

Queensmead Primary Academy

Whole School Food Policy

Introduction

Queensmead Primary Academy is committed to promoting healthy eating throughout the school day. We recognise that there is an important connection between eating a balanced diet and a pupil's ability to learn effectively and achieve high standards in school. We also recognise that our school can play an important part in promoting healthy eating within the wider community.

Aim

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

Objectives

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure the provision and consumption of food is an enjoyable and safe experience.
- To ensure that the whole school community understands that a balanced diet is recommended.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the dietary requirements of staff and pupils.

Implementation Guidelines

School Ethos – The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are encouraged to participate and model healthy eating as an important part of daily life.

Curriculum - It may be appropriate for a wide variety of foods to be prepared & consumed within the curriculum or at a celebration.

It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. Foods containing high levels of sugar and salt will be avoided.

In our Foundation Stage we promote this by having a daily "Snack time" where all children come together to share fruit and milk.

PSHE, Geography, Science, Food Technology, RE & Languages may all contribute to the curriculum delivery of food education. For example, children might design a healthy meal for science/PSHE work; they might sample foods from another culture as part of RE/Languages work or make bread as part of cross curricular work.

Healthy choices are also encouraged and actively promoted at celebration events. For example when parents are asked for contributions of food for the Christmas parties they are invited to bring in fruit and vegetable dishes.

All pupils and staff have access to water at all times during the day where sensible and practical. Drinking water taps are clearly labeled throughout the school

Breakfast club & After school Clubs

The food offered is consistent with the school policy and monitored by the Principal and the Family Liaison Officer. Food offered include a range of cereals & milk, fresh fruit and toast.

Break time – Pupils are encouraged to bring their own fruit to eat at break times. Pupils in the Foundation Stage/Year 1 and Year 2 receive fruit every day from the Free Fruit for Schools scheme.

Lunchtime – Lunches are provided by the Trust Catering Team who adhere to national guidance. All pupils have a choice which enables them to eat healthily. Water is always freely available and dining staff actively encourage pupils to try new foods. The school ensures that seating arrangements, timing and staffing levels are conducive to a positive social eating environment.

Packed lunches are monitored and pupils and parents are encouraged to make healthy choices when preparing a packed lunch. The following items **should not** be included in your child's lunch to also prevent the risk of choking, scalds, anaphylaxis and illness:

- Sweets,
- chocolates,
- fizzy drinks,
- anything that contains nuts,
- hazelnut chocolate spread,
- hot food,
- take away food such as chips, nuggets, burgers etc
- rice whether hot or cold,
- flasks regardless of the contents
- any meat on the bone.

Biscuits, cakes and crisps are also discouraged as part of our Healthy Schools award which we are very proud of.

The expectation is that fresh fruit (grapes/berries or tomatoes etc) is cut in half, lengthways for younger children in Yr 1 and EYFS due to choking hazards.

There are numerous websites to refer to that can give ideas about providing a healthy lunch.

[Lunchbox ideas and recipes – Healthier Families - NHS](#)
[60 kids' lunchbox recipes | Good Food](#)

Staff and Visitors – Staff are encouraged to model the Food Policy and visitors will be offered a choice of refreshments including healthy options.

School Visits and Events – Food served on school visits and at events will be consistent with the school policy. Healthy food choices must always be actively promoted. The school also encourages visits from the School nursing service and the Healthy schools Dietician to promote Healthy Eating through pupil workshops.

Community Involvement – Parents/Carers are regularly encouraged to allow their child to have a school dinner or to provide healthy packed lunches through the distribution of leaflets and promotional events, such as food sampling at Parent events/special breakfasts etc. Pupils and Parents/Carers will be involved in developing and implementing this food policy.

Equal Opportunities

Provision will reflect dietary requirements.

Free packed & cooked lunch provision will be handled sensitively.

Monitoring and Evaluation

A number of staff members are responsible for monitoring food in school, ensuring that this policy is effective and ensuring that training and resources are appropriate and up to date.

These include :

- Chef manager
- Principal
- Supervisor
- Midday Supervisors

Policy Development and Review

This document is freely available to the entire school community.

Reviewed March 25

This policy will be reviewed every 3 years or when statutory requirements are updated.