



WESTFIELD PRIMARY & NURSERY SCHOOL

FOOD AND NUTRITION POLICY

Date ratified: 28th March 2022

Ratified by: FGB

Date to be reviewed: December 2025

Aim

The aim of this policy is to set out the whole school food policy ensuring that all stakeholders are aware of the school's views and practice on food in schools. We aim to ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors. Westfield Primary school and Nursery is a school which has previously received Healthy Schools Accreditation and continues to work in line with this guidance to promote healthy choices.

Objectives

- To ensure that we give consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness and the '5 Ways to wellbeing'
- 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' and 'Eat them to defeat them' campaigns

Healthy Food

Our aim is to promote and encourage healthy eating. Due to this, we do not allow children to give out birthday sweets in celebration for their birthdays. We aim to give 'healthier alternatives' when this is possible and the PTA have moved in line with this aim and are in agreement with it. Any after-school clubs which include the preparation of food adhere to school guidelines and policy to ensure healthy standards are met.

Balanced Diet

Whilst acknowledging 'healthy food' is desirable, we also teach children about moderation and the difference between 'healthy food and a balanced diet'. We do not ban puddings at school dinners, a 'dessert' bar in packed lunches or the occasional planned cooking of biscuits or cakes. We believe children need to understand about balanced food intake.

Packed Lunches

We distribute healthy packed lunch leaflets and advise and encourage parents to provide a balanced and varied packed lunch including at least one portion of fruit and vegetables. We do not allow chocolate bars, sweets or fizzy drinks in packed lunches.

Allergies

Due to a number of children with nut allergies and potential anaphylactic shock symptoms, the school operates a very strict 'no nuts' policy. Hertfordshire Catering support this and staff should not bring in nut products which could be anywhere near children.

An up-to-date list of all children's food allergies is kept in the kitchen, medical room, and classes.

Staff Room

The staff fully understand the issues of balance and healthy eating and a fruit bowl is available in the staffroom for staff. Whilst advocating healthy eating for all, we endorse the occasional bringing in of celebratory biscuits, chocolates etc., to the staff room if considered appropriate.

Water

Children have a reusable water bottle for school, from which they are encouraged to drink water regularly and take home daily for washing and refilling. The bottles may be filled if necessary from the drinking water taps. Children are also encouraged to use the drinking water fountain outside.

Playtime Snacks

Children in Foundation Stage (FS) and Key Stage 1 (KS1) are offered fruit each day from the free fruit scheme. In Key stage 2 (KS2) parents may choose to send in a fruit or vegetable item or healthy snack bar from home.

Basic Food Hygiene

Children always wash their hands or are given hand wash to use prior to eating lunch or snacks.

Hertfordshire Catering and School Meals

All our school meals are provided by Herts Catering who have a healthy food policy as part of their tender. They provide pupil choice lunch with two hot meals and a school packed lunch, all of which pay regard to nutritional balance and healthy options. All pupils are encouraged to help themselves from the salad bar. Menus are sent home to parents so that they can discuss with their children what they are going to choose to eat.

Food across the Curriculum

In FS, KS1 and KS2 there are a number of opportunities for pupils to develop knowledge and understanding of health across the curriculum. This includes learning about healthy eating patterns and the practical skills that are needed to understand where food comes from, such as shopping, preparing and cooking food.

Roles and responsibilities

The **Headteacher** will seek to ensure that:

- the external providers of lunches conform to the Regulations,
- special dietary needs of children and staff are catered for,
- the content and provision of school lunches are monitored,
- the children are encouraged to eat a range of foods.

The **governing body** will:

- ensure that lunches meet with the standards prescribed in the Nutritional Standards for School Lunches (England) Regulations 2000 or subsequent relevant standards.

Monitoring

The Midday supervisors will monitor the content and provision of school lunches on a regular basis and report to the class teacher if they have any concerns who will then speak to the parents/ carers. Regular reminders are sent to parents regarding healthy packed lunch choices.

The senior midday supervisor will monitor whether packed lunches and school dinners are being eaten or regularly left. Parents/ carers will be informed if their child is regularly or consistently leaving their lunch or packed lunch.

Policy Review

This policy will be reviewed as part of the school's policy cycle or following an agreed change to practice. This will be done by the Headteacher in consultation with Staff and Governors.