

# Claypole Church of England Primary School



## POLICY FOR FOOD IN SCHOOL

### **Rationale**

We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

### **Aims and Objectives**

Consequently, this school aims to teach children the key points about living a healthy life, including the importance of eating healthy food. We wish to maintain the National Healthy School Standard, and our Whole School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children thrive. We believe that it is only through a whole school approach that the key messages about food and drink can be really effectively conveyed i.e.

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is
- To give children the skills they need to make the right choices with regard to food and drink
- To promote the physical and emotional well-being of all our children

### **Entitlement**

All children are entitled to the outcomes of this policy regardless of race, creed, colour, gender, disability, social or other relevant background, or previous experiences.

### **Implementation**

The responsibility for implementing this policy is held by all members of the teaching staff.

### **The Curriculum**

We teach children about healthy eating in our formal curriculum specifically as part of the Design Technology programmes of study but also include it where possible in areas such as PSHE and Science.

We encourage children to participate in school games, clubs and sports, and so learn the enjoyment of a healthy lifestyle. We organise school visits to outdoor pursuit centres and provide opportunities for children to explore the natural world. Our school site is fully utilised in the interest of the children's physical and emotional development through playground activities.

### **The school environment**

We ensure that our school environment promotes healthy eating. We do not give sweets or chocolate as prizes or rewards regularly in school, although these are occasionally given as part of an Easter Service, or as prizes in a raffle.

We do not have vending machines on the school site that dispense sweets or chocolate.

We encourage children to drink plenty of water and encourage them to bring a named water bottle to school for use in the classroom. We encourage only water in water bottles.

Because we recognise that there is no such thing as “bad food”, we teach the children to enjoy treats in moderation. The “treat” should still be relatively healthy and not excessive e.g. a couple of biscuits, a muffin, a scone or a piece of malt loaf. Crisps and chocolate bars continue to be discouraged. We ask that, where reasonably possible, foods bought into school are packaged so that we can guarantee the ingredients of the products thus safeguarding children with allergies.

Birthdays, and special events such as Christmas parties in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an “occasional” treat and not “every day food”.

The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the school kitchen.

Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. This is communicated through the newsletter. Further, advice from allergies websites suggest that it is in the interest of pupils longer term safety, that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves.

Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to “try a little bit more” if they can to ensure that they are not hungry later on in the day.

Children are encouraged to bring fruit to eat at afternoon break times if they wish to have a snack. Key Stage 1 children are given fresh fruit under the ‘Fruit in School’ scheme in the afternoons. They are not allowed to eat crisps or sweets at break time.

### **School Lunches**

Hot meals are cooked on site at school. The menus are analysed to ensure they comply with the relevant standards. The parents of children who bring packed lunches are made aware of our school food standards and given clear guidance about what should be included in a healthy packed lunch. We ask that unpackaged foods (like cakes) are discouraged so that we can guarantee the ingredients of the products so that we can safeguard children with allergies.

### **Role of Parents**

We work closely with parents to ensure that the messages about food and drink we give in school are reinforced and supported at home. We expect all parents who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

### **Monitoring and Review**

The Governing Body will monitor this Policy to ensure that our children are taught the importance of healthy eating.

#### **Review**

This Policy was compiled by the Head Teacher, with reference to the most recent Food in Schools Document.

**This policy is reviewed annually and revised as necessary.**

**Reviewed: 10<sup>th</sup> Nov 2025 at FGB**

**Next review: Autumn term at FGB 2026**