



# Holway Park Primary School

## Whole School Food Policy

December 2024

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The school is dedicated to providing an environment that promotes healthy eating and enables children to make informed choices about the food they eat. This is achieved by the whole school approach to food documented in this whole school food policy.

### FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable children to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day.
3. **Holway Park is a nut-free school, and no food containing nuts should be brought on to the premises, including for after-school snacks.**

**This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra-curricular events.**

- Only water or milk to be provided in school and pupils to be encouraged to only bring in water to school to drink with lunch. **NO FIZZY DRINKS OR SPORTS DRINKS TO BE BROUGHT INTO SCHOOL.**
- Generally only Fruit and vegetables only to be given as snacks during school day- with the exception of café snacks in the EYFS or ASC base where a variety of healthy foods without added sugar or fats can be served.
- **Stickers or group items such as stationery to be shared for birthdays as a healthy alternative to cakes and sweets.**
- **No chocolate, sweets, or biscuits to be given out in school as rewards.**

### Why is a policy needed?

At Holway Park School, we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. 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.

### National Guidance

This guidance has been written to reflect the School Food Standards. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating. Food prepared by the school catering team meets the National Nutritional Standards for School Lunches staff are aware of children allergies or intolerances. The catering team prepare meals to meet cultural or religious expectations. School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option. School caterers in the School are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

## Application

This policy covers the areas of:

- Breaktime snacks including those brought from home- only ASC Base children to bring snacks from home.
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- **Events and celebrations**

**The policy applies to all staff, pupils, parents, governors and partner agencies working within school.**

## Break time snacks

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

All Key Stage 2 children are provided daily fruit as part of the schools Pupil Premium Strategy

## Milk

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 carton (189ml or 1/3 of a pint ) of semi skimmed milk every day for Foundation Stage 2 and Key Stage 1 children Families in receipt of Free School Meal are eligible for free milk.

## Water

Drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All pupils have access to water at lunchtime. 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. No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

## School lunches

At Holway Park School all school meals will be prepared following the government nutritional guidelines, as stated in the government School Food Standards

School dinners are made from scratch as much as possible. **No shop bought cakes or biscuits are allowed to be served.** Any cakes/cookies/biscuits/puddings must be made from scratch following the School Food Standards.

## As per the latest Government guidance- September 2021 Checklist for school lunches

- No confectionery, chocolate and chocolate coated products, (applies across the whole school day)
- **Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery**

We will provide Universal Free School Meals for children in Foundation Stage and Key Stage 1 and encourage parents to take up this offer. 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.)

Some families prefer to provide a packed lunch and we are aiming for these 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. Support and advice is provided through information on our website.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will comply with the National Food Standards.

Curriculum Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology.

Before and after school club Food provision is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification.

Children in the clubs have regular opportunities to prepare and cook healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities.

### **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.

Staff will not provide cakes, biscuit or confectionary as a reward, gift or token to pupils.

At Christmas, classes may have a class party but we do not ask for food to be brought in from home, we time our class parties to coincide with the Christmas dinner.

### **Monitoring**

- HT will complete the government checklists at least once a year.
- We will consult with the pupils and ask them through the ECO Warriors, ECO Days, Science and Design Technology to review healthy food options and school meals including discussing healthy pack lunch options.
- HT will report to governors the outcomes of the above at least once a year.

Review December 2026



