



**Leeds East
Primary Partnership**
A CO-OPERATIVE TRUST

**Cross Gates
Primary School**

Policy and Procedure

Cross Gates Primary School

Whole School Food Policy

Written by: Sophie Wilkinson

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Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, parents and pupils. This school food policy is co-ordinated by Olivia Macnay, PSHE and Healthy Schools Lead.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Wrap Around Care: Breakfast Club and Out of School Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 7.30am – 8.45am. The breakfast menu includes: cereal (Weetabix/shreddies/Cheerio's) white and brown toast, fromage frais yoghurt and fruit juice.

School also run an Out of School Club from 3.30-6pm. A light meal is provided at 4.30 for pupils attending. The menu runs on a two week rota:

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Jacket Potato & Cheese	Spaghetti Hoops with Toast	Toasted Sandwiches Cheese/Ham	Tomato Pasta with Sweetcorn	Pizza and Salad
Week 2	Tomato Soup with Bread	Pitta Pockets Ham/Cheese and Salad	Wraps Ham/Cheese/Tuna Mayo & Salad	Jacket Potato with Beans	Fish Finger Sandwich

Meals will be served with a side salad or vegetables
Water and Fruit will be available
All meals are subject to availability and may change

Both of these menus meet the mandatory requirements of the School Food Standards 2015.

School Lunches

School meals are provided by Leeds Catering and served between 11.45-1.15 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. School meals are planned on a 3 week cycle and always contain a meat and vegetarian option. Children self-select the meal of their choice each morning and are then given a band with the corresponding colour for the meal they have chosen. The school meals menu can be found on our school website.

The meals are served using a family dining model where the children sit on tables of mixed year groups and self-serve.

Packed Lunches

The school has a separate packed lunch policy, developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. This guide is included in the packed lunch policy.

HEALTHY EATING GUIDE



A healthy packed lunch should include:

- At least one portion of fruit each day
- At least one portion of vegetables (eg carrot sticks) each day
- A starchy food such as bread (eg sliced bread, rolls, pitta bread, wraps), pasta, rice, potatoes or cereals each day
- Meat, fish or other source of non-dairy protein (eg chicken, ham, turkey, tuna, eggs, tofu, beans) each day
- A portion of dairy such as milk, cheese, yoghurt, custard each day
- Drinks should be water. Fresh drinking water is available at all times for pupils

Occasional treats to include maybe:

- Snacks such as crisps – you could try savoury crackers or breadsticks instead
- A small cake, muffin, shortbread, flapjack or plain biscuits
- Items high in salt or fat e.g. sausage rolls, meat pies, pasties
- Popcorn
- Jam

Please do not include:

- Fizzy drinks, juice, flavoured water, drinks in cans or glass bottles
- Sweets
- Chocolate – this should be defined as chocolate that melts
- Chocolate Spread
- Nuts or products containing nuts such as Nutella or peanut butter – we are a nut free school as we have children who could have a severe allergic reaction if they come into contact with nuts

Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In Early Years and KS1, snacks are provided during the morning and include fruit and milk. Pupils are able to bring a healthy snack such as fruit or yoghurts into school to eat at break-times. We also sell healthy snacks from Snack Shack at break times.

Drinks

The school is a water only school, with the exception of the free milk entitlement for all primary and secondary free school meal pupils. Children are encouraged to bring their water bottles into school. Water is available at all times. Fizzy drinks and high energy sports drinks are restricted.

School trips

A packed lunch will be provided by the school, for all children who usually have a free school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above and in the packed lunch policy.

Rewards and special occasions

The school does allow food to be used as a reward for good behaviour or achievement on some specific occasions. Generally, other methods of positive reinforcement are used in school including: smilies, team points, certificates, head teacher awards.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions. We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays. For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available. Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

Special dietary requirements

The school works in collaboration with Leeds catering to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices, wherever possible. Individual care plans are created for pupils with food allergies and the lead member of staff for this is Sophie Wilkinson, SENDCO. Pupil's food allergies are displayed in a discreet way throughout school. We are a nut free school.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. Staff are encouraged to eat a school lunch and sit with pupils in the dining hall. If they opt to sit with the children, lunch will be provided free of charge.

Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.