



BERLESDUNA
ACADEMY TRUST

Cherry Tree Primary School and Nursery

Caring, Thriving, Preparing, Succeeding



Whole School Food Policy

This policy was drafted	March 2021
Policy reviewed	Spring 2024
Signed	Ms. M Davie
Headteacher	
This policy to be reviewed	Spring 2027

Whole School Food Policy

Whole School Mission Statement

Cherry Tree Primary School and Nursery is committed to ensuring that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to the school, through provision of a high quality food service, food education and ensuring a consistent message to promote healthy lifelong eating habits.

The school aims to:

- promote consultation on school food issues,
- build confidence in the school meal service and improve the take up of school meals
- support education surrounding the provision of healthy packed lunches • ensure key staff have the necessary skills and training to encourage and educate on food issues

Food Quality and Provenance in England

The Government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the School Food Regulations 2014 is mandatory for all maintained schools, academies and free schools. These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour. The revised standards for school food came into force on 1st January 2015 and are set out in the “Requirements for School Food Regulations 2014”.

It should be noted that the School Food Regulations do not apply to food provided:

- a) at parties or celebrations to mark religious or cultural occasions.
- b) at fund-raising events
- c) as rewards for achievements, good behaviour or effort
- d) for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch i.e. on an occasional basis by parents or pupils.

School Meals

We aim to provide healthy, nutritional balanced meals, within the framework provided by the School Food Standards.

The school will provide food of a consistent nutritional quality and aims to develop knowledge of local suppliers in order to increase the volume of produce which is purchased locally, organically and taking into consideration seasonal variations.

Menu plans will be developed in line with current School Food Regulations and made available to Pupils and Parents so that they can make informed decisions about healthy eating.

To promote the School meal service, the Catering Team also aim to provide theme days throughout the year e.g. Bonfire night, International days, Olympics, Curriculum themes, etc.

Training

The School is committed to providing continuous professional development for Catering Staff and any other staff as relevant. All Catering Staff, or staff involved in Catering will be trained to a minimum Food Safety Level 2. Staff also receive allergens awareness training.

Packed Lunches (non-school provided)

The school will emphasise the benefits of a hot school lunch. However, should families prefer to send a packed lunch, they will be encouraged to ensure that their child's meal is healthy and balanced.

The Standards do not apply to packed lunches brought into schools by children, but do apply if the food is provided by the school. Advice is available on how packed lunches can meet food standards to support the whole school approach to improving food and nutrition in schools. Families who consistently provide packed lunches lacking in nutritional content, will be offered information to help them improve the quality of the lunch they provide for their child.

Information and suggestions for a healthy packed lunch can be found at: <https://nutrition.org.uk/putting-it-into-practice/make-healthier-choices/healthpacked-lunches> and <https://www.nhs.uk/healthier-families/recipes/healthierlunchboxes>

Packed lunches, where possible, *must not* include:

- Sweets
- Chocolate
- fizzy or sugary drinks
- crisps
- nuts, or any food containing nuts

Free School Meals

Children whose parents receive certain welfare payments may be eligible for free school meals in the UK.

If you think you may be entitled to free school meals please contact the school office and your eligibility will be checked.

Breakfast Club

Cherry Tree Breakfast Club provides healthy options for the children who attend, including a range of fibre-rich cereals, porridge and toast. Items are added to the menu offered e.g. beans on toast, egg on toast to give our children a variety of foods. Children choose their own breakfast and serve themselves, if able. They then sit together in groups at tables, which encourages a sociable dining experience.

Other Food provided in school (mid-morning snacks)

The school is committed to providing healthy snacks. Early Years and Key Stage 1 children are each entitled to a free daily piece of fruit or sometimes vegetable. EYFS children have the option of milk and other snack items. At break time Key Stage 1 and 2 children can bring in a fruit or other small snack from home or purchase a snack, which includes a juice option, from our

school kitchen. Children should not bring in fizzy drinks, packets of sweets or lollipops or crisps to eat at snack time. If a child has these items they are likely to be asked to return them to their classroom to take home to consume and/or families will be advised about suitability of snacks.

Fridays are a “treat” day in respect of the school snack menu; children have the additional option of choosing to purchase, e.g., a small pack of biscuits and milkshake (this is subject to change).

Pupils are encouraged to discover new foods through curriculum based tasting sessions, incorporating cookery into the classroom.

Special dietary requirements

Catering staff will be made aware of any pupils and staff who have special dietary needs, either health or culturally related.

Allergens

The Food Information (Amendment) (England) Regulations 2019 changed the requirement for allergen labelling and placed a duty on food businesses to label prepacked food for direct sale with a list of ingredients emphasising the allergens. For the majority of the food we serve the requirement does not apply as our food is not prepacked with the exception of prepacked biscuits/yogurts. This is not an exhaustive list.

Drinks

Drinking water is made available to pupils at all times throughout the day. At lunchtime, pupils have access to water and milk. In addition Reception children are offered juice every day and the remainder of the school on Fridays only.

Celebrations

To celebrate their birthdays, children are permitted to bring in sweets to share with their classmates. If sweets, this should be one sweet per child, or suitable equivalent (e.g. mini pack of Haribo). Any sweets left over after sharing will be sent home with the child who brought them in. These sweets are given out at the end of the school day and should not be eaten in school.

Food Education

Healthy Eating – curriculum support

Pupils are encouraged to discover new foods through curriculum based tasting sessions, incorporating cookery into the classroom.

Gardening

Pupils may be involved in growing foods in the outdoor area, developing an understanding of where food comes from. From time to time, visits may be planned to local allotments or farms.

Cookery activities

The school aims to provide cookery activities to children over each academic year through which they can develop basic skills in planning, preparing and cooking a range of healthy foods and an understanding of basic food hygiene. It may also be possible to offer a cookery club which will support these aims.

PE

Pupils are made aware of the importance of a healthy diet and taught to recognise the links between healthy diet and physical activity for both their short term and long-term wellbeing.

Food Culture and Community Involvement

The school aims to provide an enjoyable and sociable dining environment for pupils, staff and visitors, supported by a dedicated team of lunchtime supervision staff (LSAs), caterers and in the classroom through incorporating Food Education.

Parents and pupils are invited to contribute towards the development of a healthy approach to food, recognising the value of a hot lunch, the vital components of a packed lunch and the importance of healthy snacks. In support of the local community and surrounding area, the school aims to develop links with local food providers and, where possible, commits to supporting local suppliers.

The Dining Room

Children will sit at tables to eat their lunch and the school will provide good quality catering equipment to encourage positive behaviour, politeness and respect for their environment.

Children are not expected to waste food, whether they have a cooked school lunch or a packed lunch, being encouraged to try a variety of different types of food.

Lunchtime staff will assist children, helping them to discuss any issues arising, to eat healthily and to respect their environment, leaving the area where they have eaten in a reasonably tidy and clean state.

All litter (including uneaten food) from packed lunches brought into school, should be taken home and not left on school premises. This allows families to monitor what their child or children are eating. Children may empty drink containers or cartons to prevent leakage.

Monitoring and support

The school buys into a catering support contract.

Reviewing Procedures and Policy

This Policy will be reviewed every three years or as necessary in light of changing legislation.