

Otford Primary School



School Food Policy

Reviewed and Approved by	FGB
Date	1 st October 2023
For review	1 st October 2025

Otford Primary School Food Policy

Otford Primary School is a Nut Controlled School

INTRODUCTION

The 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.

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
3. To encourage a happier and calmer population of children and young people
4. To promote consistency between packed lunches and food provided by schools this must adhere to national school food standards. Please visit <http://www.childrensfoodtrust.org.uk/schools/the-standards> for more information.
5. The school menu for school lunches is decided and occasionally changed by our school caterer Independent Catering. We of course cater for vegetarians, have a Halal option and for medical dietary needs or allergies.

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

(Appendix 1)

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, teaching assistants and caterers 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.

Visitors in the classroom

This school values the contribution made by specialists in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are available to staff on the shared network and an overview of PSHE is found on the 'Curriculum' area of our school website. Books are available for pupils in the library.

Evaluation of pupils learning

The healthy eating aspects of the National Curriculum are assessed through Science.

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

The children's views are often gathered during lunchtime, they provide feedback to staff and the catering team here at Otford Primary School.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY THIS IS A NUT CONTROLLED SCHOOL

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The importance of breakfast the school day starts is promoted through newsletters and in year R new starter information for parents. This is to promote the expectation that children come to school having had breakfast and are therefore ready to learn.

National Nutritional Standards for School Lunches

National Nutritional Standards for school Lunches became compulsory in April 2001. Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. **For further details please see: <http://www.childrensfoodtrust.org.uk/the-standards/nutrient-based>**

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.

Key stage 1 receives free fruit and vegetables which form the National Free Fruit and Vegetable scheme. In line with what is on offer to key stage 1 Key stage 2 are allowed to bring in fruit and vegetables at break time only. Cereal bars, fruit bars or other snacks are *not* allowed

Children are encouraged to consume water throughout the day and other drinks are not allowed at break time except for those children who subscribe and receive Cool Milk. Children who have specific medical needs and have met to discuss this with teachers/ leadership team may have an adjustment made.

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.

SPECIAL EVENTS

Within school, we acknowledge that some children wish to celebrate their birthdays. This will be done through class activities as decided by individual class teachers. Parents are welcome to suggest their child brings in the child's favourite book to share or to choose a game or activity to do with the class to acknowledge their birthday. However, providing sweets/cakes or treats to their class mates is **not allowed** as it is not in line with promoting a whole school approach to healthy eating when considering how often birthdays may occur in term time within one class.

- School fetes, school trips, discos, Christmas, Easter and other special events (including PTFA events) may include food treats which are high in sugar/fat but this will require parental consent and/or funding.

DRINKS

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.

Staff promote the consumption of water and therefore allow water bottles to be kept on/near desks. Each class has a water bottle box which will be taken outside for lunchtimes during hot weather.

USE OF FOOD AS PART OF LEARNING

Healthy Foods may be used to support learning within the classroom across a range of curriculum subjects eg geography, history, RE. This may involve cooking or food tastings and parents will be informed in advance about these sessions. All staff will check whether any children in their class have any food allergies in advance of the cooking/tasting session. If a child with a known food allergy is in a teacher's class and the allergenic food is going to be used, the class teacher will inform the child's parent/s and the school aims, wherever possible, to give the parent/s 3-4 days notice to

ensure that alternative arrangements can be made. This is in-keeping with the school's desire to include all learners.

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 BOGH.

<http://multimedia.food.gov.uk/multimedia/pdfs/bghbooklet.pdf>

In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting this service, as it can be an easier way of ensuring a nutritionally balanced meal.

For further information on how the school's caterers- Independent Catering support the dietary requirements of all our children please do look at their website and also refer to the school's website.

PACKED LUNCHES This is a Nut Controlled School

Packed lunches prepared at home should provide a balanced lunchtime meal with proportions linked to the Food standards Eat well Plate where possible. This is because a well-balanced packed lunch will support sustained energy levels throughout the afternoon to enable maximum learning capacity.



Eatwell plate

- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible, to ensure that the food is cool and edible at lunchtime.

- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

The school expects packed lunches to follow the same nutritional guidelines as School Dinners-

The following items are not allowed in a school packed lunch:

- **Fizzy drinks**
- **Any drink in a glass container (risk of breaking glass)**
- **Sweets and confectionary**
- **Solid chocolate bars**
- **Nuts (risk of allergic reaction in other children with severe allergies. I would ask that parents completely avoid nuts in packed lunches)**

The following items are suggestions of what packed lunches should regularly include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous and falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, bread sticks, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, pure fruit juice, milk, yoghurt or milk drinks and smoothies.

The following items are suggestions of items that can form part of a balanced diet when eaten in moderation:

- Snacks such as crisps
- Chocolate-coated biscuits
- Cakes and biscuits
- Sausage rolls, individual pies, corned meat and sausages.

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices as informed by parents and carers.

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.

The school is a **Nut Controlled School**. There is a number of EpiPen holders at the school, for whom ingestion of nuts would be very serious indeed. To that end our caterers serve no food with nut content. The advice from Anaphylaxis UK, supported by Allergies UK, is not to have a complete 'no nut policy' in schools, as it is not possible to guarantee a nut free zone; in addition, a free from nut

environment can create a false sense of security and does not safely prepare children for environments where nuts may be present. Nor does it deal with other allergies (eg milk and eggs). But I would ask parents to avoid nuts completely in packed lunches.

