



Food Policy

Safeguarding Statement

West Heath Primary will continuously strive to ensure that everyone in our school is treated with respect and dignity. Each person in our school will be given fair and equal opportunity to develop their full potential with positive regard to gender, ethnicity, cultural and religious background, sexuality or disability. West Heath Primary School is committed to safeguarding and promoting the welfare of children and young people, and expects all staff to share this commitment.

Owner	Head Teacher
Date of review	September 2022
Date of next review	September 2024

Aims

West Heath Primary School Food Policy has been implemented using guidance from the Children's Food Trust and in consultation with staff, governors, parents, pupils, and the school nurse.

The main aims of our School Food Policy are:

- To promote healthy eating.
- To support pupils in making healthy food choices.
- To ensure that there is a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

We are a nut free school. Food that contains nuts or traces of nuts are not permitted; this includes the use of chocolate spread products.

School meals

- School meals are provided by Servest, this is the preferred supplier.
- Meals are served in the dining hall.
- They meet the statutory requirements of the School Food Standards 2014.
- School meals are planned on a 4-week cycle and always contain a meat/fish and vegetarian option.
- The school menu can be found on our school website.

Packed Lunch

Packed lunches should include a balance of:

- Starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous (wholegrain where possible).
- One portion of fruit and one portion of vegetables/salad.
- Dairy foods such as cheese or yoghurt.
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel.

Packed lunches are limited to include either:

- One small packet of crisps.
- One small biscuit bar (this should not be a chocolate bar but can include chocolate.)
- One small cake.

The school provides water for all pupils at lunchtime; therefore drinks in lunch boxes are not required.

Parents will be contacted should their child's lunchbox not comply with school policy and a healthy diet will be reinforced.

Snacks

- In the Early Years, fruit is available throughout the school day.
- Fruit is available for all children in KS1 and KS2 during break time.
- Pupils are not allowed to bring in additional snacks, unless agreed by the school's medical officer for health purposes.

Drinks

- The school provides water for all children throughout the school day.
- Pupils may bring a drink of diluted fruit juice into school. **Fizzy drinks and concentrated juice are not allowed in school.**
- Milk is provided for pupils in Early Years Foundation Stage.
- Milk is available, upon request, for all other year groups and will be paid for by parents.

Educational Visits

- A packed lunch will be provided, by the school, for all children who usually have a school meal.
- Children are welcome to bring their own packed lunch on trips.
- All packed lunches must comply with the healthy food and drink expectations as laid out in this policy.

Rewards and Celebrations

The school recognises the importance of celebrating birthdays and special occasions.

- On their birthday, pupils are permitted to bring in a treat to share with their peers.
- Treats will be sent home with pupils; it is for the parents to decide if their child may or may not consume the treat.
- Occasional fund-raising events may include the sale of healthy foods such as vegetable soup and ice pops.
- The sale of unhealthy foods such as cakes, will be limited to occasional special events.
- During Passport Party celebrations, pupils will be provided with a healthy treat in recognition of their achievement.

Special dietary requirements

West heath primary school does everything possible to accommodate pupils' specialist dietary requirements including; allergies, intolerances, religious or cultural practices.

Individual care plans are implemented for pupils with food allergies and are managed by the school's Medical Officer.

Monitoring and review

The policy will be reviewed every 2 years or following a change in government advice .