



## Food Policy

West Park Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make well-informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

Our school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

School provides free breakfast for every child who attends; some children come to Magic Breakfast club and others have access to bagels in class. For more information see:

[School Breakfast Standards | Magic Breakfast](#)

[Nutrition | Magic Breakfast](#)

We also provide free fruit and vegetables as a snack to all children from nursery to year 6, and they are all encouraged to have bring a water bottle every day which they have access to at all times and can refill in each classroom.

### Rationale

At West Park we consider ourselves is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide valuable information to both pupils and their families with regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment, which supports a healthy lifestyle.

### Aims and Objectives

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 respond to data e.g. around obesity gathered from a range of sources to inform School Improvement Planning on personal development and well-being.

### Links to Ofsted

Taken from paragraph 243 of the School Inspection handbook October 2021, it is stated that inspectors will make a judgement on personal development by evaluating the extent to which the provision:

“Developing pupils’ understanding of how to keep physically healthy, eat healthily and maintain an active lifestyle...”

### **Breakfast and after school club**

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.

We are proud to be a Magic Breakfast school; open from 8am daily. Pupils from Reception to year 6 can come along and enjoy a free breakfast. School contributes the cost of employing staff and £1,000 a year to the charity. The access to the club from 8am is subject to change due to Covid risk assessments, but all children continue to have access to food.

The breakfast menu is regularly reviewed to ensure compliance with the School Food Standards that apply across the school day and the school week. The breakfast menu includes: bagels, a small amount of spread, fortified cereals, beans and fruit. Children choose from water, milk and diluted fruit juice to drink.

At after school club, the children are given water or milk.

### **Snacks**

All children from nursery to year 6 are offered a break time snack of different fruit or vegetables each day free of charge.

### **School dinners**

All our school meals are provided by Shires Services [Primary School Catering - Shire Services](#) who adheres to a healthy-food policy and School Food Standards. This includes the use of fresh fruit and vegetables each day as a choice for the children. 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. Pupils in KS2 can pre-order their food choice each morning in school.

[School Meals | West Park Primary \(westparkprimaryschool.co.uk\)](#)

School meals are actively encouraged to all children, in particular to those that are entitled to Infant Free School Meals, in line with School Food Plan recommendations.

School charging and arrears policies are available on the website.

### **Packed Lunches**

Some children bring packed lunch to school. We provide information and advice via newsletters concerning the content of sandwich boxes to ensure the children are eating healthy.

We **strongly discourage** the following items, sugary and/or drinks, confectionary and crisps. If children are bringing these items in on a regular basis, we will speak to parents/carers and advise them accordingly.

School dinners and packed lunches are eaten in the main hall which is used as our dining room. Children sit on round tables and are encouraged to collect, eat and clear their plates independently. Packed lunches can also be eaten in designated area outside.

### **Water**

Water is freely available throughout the school day to all members of the school community. Children are encouraged to bring in drinks bottles and may have a drink of water at any time but we encourage them to be aware of the needs of the class (they are discouraged from drinking at the beginning of lessons). Class teachers build regular water and brain breaks into the school day and curriculum. EYFS and KS1 children are reminded about and encouraged to drink water.

At lunch water jugs are placed on each table and can be consumed by all children. This may change due to Covid risk assessment e.g. staff will pour water for children.

Milk is available at during the morning and may be purchased, or will be provided as part of free school milk entitlement.

### **School Trips**

A packed lunch can be provided by the school caterer, for all children who usually have a free school meal. These will meet the School Food Standards. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

### **Special dietary requirements**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. It is the parents' responsibility to notify the school of any special dietary need.

Pupil's food allergies are shared in a sensitive way as needed in order to keep children safe. Office staff work closely with the catering team.

Children have their own cards which are used to alert the catering team to specific allergies/requirements on a daily basis.

### **Food across the Curriculum**

In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

Computing can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

From September 2020, new statutory curriculum guidance for Health Education (Physical health and mental wellbeing) requires that all primary schools teach the following by the end of primary phase:

### Health Eating

- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

At West Park, these topics will be covered a part of our wider PSHE curriculum programme, but also within other related subjects such as Science and D & T. Please see our PSHE policy and curriculum overview for specific programme information.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

The school garden is being developed in 2022 and plans are in place to reintroduce a gardening activity group to give the children the opportunity to grow a variety of fruits and vegetables. The children can then see the development from seed to plant and then use the fruits and vegetables in recipes in school and at home.

Assemblies are also used to inform children about the benefits of a healthy diet and drinking water; the headteacher and PSHE leader liaise about a focus for each term which is planned into the assembly rota.

Outside agencies are also engaged where appropriate e.g. the school nurse, theatre companies etc. to deliver messages to children about food.

### **Partnership with Parents and Carers**

The school's relationships with parents/carers is very important and the school aims to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

As children come into reception class and start full time school, we invite parents in to sample school meals with their child. We are an open school and encourage parental involvement.

The catering company are also keen to work with families, and where necessary meet to ensure that pupils' needs are met.

We aim to keep parents regularly updated through the school newsletters. We ask parents not to send in sugary drinks and we remind them that only water may be drunk during the school day. For packed lunches, we recommend non-sugary or fizzy drinks.

### **Monitoring and Reviewing**

All staff are responsible for the curriculum development of the food policy. The Headteacher and PSHE lead teacher are responsible for supporting colleagues in the delivery of the food policy. The LA also monitors the quality of the food offered as part of the contract with the Shires, and this is reviewed by the headteacher.

January 2022

Review 2024 or as required