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.

7. THE FOOD AND EATING ENVIRONMENT

The School Hall is used as our dining area. At lunchtimes, children are encouraged to be sociable with their peers and enjoy their meals together.

Independence is promoted through children being responsible for tidying their areas and disposing of waste appropriately.

MONITORING AND EVALUATION

Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

REVIEW

Date policy implemented: 1st October 2023

Review Date: 1st October 2025

Appendix 1: ‘Eat well Plate’ Spiral Curriculum using Food a Fact of Life (British Nutrition Foundation)	
Year Group	Activity
Whole School Assembly	<p>‘The Amazing Lunchbox’ You can download the story as a PowerPoint which can be adapted if necessary for a whole school assembly. http://www.foodafactoflife.org.uk/section.aspx?t=0&siteId=14&sectionId=100</p> <p>Alternatively you can watch the 20 minute story on You Tube http://www.youtube.com/britishnutrition?gl=GB&user=britishnutrition</p> <p>This could be used to start your ‘Eat well plate’ unit of work.</p>
Recap	The 'eat well plate' PowerPoint presentation can be used by each year group to remind pupils about the eat well plate model before starting the lessons below.
Reception	<p>What is the Eat well Plate? The aim of this session is for children to:</p> <ul style="list-style-type: none"> - Start to recognise <i>The eat well plate</i> and which foods belong to each group; - Understand we need different foods and drinks to be healthy. <p>http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=17&sectionId=93&contentId=349 The above link provides the lesson guide, eat well plate poster and all resources for an eat well plate game.</p>
Year 1	<p>The Colourful Present?</p> <p>The aim of this session is for children to:</p> <ul style="list-style-type: none"> - Know that it is important to eat lots of fruit and vegetables every day to stay healthy (at least 5 A DAY with different colours). - Name different fruit and vegetables. <p>http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=14&sectionId=100&contentId=432 The above link provides a story which can be downloaded as a PowerPoint or watched via You Tube. Following the story worksheet ‘Eat a Rainbow’ could be used.</p>
Year 2	<p>Food is a Basic Requirement of Life</p> <p>The aim of this session is for children to:</p> <ul style="list-style-type: none"> - Understand the basic reasons our bodies need food to function. - Recognise signs that show they are hungry and when they are full up <p>http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=14&sectionId=61&contentId=44 The above link provides a lesson guide, a PowerPoint and 2 worksheets ‘when I am hungry’ and ‘how does food help my body’.</p>

Year 3	<p>Food Around the World</p> <p>The aim of this session is for children to:</p> <ul style="list-style-type: none"> - To understand that a range of factors determine what is eaten throughout the world. Diets vary between individuals for reasons such as availability, preference, resources, time, culture and religion. - To understand that a variety and balance of food and drink is needed in a healthy diet. <p>http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=15&sectionId=64&contentId=49 The above link provides a lesson guide, an 'around the world' PowerPoint and 'what do you eat' worksheet for this activity.</p>
Year 4	<p>A Varied Diet</p> <p>The aim of this session is for children to:</p> <ul style="list-style-type: none"> - To be able to identify and classify unfamiliar and composite dishes according to the 5 groups depicted in the eat well plate. - To understand the different proportions of the model in relation to their own diet. - To use the eat well plate when devising meals and menus for themselves and others. <p>http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=15&sectionId=64&contentId=50 The above link provides a lesson guide; eat well plate PowerPoint and a selection of supporting resources and worksheets to choose from.</p>
Year 5	<p>Fuel for the body</p> <p>The aim of this session is for children to:</p> <ul style="list-style-type: none"> - To understand that different types of food provide different amounts of energy. - To understand that different amounts of food, known as portions, provide different amounts of energy. - To understand that different amounts of energy are needed by the body for different activities. - To recognise that energy requirements vary between individuals. - To understand that to be healthy, energy balance should be achieved (over a period of time). <p>http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=15&sectionId=64&contentId=51 The above link provides a lesson guide, energy PowerPoint and a selection of supporting resources and worksheets to choose from.</p>
Year 6	<p>Nutrients</p> <p>The aim of this session is for children to:</p> <ul style="list-style-type: none"> - To understand that all food and drink provide nutrients. - To understand the functions of different nutrients. - To recognise the nutrients provided by each section of the Eat well plate. <p>http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=15&sectionId=64&contentId=52 The above link provides a lesson guide, nutrient PowerPoint and a selection of supporting resources and worksheets to choose from.</p>

INDEPENDENT CATERING

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Brexit Statement December 2020

As a purchaser of predominately local and mostly all British produce, our suppliers have assured us of little if any impact on the continued supply of food produce.

Our nominated suppliers have taken action to increase stock holdings and are keen to state no shortage of supply should be experienced.


Independent Catering will also work with its suppliers to forecast as far in advance as possible our requirement, further assisting supply of fresh produce.

Please see attached from our major suppliers.

If you have any concerns, please do not hesitate to contact our us.

Kind regards



 Jack Jepson-Sykes
Director of Food