

Learning is fun at

Park Hill Infants' School



Croydon Whole School Food Policy

October 2022

Review date: October 2024

Version Control

Version	Date	Notes
1	October 2022	Original Policy adopted from London Borough of Croydon. Reviewed by Charlotte Clarkson.
	Nov 2022	Ratified by Governors at Full Governing Board 14/11/2022. Ratified policy shared with staff.

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 with members of staff, governors, parents, pupils, and our school nurse. This school food policy is co-ordinated by Charlotte Clarkson (Interim Assistant Headteacher) and Diogenes Lopes (PSHE Lead)

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 serving good, sustainable food and healthy eating across the school community including pupils, staff and parents/carers.

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirements and support pupils to be ready to learn at the start of each day.

The school runs an Early Birds Breakfast Club for identified pupils from 8.30-9.10am. Food served is varied across the week, includes fruit or vegetables every day and easy access to water for all pupils.

2. School Lunches

School meals are provided by the Folio Trust / Park Hill Junior School and are served between 12.00pm and 1.30pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle and contain vegetarian, fish and meat options, fresh fruit and yoghurt are available every day. We use locally sourced ingredients when available and in season. All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards with Halal Suitable and Vegan options available. The Folio Trust / Park Hill Junior School ensure that the food is varied, colourful and appealing to the children and that they are encouraged and supported to try different foods or have tasters of unfamiliar dishes. The school meals menu can be found on our website under 'Parent Info' at this link.

3. Packed Lunches

The school's packed lunch policy is developed using local and national guidance. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon, whilst ensuring that school lunch and packed lunch guidelines are consistent.

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 (plain or fruit)
- 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, such as bars, biscuits, cakes or yoghurts/desserts

The school provides water for all pupils at lunchtime; however pupils can also bring in their own personal water bottle with water (no other liquids should be included). It is important that packed lunches include an ice pack to keep the contents cool.

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years, snacks are provided during the morning and include: bananas, apples, pears and oranges. Occasionally they also have a more exotic option such as strawberries or pineapple. All pupils receive a piece of free fruit or vegetables each day.

5. Drinks

The school is a water only school. Children can also have milk in school. Milk is free for children under 5, although to receive this they need to be registered on the Cool Milk website. Children over 5 can also have milk, if it is paid for, which also needs to be arranged through Cool Milk. Milk is delivered to the classroom on a daily basis. This can be registered for via the website: <https://www.coolmilk.com/>

Water is always easily accessible for all pupils and can be found in each classroom and in communal areas.

6. School trips

A packed lunch can be provided on request by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described in the packed lunch section above.

Sugar reduction

As a SUGAR SMART school, we are working hard to ensure that we are limiting sugar in our menus throughout the school day, supporting families to create low sugar packed lunches and educating pupils about sugar content in everyday foods.

As a water and milk only school, we recognise the importance of pupils staying well hydrated throughout the day, without the need for added sugar drinks.

Rewards and special occasions

Rewards

The school does not allow any food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations we welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We do not allow chocolates, sweets and cakes to be brought in.

During celebration events, we welcome a variety of foods, from different cultures, for children to try. The school will arrange this and will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available. Each pupil's allergies and dietary requirements will be followed when sharing new foods and pupils will only taste foods which they would normally be able to eat with regards to their own specific dietary requirements.

Curricular and extra-curricular activity

Food growing, cooking and healthy eating is taught at an appropriate level throughout each key stage in science, PSHE, Health Education and Design Technology (cooking and nutrition). The Eatwell Guide model is utilised throughout areas of our curriculum (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 and the lead member of staff for this is Laura Hulet (Inclusion Leader).

Pupil's food allergies are displayed in a sensitive way using a lanyard system which children display when receiving their school dinner and are kept confidentially in their classroom.

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.

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 and include a range of healthy foods for family members. Our website includes lots of ideas for making good food choices at home, including recipes and links to external websites.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

The governing body reviews this policy every two years. The governors may, however, review the policy earlier than this, if the government introduces new regulations, or if the governing body receives recommendations on how the policy might be improved.

Signed: _____

Print Name: _____

Date: _____

Date policy implemented: 05.10.22

Review Date: October 2024

Appendix 1 – Eatwell Guide

