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| September 2018 | November 2021 | November 2021 | November 2024 |

Marlborough St Mary's CE Primary School



MARLBOROUGH
ST MARY'S
PRIMARY SCHOOL

School Food Policy

Together we believe, learn and achieve

Marlborough St Mary's CE Primary School

School Food Policy

Rationale

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 members of staff, governors and parents and is co-ordinated by the PSHE Subject Leader.

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 healthy eating across the school community including pupils, staff, parents and carers.

Food throughout the School Day

Breakfast

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. The school runs a daily breakfast club for pupils from 7.45 -8.45 which includes healthy food choices for breakfast.

School Lunches

School meals are provided by our in-house chef and served between 12.00 and 1.15pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2021.

School meals are planned on a 4-week cycle and always contain a meat/fish, vegetarian, jacket potato and sandwich option.

Packed Lunches

It is important that children bring a healthy and nutritious lunch to school

Packed lunches should aim to include

- Some starchy food such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous: choose one whole grain where possible

- 1 portion of fruit or 1 portion of vegetables or salad (please note that although dried fruits can be considered healthy, they are very bad for children's teeth)
- Dairy food such as cheese or yoghurt
- Meat, fish or another source of protein

Packed lunches should not include

- Sweets
- Foods containing nuts and products containing nuts eg: Nutella

Packed lunches should only sometimes contain

- Any items containing chocolate including bars, biscuits and cakes
- Crisps or salty snacks

Snacks

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

In KS1 snacks are provided during the morning; this consists of fruit from the government scheme. Children in KS2 pupils are allowed to bring their own fruit or vegetables into school to eat during morning break.

Drinks

The school is a water only school with the exception of milk in KS1. Children have access to drinking water throughout the day. They are encouraged to bring a full water bottle to school every day and take it home each evening. They are free to refill it throughout the day at convenient moments.

School Trips

A packed lunch will be provided by the school only for children who are FSM. 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

Celebrations

The school recognises the importance of celebrating birthdays and special occasions; however, we do not allow sugary treats like sweets or cakes to be brought in and shared with the class.

Occasional fund raising and other special events may include sweet treats, such as cake sales and the Easter Egg Hunt.

Curriculum

We aim to teach children about the importance of healthy eating, what constitutes a healthy meal and introduce them to growing and eating different foods. This is taught through the science curriculum, cooking activities in design and technology and through the

PSHE Jigsaw scheme, Puzzle piece 'Healthy Me.' Children also have opportunities to try different foods linked to topic work.

During the course of the year the school holds several Themed Days and Festival Celebrations where food and nutrition are part of the overall learning. On these occasions the school kitchen staff prepare a themed lunch to link to the topic e.g. Chinese New Year Lunch, Medieval Banquet.

Special dietary requirements and allergies

The school recognises that some pupils may have food allergies or may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons foods containing nuts are not allowed in school and pupils are also not permitted to swap food items. www.allergyinschools.co.uk provides accurate, reliable information on managing allergies in schools. While every effort is made to accommodate all dietary needs, ours is a very busy kitchen, and although we are highly vigilant, we cannot guarantee that the kitchen is completely free of all allergens, which means there is always a slight risk of cross contact with disallowed foodstuffs. If parents are not prepared to take this risk, or the child's allergy is extremely serious, we ask them to send their child into school with a packed lunch. If a child has an allergy and parents are agreeable to accept that there may be some level of risk, we ask them to sign a disclaimer (Appendix A).

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 practise behaviour around food and drink and in line with the policy, when in the company of pupils.

Appendix A

Letter to go out to parents regarding special dietary requirements

Special Dietary Requirements

Dear Parents and Carers

While every effort is made to accommodate all dietary needs, ours is a very busy kitchen, cooking for up to 300 children per day. Although we are highly vigilant, we cannot guarantee that the kitchen is completely free of all allergens, which means there is always a slight risk of cross contact with disallowed foodstuffs.

If you are not prepared to take this risk, or your child's allergy is extremely serious, please send your child into school with a packed lunch.

If you are agreeable to accept that there may be some level of risk, please sign the disclaimer below.

Kind regards

.....

Headteacher

.....

Child's name..... Allergy

Parents name understands that it is not possible to eliminate all possibility of cross contact of food in school and is prepared to accept a level of risk as outlined above.

Signed

Date.....