

Leavening Community Primary School

Food Policy

Introduction

Leavening Community Primary is dedicated to providing an environment that ensures the healthy choice, is the easy choice. We promote healthy eating and enable pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, all elements of the school day are brought together to create an environment that supports a balanced lifestyle. We can be valuable role models to pupils and their families regarding food and drink choices and healthy living.

Policy implementation date: September 2024

Policy review date: September 2025

Governor responsible- Emma Isaacs, Safeguarding Governor

Food policy champions

To ensure our food policy is an embedded element of our school community, it was formulated by staff and pupils at Leavening Community Primary School.

Food policy aims and objectives

Our school food policy aims to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff, and visitors at our school. The objectives of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
- To ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils.
- To make the healthy choice, the easy choice for the pupils in the school.

Food and drink provision throughout the school day

All staff who serve food across the school day are trained in food safety and hygiene.

Breakfast club

Leavening Community Primary has a healthy breakfast club which serves a range of nutritious, school food standard compliant food (including fruits and protein based foods) to support children's health and concentration ensuring they have fuel for learning. The breakfast club runs from 7.30am until 8.45am and is part of our childcare offer. It is run by school staff who know the children well.

We offer a choice of cereals, toast, fruit and yoghurt and water to drink. The food served complies with the School Food Standards, which falls under the section, 'Food other than lunch'?

For more information about the breakfast club, please visit the school's website page relating to wrap around care: <http://leavening.n-yorks.sch.uk/parents/clubs/>

School lunch

For menus, charges and timings please see here: <http://leavening.n-yorks.sch.uk/parents/school-meals/>

Food served by our school kitchen assistant and cooked and provided by Norton Community Primary School. The menu is developed by their catering team as part of a 'Healthy School' and rotates over two weeks. The food complies with the mandatory School Food Standards.

Dining environment:

Our children eat their lunch in the main school hall. Children who have a school meal or a packed lunch are able to sit together to allow friendship groups to mix. We expect pupils to sit and eat in a calm and relaxed manner. Each table has a table monitor who serves fresh water and ensures each child has what they need. The children are encouraged to calmly and politely interact with each other through a daily conversation starter.

Children are served their school meal through the serving hatch by Miss Woodcock, our lovely Kitchen Assistant. All children's dietary requirements and preferences are met by Miss Woodcock.

Staff encouraged to eat their lunch with pupils and it is funded so that one member of staff each week can opt for a free meal and eat with the children.

Our Midday Supervisory Assistants, who are also our teaching assistants are responsible for lunchtime supervision. We provide additional support for SEND children at lunchtime where appropriate. There is a quiet zone where our pupils who struggle with sensory overload, can go and eat their lunch in an appropriate environment.

Pupils are consulted on the menus and the dining room environment through our Young Leadership Meetings.

Free School Meals: From September 2014 every child in reception, year 1 and year 2 in state-funded schools is entitled to a free school meal. The government also provides funding for all children who are eligible for free school meals.



Packed lunch

Packed lunches are lunches brought from home as well as those provided by the school and by parents for trips.

What should a packed lunch look like?

What should I include in my healthy packed lunch?

Please try to include ONE of each of the following in your lunch each day:

 <p>STARCHY CARBOHYDRATE</p> <ul style="list-style-type: none">✓ bread, wrap, pitta, bagel, rolls, baguette✓ rice or couscous✓ noodles or plain pasta – avoid flavoured instant packet products and limit canned pasta✓ potatoes✓ oatcakes, rice cakes or crackers	 <p>DAIRY FOOD (or non-dairy alternative)</p> <ul style="list-style-type: none">✓ cheese – hard, soft, spread✓ yoghurt or fromage frais✓ milk✓ custard <p>Choose low fat, low sugar options where possible</p>	 <p>FRUIT (fresh, frozen, tinned or dried)</p> <ul style="list-style-type: none">✓ apple✓ banana✓ satsuma✓ pear✓ plum✓ mango✓ melon✓ dried fruit e.g. raisins, apricots, dates. Add to meals and not as a snack✓ cherry tomatoes (chopped)✓ handful of grapes (halved)✓ fruit salad or kebab <p>Wash fruit and vegetables prior to preparing.</p>	 <p>VEGETABLES OR SALAD</p> <ul style="list-style-type: none">✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)✓ salad in sandwiches✓ vegetable soup✓ Baked beans count as a vegetable but only once during a week. Ensure beans are reduced in salt and sugar <p>If you are using canned products, choose those without added sugar and salt.</p> 	 <p>PROTEIN</p> <ul style="list-style-type: none">✓ meat e.g. sliced lean ham, chicken or beef in a sandwich✓ fish – preferably try to include oily fish such as salmon, tinned mackerel, sardines and pilchards. Aim to have one portion a week✓ eggs✓ lentils, beans, chickpeas✓ alternative meat free option <p>Try to limit processed foods e.g. sausages,</p>
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What should not be included in a packed lunch?

Please do NOT include the following items: Sweets and chocolate bars – these foods are high in sugar and calories, low in goodness, and are harmful for teeth. Squash or fizzy drinks – water is best for teeth. Other items e.g. nuts, sesame, fish – please check our current allergy policy

How can parents access further info/support on packed lunches?

This can be accessed through the [School Meals page of our website](#)

After school club

Leavening Community Primary has an afterschool club serving nutritious, tasty, and school food standard compliant food. The after school club is run as part of our childcare offer. [Please see our website for further information.](#)

Food brought in

Food brought in covers many different times throughout the school journey, mainly food provided at breaktime. In EYFS and KS1 pupils are provided with a piece of fruit each day. In KS2 pupils can bring in their own healthy snack from the following list: piece of fruit or chopped up and prepared fruit; fruit bar; breadsticks, rice crackers

All food brought into the school should comply with the mandatory School Food Standards. This applies to the following occasions: • Breaktimes • Parents evenings • Sports days/events • School council meetings • Exam or test days/weeks • End of term • School trips • Birthdays.

We also strive to ensure that healthy food and drink options are available at the following school events and celebrations: • Fundraising events • Seasonal celebrations • Summer and winter fair • Charity weeks: E.g., Macmillan coffee morning

Water policy

We encourage the pupils to drink water throughout the day. All children must have a named water bottle in school. We do provide cups for those who do not. All pupils have access to free drinking water throughout the day.

Growing Food

Leavening Community Primary school believes that giving young people the opportunity to grow food and learn about how food is produced is an important part of a whole school approach to food and nutrition. Our goal is to provide a well-planned curriculum that covers nutrition, food hygiene and sustainable and ethical food production. To also offer practical, hands-on food education such as cooking and growing as well as farm links.

We will achieve this by:

- Helping pupils to understand the importance of a healthy diet and physical activity.
- Giving pupils and the wider community the opportunity to plan, prepare and cook healthy, safe meals.
- Giving pupils and the wider community the opportunity to learn about growing and farming of food and its impact on the environment.
- Encouraging pupils to eat and cook with vegetables that they have grown at home or within school.
- Creating opportunities for pupils to get to know local producers and food business.

CONSULTATION/MONITORING AND EVALUATION

This policy has been developed through wide consultation with the whole school community.

The policy and its impact is reviewed on an ongoing basis.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.