Willoughton Primary School

The Cliff Federation
Food in Schools Policy

Policy Information			
Status:	Recommended for Food in Schools 2015	**Reviewed by:**	Full Governing Board
Cycle of Review:	Annually	**Policy Ratified**	July 2025
Signed as accepted:			

Mission Statement
The Cliff Federation is committed to raising achievement of all young people by supporting their personal, social, educational and welfare needs. We aim to support our young people to make informed choices, to believe in their abilities and potential and to work with parents and carers to ensure our young people are ready and prepared for the world in which they live.

Aims of the policy
This policy aims to ensure that clear, consistent messages regarding healthier food choices are provided for the whole school community. It further aims to provide quality, healthy food to all pupils.

Rationale
Diet is central to health, and children's diet can influence their health now and in the future; a good diet in childhood can help protect against chronic diseases when older. All recent studies and research shows that the prevalence of obesity and overweight is increasing in children. Research also shows that children in the UK eat too much saturated fat, added sugars and salt. On average children only eat 2 of the recommended 5 portions of fruit and vegetables a day. Poorly nourished children, including overweight and obese, often experience social and psychological problems, which can also impact on their behaviour and performance at school.

As children spend an average of one quarter of their waking lives in school, schools need to promote healthy food and drink choices throughout the school day.

The school environment, staff and pupil attitudes and what children learn in the classroom have a major influence on their knowledge and understanding about health.

Objectives
- To co-ordinate all food and drink consumption across the school day, ensuring there is consistency.
- To provide clear curriculum links on all aspects of healthy eating.

- To plan for outside agency support on healthy eating activities e.g. dentist.
- To support professional development for all staff working on healthy eating and healthy schools activities.
- Adhere to the nutrient based standards; including how the school will tackle issues such as allergies e.g. Nut, wheat and dairy.
- To ensure all food messages reflect any cultural and religious diversity that may be amongst the school population at any time.
- To ensure all members of the school community are consulted throughout the process.

Specific guidelines
See also appendices 1 and 2 – food standards and allergens

School meals
Cooked meals provided by the school adhere to the food standards. There is drinking water available to all pupils throughout the school mealtime. The school is committed to providing a balanced diet. We use outside catering which adheres to the Nutritional Standards for School Lunches.

All menus now contain allergy advice.

Packed lunches
Aims:
- To engage pupil interest with making healthier choices about their diet;
- To increase the contact between home and school;
- To give parents relevant information on aspects of food and health;
- To help parents put together healthier lunches for their children.

The following actions are now in place:
- No chocolate bars
- No sweets
- Water is available to all pupils
- Provide parents with regular information and ideas for healthy packed lunch options.

Unconsumed food from packed lunches will be taken home to ensure that parents/carers are aware of what their child has eaten in the day.

Breakfast clubs
All food served is compliant with the Nutritional standards

Fruit
KS1 pupils receive one piece of fruit per day through the free fruit scheme.

Milk
Milk is available to all children at morning break. Parents request this specifically to reduce waste. Children in receipt of FSM are not charged.

Water bottles
Children are encouraged to bring water bottles to school each day and are to be filled with water only.

Water bottles should not be shared – each bottle should be clearly labelled.

Bottles should be taken home every night and thoroughly washed. They can be filled at home or from the taps in each class in school. Staff will need to ensure bottles are taken at the end of each day.

Water bottles may be kept in the classroom, as directed by the teacher (on side or tables).

Children should be given opportunities to drink through the school day – this might be timetabled after play/PE sessions.

During very hot weather children may take their water bottle outside during playtime.

Children are to take their water bottles onto the field during the summer sports day.

Water bottles should not be used near computers or other electrical equipment.

Toilet access
It is important that pupils are allowed to go to the toilet when they need to.

Children are encouraged to go to the toilet at the beginning of the day, playtimes and lunch. If they need to go in a lesson, they are encouraged to wait until the independent activity rather than during the teaching input.

Parents of children with specific urinary or bladder problems should inform the class teacher so that provision can be made.

Special Dietary Requirements
Vegetarian diets School caterers offer a vegetarian option at lunch every day

Special Diets – Medical
We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process. The children are photographed and their picture is kept in the kitchen, classrooms and staffroom with their exact dietary requirements. Ideal Meals the system we use ordering meals allows parents/carers and the catering staff to know what options are available for children with special diets. Food Safety Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas. The food and eating environment the school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment. Lunch time

supervisors help to ensure a safe, enjoyable experience at lunchtime and are able to encourage healthy eating.

Food Safety

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The food and eating environment

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment. Lunch time supervisors help to ensure a safe, enjoyable experience at lunchtime and are able to encourage healthy eating.

Curriculum overview

Our school provides a curriculum on healthy eating in a variety of ways.

