



St Nicolas CE Primary School
FOOD POLICY

HEADTEACHER SIGNATURE:

A handwritten signature in black ink that reads "A. Spoon".

DATE ADOPTED:

February 2025

DATE FOR REVIEW:

February 2027

Additional notes:

Cross reference with the following policy/ies:

Food Standards 2015 (Updated May 2022)

Government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England

St Nicolas School Food Policy

Summary

This policy sets out the expectations of food provision provided and consumed in school including before, during, on trips and extra-curricular events.

Why is a policy needed?

At St Nicolas School we recognise the important part that healthy diet plays in a child's well-being 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(Updated May 2022). The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep their selves healthy and our school's ethos of healthy eating.

Application

This policy covers the areas of:

- Break time snacks including those brought from home
- Milk
- Water
- School lunches including packed lunches
- Curriculum
- Breakfast Club
- Monitoring

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

Break time snacks

All Reception and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

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

Milk

Children in Reception are provided with a carton of semi-skimmed milk on a daily basis, in accordance with Government guidelines. Milk is also available for every child in the school during lunchtimes as an alternative to water.

Water

Clean 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 lunchtimes. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home regularly to be washed and returned.

School lunches including packed lunches

At St Nicolas all school meals are prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment."

We provide Universal Free School Meals for children in Reception and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines. Our school packed lunch – a 'Brunch', also complies with the National Food Standards.

The catering staff are aware of special dietary requirements for individual pupils, including allergies, food intolerances, vegetarianism, and requirements on the basis of religion or culture and accommodate these within the school menu and service.

Some families prefer to provide a packed lunch and we monitor this provision to ensure they are as healthy as possible. Where necessary, the school will provide additional support and advice for parents.

Staff 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. All Year 6 children carry out lunchtime duties to support dining hall expectations).

Any meals taken on or off site during residential trips will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

Curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PSHCE, PE and Design and Technology. We reinforce our delivery of the national curriculum by running a 'change 4 life' club that focuses specifically on healthy eating and exercise.

Breakfast Club

Food provision at our breakfast club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification.

Food safety

St Nicolas provides and maintains adequate facilities, suitable equipment and all food handlers are appropriately trained in food safety.

Birthdays and other celebrations

Celebrating birthdays during school time with cake or sweets from home is not possible on the school site due to the allergy risk this poses to some pupils.

Monitoring

We consult on a regular basis with caterers, pupils (School Council), parents/carers and staff and involve them in reviewing school meals. The results are used and evaluate the impact of the food policy and to further improve school meals.