



Otley All Saints C of E Primary School Whole School Food Policy

Aim

- To provide a whole school approach to food and healthy eating in order to improve the health and wellbeing of pupils at All Saints Primary School.

Objectives

- To support pupils to make healthy food choices and be better prepared to learn.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

Foundation and Key Stage 1 snacks and milk

All Key Stage 1 and reception children are provided with free fruit and vegetables as part of the national fruit and vegetable scheme. Any surplus fruit is offered to KS2 children. Milk can be purchased from Cool Milk (www.coolmilk.co.uk) and families can purchase milk weekly, monthly or even termly. Those children not having milk can have a drink of water.

Break Time Snacks

Children are allowed to bring a healthy snack from home consisting of either fruit (fresh or dried) or vegetables to eat at morning break time.

Drinks

The school is a water only school. Children are encouraged to bring a water bottle of fresh water to school each day which can be accessed before going out to break and after lunch and at other times at the class teacher's discretion. Packed lunch and school dinner children are provided with water in the hall so an additional drink is not required. Children are encouraged to drink plenty of water throughout the school day.

School Lunches

Our tasty and delicious school meals are provided by Catering Leeds who ensure the menus are balanced and compliant with the School Food Standards. Our meals are freshly prepared on site each day by our catering team who cater for a variety of tastes and dietary requirements. Menus are planned on a three week cycle, are varied and include a range of meals from different cultures and countries and are available to view on the school website. Pupils have a choice of at least two meals each day and are encouraged to taste and try new foods.

Meals are served between 12.00- 12.40 pm in the main school hall. Each Year group has an allocated time slot. Children attending lunch time clubs can queue for lunch first.



Free School Meals

As a free school meal (FSM) could save families up to £450 each year, our school encourages and supports families to claim their entitlement and communicates this regularly through our newsletter and transition meetings for families. Pupils on FSM are not identifiable at any point. Further information on the council website and can be found at:

<https://www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals>

Packed Lunches

We expect packed lunches to be aligned to the same standards as those that apply to school meals. We encourage families to use the Eatwell Guide to support them in providing healthy lunches. Packed lunches are expected to include at least one piece of fruit and/ or vegetables. Unhealthy snacks such as crisps and chocolate are strongly discouraged.

Sweets are not allowed to be eaten as part of a packed lunch. All wastage will be sent home to help families monitor their child's eating. Our school packed lunch guidance provides families with support and menu ideas for healthy packed lunches. This can be found on the school website and is also shared with families of all new pupils.

Pupils who eat packed lunches eat in the main dining hall with pupils who eat school lunches. Water is provided and so an additional drink is not necessary.

Dining Environment

School lunches are eaten in the main school hall. Lunchtime starts at 12.00 pm for reception pupils, 12.10 pm for Key Stage 1 pupils and 12.20 pm for Key Stage 2 pupils. KS2 children take turns on being invited to the hall for the first KS2 lunch sitting. Lunchtime supervisory staff encourage pupils to use cutlery correctly and to show good manners. They also encourage pupils to try new foods. Pupils are expected to use quiet, polite voices in the dining hall at all times to ensure a pleasant atmosphere in which to eat and socialise. Lunch staff encourage pupils to eat their lunch through positive interactions and praise, taking into account any specific additional needs.

Special Dietary Requirements

The school tries to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural requirements wherever possible. Families are requested to provide a medical note to confirm food allergies for reasons of safety.

Before and After School Club

The food provided in our club is healthy and balanced. We ensure all food is compliant with the School Food Standards and this is monitored once a term. Staff members, who plan and prepare food for the clubs, hold relevant health and hygiene qualifications.

Special Occasions, Rewards and School Events

Our standards of healthy eating are reflected in all aspects of the usual school day. When tangible rewards are given to pupils in school these are not food based. On school residential trips and other



special events and celebrations we aim to provide healthy food choices and limit less healthy options. We understand and recognise the importance of celebrating birthdays and offer children birthday privileges such as wearing non-uniform to school on (or near to) their birthday . We ask that parents/carers do not send in cakes or other sweet treats to ensure all our pupils are equal.

We do allow year group bake sales and charity coffee mornings where buns and cakes will be sold in order to raise money for selected charities.

Monitoring Food Provision and Consumption

Catering staff submit the menus to the headteacher (which are compliant with the School Food Standards) and checked externally by Catering Leeds. Our School Council members also carry out monitoring and give feedback to school leaders in school council meetings each year. School councillors work closely with Senior Leaders to make improvements where appropriate.

Food Education and the Curriculum

Our school delivers healthy eating food education through the You, Me and PSHE scheme of work to all pupils and this is reviewed this annually by our PSHE lead teacher. This ensures learning is in line with current guidance and pupils are working towards the core food competences.

Cooking in the Curriculum

Our school is working towards meeting the statutory requirements for all pupils to learn cooking skills as part of the design and technology curriculum. Cookery and Food Technology lessons are mapped out in our DT curriculum documents. Food Technology lessons predominantly focus on cooking predominantly healthy savoury meals which are affordable.

Parent/Carer Involvement and Communication

Our policy is available on the school website and will be shared with families on transition evenings each year. Menus are available on the school website. School lunch menus are shared on the website. We will listen and act upon parental views and opinions through on-going surveys.

Action Planning

Our policy will be reviewed yearly by the senior leadership team lead by the named member of staff for wellbeing. A full review and consultation with all stakeholders will take place every three years. Targets relating to food are included on the pastoral action plan. This helps us plan, prepare and improve our food provision and culture each year.

Links with other documents

This policy should be read alongside our PSHE, Design and Technology, inclusion, equal opportunities, PE and Physical Activity documents or policies.

Policy approved by:

Policy review date: