



Policy Number CHI30

SCHOOL FOOD POLICY

Produced by Childwall Church of England Primary School

Tel: 0151 722 1553
www.childwallce.com

Our Mission Statement

“And the child grew and became strong; He was full of wisdom and God’s blessings were upon Him.” (Luke 2:40)

Our Vision

We strive, with God’s grace, to enable every child to grow academically, socially, morally, spiritually and culturally in the knowledge they are loved by God and are safe and valued within our school community. Our core Christian values are woven throughout our curriculum and wider school ethos to fully prepare each of our children to achieve the highest holistic outcomes.

Our mission statement, “And the child grew and became strong...” (Luke 2:40) embodies our vision and commitment to equip children with the values, knowledge and tools to enable them to thrive and flourish, embracing both success and challenge, prepared for “life in all its fullness.” (John 10:10)

DOCUMENT STATUS

Version	Date	Action
Version 1	Autumn 2019	Updated and newly formatted Policy agreed by Standards & Quality Committee
	Autumn 2021	Reviewed & agreed by Standards & Quality Committee
		Changes 5.1 changes to milk scheme
	Dec 2023	
Review Period	2 yearly	
Review Date	Autumn 2025	



1. **Statement of Intent**

- 1.1 At Childwall Church of England Primary School we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively.
- 1.2 We believe that the school, in partnership within 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.
- 1.3 This guidance has been written to reflect the School Food Standards **update 2023**.
- 1.4 The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

2. **Basic Principles**

- 2.1 Food and sharing food are an important part of what we do as a school.
- 2.2 The menu is healthy and nutritionally balanced and caters for vegetarians, medical dietary needs and allergies.
- 2.3 We are also very happy to work with you and your child to make sure that they are able to eat the food on offer. We are committed to working with you to help your child enjoy a wider range of foods.
- 2.4 We believe eating is more than just 'refuelling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school.

3. **Application**

- 3.1 This policy covers the following areas:
 - 3.1.1 Break time snacks including those brought from home
 - 3.1.2 Milk
 - 3.1.3 Water
 - 3.1.4 School Lunches including packed lunches
 - 3.1.5 Curriculum
 - 3.1.6 Extended Provision
 - 3.1.7 Events and celebrations
- 3.2 The policy applies to all staff, pupils, parents, governors and partner agencies working within school.



4. Break Time Snacks

- 4.1 All EYFS and KS1 children are provided daily fruit or vegetables as part of the Government scheme.
- 4.2 KS2 snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.).

5. Milk

- 5.1 Our school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines. Parents are invited to register and pay for their child to participate in this scheme, which provides a beaker (189ml or 1/3 of a pint) of semi skimmed milk every day for EYFS and KS1 and KS2 children who wish to partake.
- 5.2 Children under 5 and those families in receipt of Income Related Free School Meal are eligible for free milk.

6. Water

- 6.1 Clean drinking water is available for all pupils throughout the day and pupils are encouraged to drink water at frequent intervals.
- 6.2 All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch.
- 6.3 Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.
- 6.4 No drinks other than water should be brought into school by pupils unless recommended by a doctor for medical needs.

7. School Lunches including Packed Lunches

- 7.1 At Childwall Church of England Primary School all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT.
- 7.2 “A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment”
- 7.3 We will provide Universal Free School Meals for children in EYFS and KS1 and, due to children with severe allergies, packed lunches for EYFS and KS1 are not allowed.
- 7.4 We are committed to providing food which is compliant with all national guidelines.



- 7.5 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).
- 7.6 Some families of KS2 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 (Appendix 1: Packed lunch guidance).
- 7.7 Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.
- 7.8 Any meals taken as part of residential trips will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

8. Curriculum

- 8.1 Food, its production and preparation, is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE and Design and Technology (with other links to other curriculum subjects, as appropriate).

9. Extended Provision and Breakfast Clubs

- 9.1 Food provision at our Chill Kidz extended provision and school run breakfast clubs is compliant with the National School Food Standards.
- 9.2 Relevant staff have basic food hygiene and preparation certification.
- 9.3 Children in the clubs have opportunities to prepare healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities.

10. Events and Celebrations

- 10.1 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.
- 10.2 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.
- 10.3 At Christmas and at the end of the school year classes may have a class party in which food is provided by the PTFA. We will provide a



balance between treat foods and healthy fruit and vegetables at these times.

11. **Monitoring**

- 11.1 We consult with caterers, pupils, parents/ carers and staff and involve them in reviewing school meals.
- 11.2 The results are used to evaluate the impact of the food policy and to further improve school meals.



Appendix 1 – Packed Lunch Guidance

Parents are advised to include a small, named ice pack if food is likely to spoil.

Children are not allowed to swap or share their food from lunch boxes.

In addition, we request parents not to include the following:

- Sweets
- Food containing nuts (some children and staff in school have an allergic reaction to any contact with nuts.)
- Fizzy/ sugary drinks

Eating Environment

We will provide a safe, calm and healthy eating environment for children having a packed lunch. We do this by:

- Encouraging all children to wash their hands before their meal
- Encouraging children to eat all or try to eat most of the food provided in their lunch box.
- Making sure children have the time to eat their lunch and do not rush, whilst, recognising that children also need time to play.
- Asking children to take leftovers from lunchboxes home to enable parents to see what their child has eaten.
- Providing fresh water for every child.
- Maintaining a calm, sociable environment with children sat at tables with friends, with either music or low-sound TV programme/animated film on in background.

Packed Lunches

We would like lunch boxes to reflect a healthy balanced meal. There are currently no government regulations regarding the contents of children's packed lunches. However, the British Nutrition Foundation produced a set of guidelines recommending what should be included in lunch boxes to provide them with a healthy meal and we list these here for your information:

The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. wholegrain roll, thick slice of bread, pitta pocket, plain cracker, pasta or rice salad.



- Plenty of fruit and vegetables e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini can of fruit chunks (decanted into a plastic container), small box of raisins
- A portion of milk or dairy food e.g. individual cheese portion, pot of yogurt.
- A small portion of lean meat, fish or alternative e.g. 2 slices of ham, Quorn, cheese, tuna, egg or hummus.
- A drink e.g. small carton of fruit juice, no added sugar fruit squash. Water is provided.
- One small packet of crisps, a fruit scone or portion of malt loaf, a small cake or biscuit may also be included (please avoid chocolate as much as possible).