



## Queensway School

### Food Policy

At Queensway School we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and thrive. 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.

This policy has been reviewed to take into account and comply with the mandatory National School Food Standards (January 2015). These standards:

- Outline what can and cannot be provided during the extended school day (between the hours of 8am and 6pm)
- Ensure a wide variety of foods are served across the school week for a good balance of nutrients.

### **Food provision in our school**

#### **Food Safety**

The Headteacher has a responsibility to ensure that all food produced, prepared or served on the premises is safe. (The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by external caterers).

#### **Break Time**

Break time snacks include both those brought from home and provided by school. Children in the Nursery, Foundation Stage and Key Stage One benefit from the National School Fruit and Vegetable Scheme which entitles them to one free piece of fruit or vegetable a day. All children can bring a snack from home, but these should be fruits or vegetables only.

#### **Lunchtime Provision**

We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences. We will ensure the service is consistent with our teaching of healthy eating including the 'at least 5 a day' message and the 'Eatwell Plate' and compliant with the School Food Standards.

We will provide Universal Free School Meals for children in Reception and Key Stage 1 encouraging parents to take up this offer. Children in Nursery and Years 3-6 are able to purchase school meals. We are committed to providing food which is compliant with all national guidelines. 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.

The School Lunch Company is the school meal provider for Queensway. They are fully compliant with the School Food Standards.

#### **Drinks**

In line with the School Food Standards, the whole school community should have access to free fresh drinking water throughout the school day. Any other drinks provided at lunchtime or throughout the school

day should be in line with the School Food Standards. Milk is also available to all children at lunchtime. Children can bring a bottle of water with them to school which they can drink through the day. Fizzy drink or fruit juices are not permitted.

### **Packed Lunches**

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily. <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

### **Breakfast and After School Club**

Food provision at our breakfast and after school club and holiday club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification. There are regular opportunities to discuss healthy eating as part of their general activities.

### **Cooking Club**

Staff who lead cooking club have basic food hygiene and preparation certification. Children follow a balance of sweet and savoury recipes. Children learn about the nutritional value of the ingredients and how it is produced. Children are allowed to take home the food they make in cooking club.

### **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in to celebrate birthdays, we would ask that healthy foods such as fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives. At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times. At events organised by the PTA there will be balance between treat foods and healthy alternatives.

### **Halal provision and dietary requirements**

Halal meat is not provided but there is always a suitable vegetarian option available. The vegetarian option ensures that a pupil will not be nutritionally disadvantaged. Children with specific food allergies have health plans which are shared with all staff and displayed in the kitchen.

### **Food in the curriculum**

Food, its production and preparation and ethnic or religious significance is an important part of the curriculum for all pupils and is taught across the curriculum through RE, Science, PHSE, PE and Design and Technology. Pupils will be educated to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.

### **Role of Governors**

Governing bodies have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos.

The Governing Body is responsible for ensuring that the National School Food Standards are met.

- All food and drink provided in applicable schools must meet the National School Food Standards. Where food is provided by the local authority or a private caterer, compliance with the School Food

Standards should be specified within the catering contract or service level agreement and the caterer should provide the Governing Body with evidence of compliance with the standards. If the school provides food it should evaluate the food and drink provision against the standards.

- The Governing Body should ensure that it receives regular reports on compliance with the School Food Standards as well as take-up of school lunches and financial aspects of school food provision.

### **Links to other policies**

Health and Safety

Supporting Pupils with Medical Conditions.

PSHCEE Policy

Before And After School Provision Policy

### **Review**

This policy will be reviewed every three years by the Head Teacher and the Full Governing Body. Any alterations that come from this review will be discussed and ratified by the full Governing Body.

Chair of Governors ..... Date .....

Head Teacher .....Date .....