



Argyle
Primary
School

Whole School Food Policy

2025-27

Review Date: Summer 2025

Agreed by: FGB 15.05.2025

Review Date: Summer 2027

Introduction

This policy covers all food provided and consumed in school including before, during and after school and on school trips and during extra-curricular events.

Why a policy is needed?

We recognise the importance of a healthy diet in a child's wellbeing and their ability to learn effectively and achieve.

We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains

- How we promote healthy eating;
- What we do to provide healthy balanced food throughout the school day;
- How we help pupils eat healthily;
- What we teach so that pupils know how to make healthy food choices.

Our approach to improving pupils' health through healthy eating

We aim to

- Increase knowledge and awareness of a healthy diet;
- Provide safe, tasty, and nutritious food that promotes health;
- Enable all pupils to have a healthy school meal;
- Make healthy eating enjoyable and the norm;
- Provide safe, easily accessible water during the school day;
- Promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices;
- Be a role model for healthy eating;
- Monitor healthy choices, including packed lunches;
- Use a range of opportunities to promote healthy eating;
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

We have been recognised as a Camden healthy school and our food policy reflects this.

Responsibility

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

Senior members of staff lead on the development and monitoring of the Whole School Food Policy and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor

The PSHE lead is responsible for what is taught about healthy eating and works with our DT lead to ensure that practical food education in the curriculum reflects this policy.

Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment

Teaching about healthy eating and cooking in the curriculum

Food, its production and preparation, is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PSHE, and Design and Technology. We ensure that pupils are taught cooking every year up to Year 6, in line with the national curriculum.

School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. With different nationalities attending our school, the caterer ensures meals appeal to a wide range of ethnic backgrounds and tastes. When planning the menu, consideration is given to the fact that some of the pupils have special dietary needs such as vegetarian or religious dietary requirements. Our kitchen is fully Halal and all meals contain fresh produce. A copy of the weekly menu is communicated to parents/carers and discussed with children. Each day the children are offered a choice of three options: meat, vegetarian or a jacket potato. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience.

Staff monitor food choices and encourage pupils to try new foods. The School Council regularly gathers the views of pupils and gives feedback to the cook.

Food Allergies

On entry to the school all parents are asked about food allergies and procedures to follow should their child accidentally consume a food they are not allowed. Parents of children with allergies are given detailed information about the meals that indicates any ingredients they would not be aware of and are then asked to select the meals their child can tolerate. All school staff are made aware of children with allergies by displaying in classrooms photographs of the children with the foods they cannot tolerate together with procedures to follow should they react to any ingredients. This information is also displayed in the kitchen, dining hall, offices and the medical room.

Nut allergies

As much as possible we are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into

the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

Medical Needs

Where children have specific medical needs such as diabetes, which require specific additional foods or snacks to be given to children, these will be handed in to the office team who will ensure that they are consumed at the appropriate time.

Healthy Snacks

All EYFS and KS1 classes include a morning break time snack of fruit or vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Key Stage 2 children are encouraged to bring fruit to have as a snack during playtime. Only healthy snacks are allowed at break time and we discouraged packaged snacks. Fruit is the most appropriate morning snack.

Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school nor on school trips.

Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the school website, policies and via the weekly newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water or milk may be consumed during the school day. As our playground is a 'healthy active playground' we have asked parents not to bring sweets crisps and biscuits into the playground at the end of the day.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salty foods children eat, we expect parents and carers to comply with our healthy eating food policy. If parents want to bring something in to celebrate birthdays we ask that healthy foods such as a fruit snack are brought in. Alternatively we suggest that non-food items such a special book for the class is considered as an option. **We do not allow cakes or sweets to be shared in school to celebrate birthdays.** Please note that if parents send in a cake or sweets, it will be sent home.

When we celebrate Eid or Christmas and invite parents to send in food to share, we ask them not to send in fizzy drinks or sweets.

We have a number of fundraising opportunities throughout the year, or events such as the selling of mince pies and pancakes, and limit cake sales to no more than one per term.

Water for all

Only water and milk are allowed to be consumed in school. Children bringing in any other drinks (even flavoured yoghurt drinks which may be considered 'healthy' are asked to take them home. We will then talk to the parents and carers and remind them of the food policy.

Because water fountains were taken out of action during the Covid pandemic, we ask all children to bring in a water bottle from home each day. Water bottles may be refilled in class or at our playground taps. Cooled water is available to staff and visitors in the staff room.

Curriculum assessment and monitoring

Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and Cooking and Nutrition. A review of what is taught includes feedback from staff and pupils.

Revised date	By	Next review date
Summer 2025	FGB 15.05.2025	May 2027