



Rushwick C of E Primary School

Ask, Seek, Knock

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. Matthew 7:7.

Whole School Food Policy

Last reviewed on: March 2025

Next review due by: March 2026

1. Introduction

Rushwick school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4- to 18-year-olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1) and incorporate the School Food Standards.

2. Food Policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated by the Head of School.

3. Food Policy Aims

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

4. Implementation

• Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage both in Science - Healthy Eating / Digestion units and Design Technology.

This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, regular updates are provided to staff and meetings are held each term with school food caterers. Annually the school nursing team provide signposts of support for children about healthy eating and drinking.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. The SCARF scheme is used as a teaching resource.

Evaluation of pupils learning

The healthy eating aspects of the National Curriculum are assessed through end of year assessments of children's ability to achieve the objectives set.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

3. Food and Drink Provision throughout the school day

Breakfast Club

The school operates a breakfast club that provides breakfast for pupils before the school day. The breakfast menu includes a variety of different options that the children are able to choose from when they arrive.

National Nutritional Standards for School Lunches

All school food should meet standards set out by the School Food Standards - Children's Food Trust.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Children in KS1 are provided with a healthy snack and children in the rest of the school are able to bring their own healthy snack of fresh fruit or vegetable/salad items or a cereal bar.

Use of Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. These include complimentary remarks, stickers, stars, assembly certificates. In line with the food standards children may have occasional food rewards i.e. popcorn with a film as their half term reward.

For exceptional events such as externally organised events e.g. school discos, food rules may be relaxed with the consultation with the Head of School. In these cases, healthy options will continue to be provided and encouraged.

Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. Children are able to bring water in their bottles as well as sugar free flavoured water (to accommodate children who cannot drink plain water). Squash, fizzy drinks or energy drinks are not permitted in school and will be disposed of and replaced with water.

4. Food and Drink brought into School

Mobile Caterers Serving Food on School Premises

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the food standards.

Packed Lunches

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options and regularly sharing with parents. Confectionery is not permitted.

5. Special Dietary Requirements - Equality

Special Diets for Religious and Ethnic Groups

The school provides food in accordance with pupils' religious beliefs and cultural practices e.g halal.

Vegetarians and Vegans

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

Food Allergy and Intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

6. Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Basic Food Hygiene training and completed on a cycle each year.

7. The Food and Eating Environment

The School Hall is a general space for children to eat their school lunch. Children can choose where they sit. Children on the SEND register have the opportunity to eat their lunch in a smaller environment.

8. Communication

Briefings to parents include reference to the food and drink policy in school.

9. Monitoring and Evaluation

The Head of School meets termly with the school catering provider to monitor school food choices and menu planning.

Our cashless system enables the kitchen to monitor pupil's choices and incorporate this into menu planning.

If pupils are noted to consistently chose/bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.

Food concerns will be discussed with caterers, pupils, parents and staff as the need arises.

