CHARTRIDGE COMBINED SCHOOL

Food Policy

This policy was reviewed Autumn 2024

The policy is to be reviewed Autumn 2026

Introduction
At Chartridge Combined School we recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. In our school we aim to improve the health of pupils, staff and the wider school community by enabling them to develop healthy sustainable lifestyles through increasing their knowledge and awareness of food issues, changing attitudes and enhancing skills.

The children of Chartridge Combined School believe that being healthy means:

- Children feel that it is important to eat fruit, vegetables and healthy items but also how important it is that we can have treats as well.
- To drink plenty of water. Children feel that they can have water at any time during the day if they need it and feel that it is important to have it at snack time with their fruit or vegetable.
- Exercise and keeping fit.
- Sleep - The children believe that bedtime is an ideal time to rest and relax.

Aims and Objectives

- To improve the health of pupils, staff and the wider school community by helping to influence their eating/drinking habits.
- To provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices.
- To ensure that we provide consistent messages in school about food both within and outside the taught curriculum.
- To increase pupils' knowledge and experience of food and nutrition issues.
- To ensure food provision in school reflects the ethical, cultural and medical needs of pupils and staff.
- To provide a pleasant and sociable dining experience which enhances the social development of pupils.

How our aims will be met
The school actively promotes healthier food choices during the day by:

- Fruit and Vegetable Scheme – each KS1 child is entitled to a piece of fruit or vegetable daily which is available during snack and break times. KS2 children are encouraged to bring their own.
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- Water – all pupils are asked to bring a water bottle to school each day and are encouraged to drink regularly throughout the day. Jugs of fresh water and cups are available in each class for children who forget water bottles or who need their water bottle filling up. Teachers encourage all children to consume water throughout the day and after physical activity. Each classroom has a designated area for water bottles to be kept and is accessible to children at all times of day. In Reception jugs of water and cups are available for children to access regularly for drinks of water.
- Hot lunches – our hot meal provider, The Pantry, cooks lunches on site which are nutritionally balanced and analysed to keep in line with government food standards. Menus are varied and meet the children's tastes and dietary requirements.
  Governors regularly review the provision and take steps to improve it.
- Packed lunches – we encourage children to eat a hot lunch. However, parents can opt for a healthy packed lunch option for their child. We would like children's packed lunches to consistently include healthy food items, such as those from the following examples:

    - Carbohydrate option: sandwiches, wraps, flatbreads, crackers (fillings to be protein rich such as cheese, ham, tuna etc); pasta, rice, grains
    - Fresh fruit and vegetables
    - Juice or water
    - Low sugar pre-packaged food items such as malt loaf bar, cereal bar, dried fruit
    - Any items including chocolate or high sugar (such as Kit-Kats, Penguin, Club bars, Brunch bars, cake bars, chocolate buttons, Haribos, Skittles etc) will not be allowed in lunch boxes and we would encourage limited use of highly processed foods, such as Dippers, crisps and Peperamis. It is also important to always remember the school's 'no nut' policy due to children's allergies in school.
- Sweets and confectionary items are not allowed in school, and children should not bring sweets into school to share with other pupils.
- Out of school events – to ensure pupils get a consistent message, healthy food and drink options are encouraged at CSA events but there are exceptions to the rule.
- Children are taught about food and health issues through their learning in Science, DT and PSHE. Children are given opportunities to cook and prepare foods throughout the year. Often children bring their cooking home to eat but on occasion they may consume it in school to provide discussion opportunities.
- Children are encouraged to wash their hands before consuming or preparing food.
- The school recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case, parents should discuss this with the class teacher or Headteacher. Pupils with food allergies and intolerances will be given due consideration and Individual Healthcare Plans will be written and followed for each child and reviewed annually.
- Reception– sensory play is encouraged in the Early Years which may at times involve 'food' play, e.g. tweezering rice or pasta, corn flour and water or finding letters in jelly. Children's individual allergies are taken into consideration when planning these activities with certain activities being avoided with specific class needs.
- Allergies/Intolerances – A Food Allergen Analysis List is available for foods offered for Hot School Meals, at Breakfast Club and at Nurture Club.
- All staff are aware of children who have food allergies or intolerances with medical lists displayed in each classroom and in the first aid room. Children who have an Epi pen or Jex Pen have a photograph with their information so that all staff are aware of what they look like.

Responsibilities for Implementation and Monitoring

Governors are responsible for monitoring and reviewing the activities taking place. Pupils are given opportunities to give feedback via School Council and parents can give feedback via the open door policy and via their Class Reps.