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The school council make suggestions regularly, ensure that the meals reflect on the needs of the pupils.

In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

## 4. Food and drink brought into school

### Packed lunches

Parents are encouraged to provide healthy well balanced packed lunches and have been sent advice on how to ensure they are (see separate handout in appendix).

Preparing a balanced child's lunchbox, include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice.

### INCLUDE

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat/ fish eggs and non-dairy protein e.g. pulses everyday
- Oily fish at least once every few weeks
- Starchy food such as bread, pasta, rice, potatoes
- A dairy product milk, cheese and yoghurt
- Water or milk (semi-skimmed or skimmed).

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### LIMIT

- Meat products sausage rolls, pies, sausages etc -
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice 150mls per day.

### DO NOT INCLUDE

- Salty snacks such as crisps and nuts etc
- Sweets and chocolate
- Sugary soft drinks.

For more information: [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

### Drinks

The school food plan states:

Water is available for all pupils throughout the day, free of charge. The children are encouraged to stay hydrated throughout the day and their water bottles are kept in an easily accessible place in the classroom. Parents can opt into a milk scheme which is then delivered to the children's classroom daily.

### School events

Pupils who have school meals are provided with a nutritious packed lunch if not on the school site for lunch.

### Birthdays and other special celebrations

Celebrating children's birthdays with cake or sweets is not encouraged in school time. Instead, we encourage parents to donate a book or small game for the class to enjoy.

## 5. Cooking and food education in the curriculum

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3. At The Federation of Wood Street Infant School and Worplesdon Primary School we:

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Address these through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitor the pupils learning.

Please note that EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms. The school nurse delivers sessions on living a healthy lifestyle and the dentist visits annually to talk about oral health.

### Extra curricular activities

- We offer clubs that provide continued learning around leading a healthy lifestyle for example gardening club, multi-sports club, netball club and many more.

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- Pupils who attend after school clubs and extracurricular activities are encouraged to bring in an additional fruit as a snack.

### 6. Special dietary requirements

The Federation of Wood Street Infant School and Worplesdon Primary School is aware of all food allergies/intolerances and other dietary requirements of the children. We offer an allergy, vegetarian and Halal option for every meal. Please see separate Allergy Policy. for further details .

### 7. Food Safety

At The Federation of Wood Street Infant School and Worplesdon Primary School has adequate facilities, suitable equipment, all food handlers appropriately trained and all possible hazards are identified.

### 8. Sharing the Policy

This policy was formulated through consultation between members of staff, governors, parents and pupils, including the School Council. This policy is available to all staff via a shared drive and to parents through the school website.