

Crosby Primary School Food Policy Last Reviewed Spring 2022
Next Review Spring 2025

Rationale

We are a health promoting school. It is important that we consider every element of our work to ensure that we promote health awareness in all members of the school community. We provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Objectives

- To ensure that we give consistent evidence-based messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy, physical development of all members of our school community.
- To encourage all children to eat healthily.
- To offer healthy food and drink at appropriate opportunities.

What We Do

Breakfast Club operates on a daily basis in the school and is available for all children from Year 1. We target some children who we know have little or no time for breakfast in the mornings at home. We facilitate breakfasts on a "need" basis for those who do not eat at home. The food offered is consistent with a healthy diet.

Healthy Snacks

All Foundation Stage and Key Stage 1 classes are provided with a daily snack of washed fruit. Key Stage 2 children are encouraged to bring healthy foods to school for break time snacks.

School lunches

All our school meals are provided by the North Lincolnshire Schools Catering Team and the menus are in line with national nutritional standards. This includes the use of fresh fruit and vegetables each day as a choice for the children. We provide a vegetarian option daily.

Packed Lunches

Many children bring packed lunch to school. We regularly include newsletter items about the contents of these. We do not allow nuts, nut based products, sweets or fizzy drinks.

Water

Water is freely available throughout the school day to all children and staff. Children may drink water at any time except during assembly.

Nuts in School

As nut allergies are relatively common, we ask that no nuts or nut products are brought into school by children, staff or visitors.

Food across the Curriculum

In Foundation Stage, Key Stage 1 and Key Stage 2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Partnership with parents and carers

The partnership of home and school is critical to us in shaping how children behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. Parents and carers are updated on our food, snacks and packed lunch policies through school newsletters. During parent consultation evenings the Kitchen staff often put on a display of the healthy options available.

Food Brought in from Home for Sharing

Sometimes parents wish to share food with other children in the school (for example, a birthday cake). We ask that this is not home-made so that ingredients can be readily identified.

Monitoring and review

This policy is monitored and reviewed by the governing body. Last reviewed spring 2022.