

St Alban's C.E Primary School



Healthy Food policy

January 2025

Renewed: January 2025
Reviewed: January 2026

Faith Hope Love

Our school vision



Our vision is that all our pupils should grow in:

Faith in God, or be inspired by faith, and in their own ability to fulfil their potential,

Hope to be the best of examples, to work to change themselves and the world for the better, and

Love, reflecting God's love in unselfish love for others.

Our vision is based on the God given virtues of:

FAITH, HOPE AND LOVE

1 Corinthians 13:13

Faith

Hope

Love

Introduction

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extracurricular events.

Context

We recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve.

We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

St. Alban's CE Primary School approach to improving children's health

We aim to

- Increase knowledge and awareness of a healthy diet through PSHE and Food and Nutrition in DT
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating such as cooking classes and cooking clubs
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

We have been recognised as maintaining Bronze Healthy School status and are currently working towards achieving the Silver award. This policy reflects the standards expected of a healthy school.

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices .

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The Deputy Headteacher has worked on the development and monitoring of the food policy and liaises with the lunchtime meals supervisor, cook, kitchen staff, food contractor (where relevant).

The PSHE, DT and Science lead is responsible for what is taught about healthy eating and practical food education in the curriculum

The lead governor on health and wellbeing ensures the policy is implemented.

Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment

Key contacts:

PSHE and Citizenship Lead: Jayne Andrews

Science Lead: Christina Duff-Olalere

DT Lead: Fiona Daly

Lead Governor: Fiona Daly

Healthy School Co-ordinator: Gill Morris and Chrissie Dillon

Senior Leadership Team Member with responsibility for food in schools: Jayne Andrews

Catering contact: Sharon Goatly Caterlink

This policy will contribute towards other policies in the following way

Behaviour	We use non-food related rewards for positive behaviour
PSHE	Healthy food and choices and practical food education is included in the curriculum
Science	Healthy eating and nutrition is part of the science curriculum
Equality	We take account of the needs of all our children, including those with disabilities and allergies
Celebrations	We encourage healthy snacks and non-food presents

Development of the policy

This policy was drafted by the Deputy Head and PSHE lead, following advice from Camden School Improvement Service. Parents and the school council were consulted.

We have taken account of national guidance produced by the School Food Trust Guidelines, The Caroline Walker Trust, Change4life and information from the Department of Health and NHS to develop this policy.

Teaching about healthy eating in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils. We plan opportunities for pupils to learn age-appropriate cooking skills and about food safety. We are working towards providing practical food education in all year groups. Pupils learn about healthy eating across the curriculum through science, PSHE, PE and food technology. We also make links with culinary schools to visit where possible such as Waitrose cooking school and Le Cordon Bleu.

We use a wide range of active and participatory teaching methods. When teaching practical lessons, we emphasise safety issues and ensure that pupils are fully aware of any risks. School meal menus are used in the curriculum when teaching about healthy food choices.

School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the food based standards and nutritional guidelines and have achieved a Silver Food for Life Partnership award. A copy of the weekly menu is on display in the dining area, reception area, website and staff room and discussed with children. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience.

Staff monitor food choices and encourage pupils to try new foods. The school council regularly gathers the views of pupils and gives feedback to the cook.

Parents and governors are invited to sample the school lunches.

We work with families who are eligible for free school meals to encourage them to take this up.

Packed Lunches

Appendix A: Packed lunch policy

Snacks

All classes include a morning break time snack of fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away.

Breakfast club and After School Clubs

The Breakfast club and After School Club is offered to all pupils and we actively encourage pupils who are more vulnerable to attend. The food offered at breakfast and after school clubs is managed by Magic Breakfast Scheme, which is healthy and is consistent with the School Food Trusts Food Based Standards for Food other than Lunches (list food provided).

Nut allergies

As much as possible we are a nut free zone. Parents and staff are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school.

Partnership with parents and carers

We inform and involve parents and carers about healthy eating through coffee mornings, school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water or milk may be consumed during the school day.

Parents are also informed of the school meals on offer through the weekly menu being displayed on the school website.

Parents are given information about the annual national weight measurement programme that children in Reception and Year 6 take part in and we give information to parents about local weight management services where applicable.

Whenever possible we host family learning workshops on healthy eating and cooking and promote healthy eating workshops for parents.

Parents are made aware of our healthy school status in the annual prospectus and regular newsletters and how our approach to healthy eating is in keeping with our healthy school status.

Rewards

We reward children for healthy eating with stickers. We do not give children sweets or chocolate as rewards.

Water for all

We are a water only school and therefore only water and no fizzy or sugary drinks are allowed to be consumed.

We have water fountains at various locations throughout the school grounds and children are encouraged to drink water regularly throughout the day and have water bottles on their desks. Cooled water is available to staff and visitors in the staff room.

Assessing, monitoring and evaluating:

Curriculum assessment and monitoring

Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and DT. A review of what is taught includes feedback from staff and pupils.

Monitoring food provision

The LA is responsible for ensuring the quality of the food offered for school meals, as part of the contract with the caterer. We will consult annually with pupils, parents and carers and staff and involve them in reviewing the school meals. The results will be used to evaluate the impact of the food policy and to inform the caterer.

We will monitor food waste when appropriate and take relevant measures to reduce food waste.

Disseminating the policy

Key information from this policy will be incorporated into the following documents:

- Staff Handbook
- School website
- PSHE policy

A full copy of this policy is freely available to parents on request and a copy is placed in the policy file in the entrance hall. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

Appendix A: Packed lunch Policy

Aim

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is regulated by national standards.

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

Why was this policy formulated?

- To make a positive contribution to children's health and Healthy School Status.
- To promote consistency between packed lunches and food provided by schools which must

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adhere to national standards set by the government.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day aim for wholegrain varieties.
- Dairy food such as milk, cheese, yoghurt, fromage frais, soya products everyday
- Only water, (pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted if in line with a child's medical needs).
- If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive, examples are- fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings (eg. Muller Rice), fruit smoothies and fruit based crumbles. Savoury crackers or breadsticks served with fruit, vegetables or dairy food

Packed lunches should not include:

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally for example, on a Friday when fish and chips are served in school lunches.
- Fizzy or sugary drinks.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Packed Lunch Containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

For information and support please contact

Jayne Andrews Deputy Headteacher and PSHE Lead at St. Alban's CE Primary and Nursery School

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