



Potten End Church of England Primary School

FOOD POLICY
Potten End Church of England Primary School

Policy Review

Reviewed on...July 2024.....

Signature

Date

Head Teacher

Signature

Date

Chair of Governors



Potten End Church of England Primary School

Rooted in faith, we nurture, grow and flourish

(Parable of the Mustard Seed) Mark 4:30-32

Introduction

At Potten End C of E Primary School, we believe that a healthy diet and lifestyle are fundamental to successful learning. For some members of our community food and eating can present some challenges and our aim is always to ensure the safety and inclusion of all.

Lunch in School

School lunches are provided by Herts Catering Ltd. Each menu cycle runs for half an academic year and offers nutritionally balanced, scientifically tested meals appropriate to the developmental needs of primary aged children. There are three options: vegetarian, non-vegetarian and jacket potato. Children are always offered a choice of vegetables, pudding and self-service salad, plus unlimited drinking water.

All Years choose a meal at morning registration each day. Parents/carers may opt for a combination of school meals and packed lunches.

Packed Lunches

Parents/carers may choose for their child to bring a packed lunch from home. The following advice should be considered when preparing food to send in:

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).

Limit

- Meat products: sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Salty snacks such as crisps

Do not include:

- Nuts or nut products and seeds of any type
- Sweets and chocolate
- Sugary soft drinks or fruit juice
- Hot food of any kind

Medical Needs and Allergies

Herts Catering Ltd are able to cater for pupils who have allergies and intolerances. Please see the Inclusion section.



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It should always be assumed that we have children and staff with life threatening allergies and therefore no nuts/ nut products or seeds are permitted in school under any circumstance.

Payments

Children from Reception to Year 2 are entitled to receive a school lunch free of charge under the Universal Free School Meals scheme. Some pupils in KS2 may be entitled to free school meals if their parents/carers are in receipt of certain benefits. Free school meals can only be applied for by the parent/carer and applications must be made online via the Herts Direct website.

Payments for school meals must be made in advance via Arbor, in accordance with the School Meal Debt Policy.

Lunchtime Organisation

Children are called into the dining room on a class by class basis. Children are encouraged to sit with their friends, regardless of whether they have a school lunch or a packed lunch from home. Midday supervisory assistants monitor the dining room and check that each child has eaten a sufficient amount.

Hydration

Research has shown that children learn best when well-hydrated and children are only permitted to drink water while in school. Mains drinking water is available in all classrooms. Parents/carers are expected to provide their child with a named reusable water bottle which they can refill independently during the day. Daily milk cartons are available to order via *Cool Milk*.

Snacks

Fresh fruit or vegetables are available each morning for children from Reception to Year 2 as part of the government scheme.

Events and Celebrations

Parents/carers may choose to send in birthday treats for their child to share, which must be fruit.

There may be times when parents/carers are invited to send in food; for example, for Christmas parties. On these occasions, we will provide specific guidance.

Curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We may re-enforce our delivery of the national curriculum by holding a healthy schools week from time to time, which enables us to focus on all aspects of well-being including healthy eating.



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Inclusion

In the development of this policy, it is intended that the principles of healthy eating apply to all pupils in the best interests of their health and well-being.

It is acknowledged that some children may need reasonable adjustments to be made in order to meet their individual medical, religious or special educational needs. It is important that all those responsible for children's well-being are involved in planning individual arrangements.

Parents/carers are responsible for providing the school with information either at the point of admission or on diagnosis. A meeting with the SENDCO must be requested to set up a care plan. Applications should be made on-line by the parents in accordance with HCL guidelines for Special Dietary Requirements. Copies of agreed care plans will be made available to catering staff.

Monitoring and Review

Pupils' views are sought via the School Council and parents'/carers' views are sought via the Parent Forum. The PSHE link governor visits at least annually to monitor the implementation of this policy.