

Original Date Written	Latest Date Reviewed	Date Adopted	Date for Review
September 2018		October 2018	October 2021

Marlborough St Mary's CE Primary School



MARLBOROUGH
ST MARY'S
PRIMARY SCHOOL

School Food Policy

Together we believe, learn and achieve

Marlborough St Mary's Whole School Food Policy

Rationale

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through members of staff, governors and parents and is co-ordinated by the PSHE Subject Leader.

Aims

The main aims of our school food policy are

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve.
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff, parents and carers.

Food throughout the School Day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 7.45 -8.45 which includes healthy food choices for breakfast.

School Lunches

School meals are provided by our in house chef and served between 12.00 and 1.15pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle and always contain a meat/fish and vegetarian option.

Packed Lunches

It is important that children bring a healthy and nutritious lunch to school

Packed lunches should aim to include

- Some starchy food such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous: choose one whole grain where possible
- 1 portion of fruit or 1 portion of vegetables or salad (please note that although dried fruits can be considered healthy, they are very bad for children's teeth)
- Dairy food such as cheese or yoghurt

- Meat, fish or another source of protein

Packed lunches should not include

- Sweets
- Foods containing nuts

Packed lunches should only sometimes contain

- Any items containing chocolate including bars, biscuits and cakes
- Crisps or salty snacks

Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In KS1 snacks are provided during the morning; this consists of fruit from the government scheme. In KS2 a healthy school tuck shop is run at break time by the children in Year 6 or pupils are able to bring their own fruit or vegetable sticks into school.

Drinks

The school is a water only school with the exception of milk in KS1. Children have access to drinking water throughout the day. They are encouraged to bring a full water bottle to school every day and take it home each evening. They are free to refill it throughout the day at convenient moments.

School Trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above

Celebrations

The school recognises the importance of celebrating birthdays and special occasions, however we do not allow sugary treats like sweets or cakes to be brought in and shared with the class.

Occasional fund raising and other special events may include sweet treats, such as cake sales and the Easter Egg Hunt.

Curriculum

We aim to teach children about the importance of healthy eating, what constitutes a healthy meal and introduce them to growing and eating different foods. This is taught through the science curriculum, cooking activities in design and technology and through the PSHE scheme 'Wiltshire Learn4Life'. Children also have opportunities to try different foods linked to topic work.

During the course of the year the school holds several Themed Days and Festival Celebrations where food and nutrition are part of the overall learning. On these occasions the school

kitchen staff prepare a themed lunch to link to the topic e.g. Chinese New Year Lunch, Medieval Banquet.

Special dietary requirements and allergies

The school recognises that some pupils may have food allergies or may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons foods containing nuts are not allowed in school and pupils are also not permitted to swap food items. www.allergyinschools.co.uk provides accurate, reliable information on managing allergies in schools.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practise behaviour around food and drink and in line with the policy, when in the company of pupils.