



Walbottle Village Primary School

**Food in School Policy
January 2024**

Why is a policy needed?

At Walbottle Village we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Natasha's Law

From 1 October 2021 the requirements for labelling prepacked for direct sale (PPDS) food changed across the UK. PPDS food is food that is packaged at the same place it is offered or sold to consumers. It is a single item, consisting of the food and its packaging that is ready for presentation to the consumer before it is ordered or selected. The changes mean that food packaged before the consumer orders or selects it, and sold on the same premises (or site where a business operates from more than one location such as a shopping centre) it is packaged at, will require labelling. Newcastle City Council City Cuisine department have requested that any school trips that take place which require a school meal to be pre made is pre ordered. School would pre-order this so the City Cuisine staff can abide by the requirements of the new law.

Break Time Snack

All children Nursery to Year 6 are provided daily with fruit or vegetables at break.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

Milk

Our school provides daily Milk for all children in our Early Years setting (Nursery & Reception)

Water

Clean filtered drinking water is available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time. Pupils are encouraged to bring a water bottle every day that they can refill as necessary.

No drinks other than water will be brought into school by pupils (Except at Lunch time when one small juice is permitted.) unless recommended by a doctor for medical needs.

School Lunches including Healthy Packed Lunches

At Walbottle Village all school meals are prepared following the government nutritional guidelines.

We provide Universal Free School Meals to children in Reception, Year 1 & Year 2. It is compulsory for all children in Nursery – Year 2 to have a school meal (Unless this is not possible due to dietary requirements.)

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

Packed Lunches are an option for children in Years 3 – 6. We have a Healthy Packed Lunch policy in school which guides parents, carers and children which items should be included in a Packed Lunch. If packed lunches are deemed as unhealthy, we will communicate firstly with children then parents and carers.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Special dietary requirements

We do everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies. Pupil's food allergies are displayed in a sensitive way in relevant places around the school including school kitchen and breakfast club staff receive copies.

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 re enforce our delivery of the national curriculum by holding a healthy schools week annually which enables us to focus on all aspects of well-being including healthy eating.

Breakfast Club

Food provision at our breakfast is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification. As we receive funding from the Greggs foundation we have regular visits and follow their Healthy Menu guidance.

Monitoring

We consult annually with caterers, pupils, parents, carers and staff and involve them in reviewing our school meal menu. The results are used to evaluate the impact of the food policy and to further improve school meals.