



## **Codicote C of E Primary School Policy on Food**

This policy was written in consultation with the staff and reviewed in October 2023.

**Other associated Policies: Science, PSHE**

### **Aim:**

In our school we are committed to promoting health in order to enable all children to make informed choices.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day.

### **Objectives:**

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5 a day' campaign

### **Snack**

All our under 5s and pupil premium children are entitled to free milk. All FS and KS1 classes offer a morning breaktime snack of as part of the Government initiative to provide all infants with free fruit and vegetables.

KS2 children bring fruit/vegetables/breadsticks/rice cakes which they eat at playtime – no other snack is allowed.

### **School lunches and packed lunches**

All our school meals are provided by Herts Catering Ltd, who have a healthy food policy as part of their tender. This includes the use of fresh fruit and vegetables each day as a choice for the children. Currently, at Codicote School, the children are offered a 'Pupil Choice' option, where children select and book their meal in advance, to ensure that their chosen meal is available. There is a choice of hot and cold options, with all dietary requirements catered for. All meals meet the Government Nutritional standards.

Children also have the option to bring a packed lunch to school. Through lessons in Science and PSHE, the contents of a 'healthy lunchbox' are discussed and promoted.

### **Water for all**

Water is freely available throughout the school day to all members of the school community. Regular water and brain breaks are built into the school day and curriculum by class teachers. FS and KS1 children are also reminded to drink water at their snack time. Children are

actively encouraged to bring water bottles into school., which is provided in named plastic beakers.

### **Food across the Curriculum**

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of healthy eating patterns and practical skills that are needed to understand where food comes from such as preparing and cooking food.

These include planned opportunities to:

- learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.
- discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- research food issues using the internet and other electronic resources
- learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.
- learn how to develop a healthy lifestyle
- Food is grown in some classes

### **Allergies**

Information regarding children with food allergies is clearly displayed around the school. When children have a severe allergy, all practicable steps are taken to ensure that the child does not come into contact with the substance to which they are allergic to. The school expects all parents and carers of children with food allergies to inform the school promptly. Staff are regularly trained in the use of epi-pens.

### **Partnership with parents and Carers**

Parents and carers are regularly updated on our water and packed lunch policies through school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day.

### **Role of the Governors**

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

### **Monitoring and review**

The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy. The LEA are responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed regularly, against the aims stated, to take account of new developments and initiatives.