In the foundation years and ks1, pupils will learn:

- The names of fruit and vegetables;
- What is a healthy meal;
- How to use cutlery;
- To have an awareness of, and show interest and enjoyment in cultural, religious difference;
- To examine objects relating to food and find out more about them;
- To use nursery rhyme and familiar stories to enhance learning around healthy food choices;
- To name food groups;
- To know that humans and other animals need food and water to stay alive;
- That taking exercise and eating the right types and amounts of food help humans to keep healthy;
- To recognise likes and dislikes;
- How to make simple choices that improve their health and well-being;
- To maintain personal hygiene;
- To use familiar stories to enhance learning around healthier food.

In key stage two pupils will be taught:

- To use a wide range of methods to communicate data in an appropriate and systematic manner;
- That life processes common to humans and other animals include nutrition, movement, growth and reproduction;
- The functions and care of teeth;
- About the need for food for activity and growth, and about the importance of an adequate and varied diet for health;
- About the ways in which living things and the environment need protection;
- What makes a healthy lifestyle, including the benefits of exercise and healthy eating;
- School rules about health and safety.

Healthy eating will be taught as a cross-curriculum activity, elements of which will be included in science, English, mathematics, SMSC, D&T, computing, RE and Physical Activity. Healthy Eating will also be covered as part of topics studied in geography and history. Monitoring, assessment and evaluation will be in line with our assessment policy.

Cooking in school
Use is made of the purpose-built cooking facilities. All staff are trained in food hygiene.

Aims
- To provide opportunities for children to cook in school.
- To teach children in cross-curricular topics and real-life situations.
- To ensure children understand hygiene and safety related to cooking and food preparation.
- To encourage children to try new food (from different cultures) and develop a balanced diet.
- To develop children's interest in cooking, food and health.
- To encourage pupils to make informed choices about their diet.
- To develop children's knowledge of where food comes from and the importance of trade.

Teachers are encouraged to include cooking in their curriculum work

Monitoring and assessment
The aims and objectives of the policy will be monitored in the following ways:
- Curriculum monitoring by SMT
- Review of food consumption by the senior meal supervisor
- Pupil questionnaires that are followed up by the school council
- Policy review meetings by the governors

The headteacher will be responsible for collating information from these groups to provide recommendations for change.

Leading by example and staff training
Teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. As a school, we ensure we model drinking water in front of children, we model healthy eating in front of the children and staff will often eat their dinner with children to model good eating behaviour. It is essential that staff are committed to setting an example with food in school.

Partnership with parents and carers
The partnership of home and school is important in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers are regularly updated on our water and packed lunch policies through school. We encourage parents to choose healthy options for pack lunches.

The School Food Standards

Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to www.schoolfoodplan.com/more to find examples of what other schools are doing to encourage children to eat well.

Buying foods in line with the Government Buying Standards will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



Fruit and vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dessert containing at least 50% fruit two or more times each week

At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week*

No more than two portions of food which include pastry each week*

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat*

Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products*

Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked*

Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful*



Milk and dairy

A portion of food from this group every day

Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours



Meat, fish, eggs, beans

and other non-dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools*

Food provided outside lunch

• Fruit and/or vegetables available in all school food outlets

• No savoury crackers and breadsticks

• No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



Starchy food

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day

Three or more different starchy foods each week

Starchy food cooked in fat or oil no more than two days each week*

Bread - with no added fat or oil - must be available every day



Healthier drinks*

Free, fresh drinking water at all times

The only drinks permitted are:

• Plain water (still or carbonated)

• Lower fat milk or lactose reduced milk

• Fruit or vegetable juice (max 150 ml)

• Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks

• Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)

• Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk

• Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 65% fruit juice

List of 14 Allergens

	**CELERY**	Celery stalks, leaves and seeds, and celeriac in salads, soups & some meat products 1
	**GLUTEN**	Wheat, rye and barley and foods containing flour such as bread, pasta, cakes and pastries 2
	**CRUSTACEA**	Prawns, lobster, scampi, crab and shrimp paste 3
	**EGGS**	In cakes, mousses, sauces, pasta, quiche, mayonnaise and foods brushed with egg 4
	**FISH**	In some salad dressings, pizzas, fish sauce and some soy & Worcestershire sauces 5
	**LUPIN**	Lupin seeds and flour in some types of bread & pastries 6
	**MILK**	In yoghurt, cream, cheese, butter, milk powders and foods glazed with milk 7
	**MOLLUSCS**	Such as mussels, whelks, squid, land snails and oyster sauce 8
	**MUSTARD**	In liquid, powder and seed forms, also in salad dressings, marinades, soups, sauces, curries and meat products 9
	**NUTS**	In sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds and nut oil 10
	**PEANUTS**	In sauces, cakes, desserts, groundnut oil and peanut flour 11
	**SESAME SEEDS**	In bread, breadsticks, tahini, houmous and sesame oil 12
	**SOYA**	As tofu, beancurd, soya flour and soya protein, in some desserts, sauces & vegetarian products 13
	**SULPHUR DIOXIDE**	In meat products, fruit juice drinks, dried fruit and vegetables, wine, 14