

Food Policy (including Packed Lunch Guidance)

Roseberry Primary School



Approved by:

Roseberry Primary
School Governing
Body

Date: 11/23

Last reviewed on:

October 2024

Next review due by:

November 2025

Roseberry Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices whilst also ensuring pupils with specific dietary needs, allergies and intolerances are safeguarded and catered for. This will be achieved by a whole school approach to food provision and food education as outlined in this policy.

Aims:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- To support pupils to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Breakfast

Breakfast is an important meal and supports pupils to be ready to learn at the start of each day.

A paid for school breakfast club runs from 8am – 8:30am. In addition, a free breakfast is available for all pupils when doors open at 8:30am. This is enjoyed in the classroom. Children can choose from cereals, toast or bagels. Occasionally, depending on our Fair Share delivery that week, children may be also be offered fruit, yogurt and other breakfast items such as crumpets or pancakes.

Cereals containing nuts or any other product containing nuts will not be served/offered.

School Lunches

School meals are provided by Stockton Borough Council in both the KS1 and KS2 dining halls. School meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 4 week cycle and always contain a meat/fish and vegetarian option. The school meals menu can be found on our school website.

Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods (wholegrain where possible) such as:
 - bread (sliced bread, pitta bread, wraps, bagels),
 - pasta, potatoes, couscous
- 1 portion of fruit
- 1 portion of vegetables or salad
- Dairy item such as cheese or yoghurt
- Meat, fish, or another source of protein such as: eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- Sweets
- Fizzy/carbonated or energy drinks
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts
- Any items contains nuts or produced in a factory containing nuts

The school provides water and milk for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink. ***For detailed guidance around what to include in your child's packed lunches, please see our parent/carer packed lunch guide – Appendix 1.***

Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years and KS1, fruit and vegetables are provided as snacks during the morning. Pupils are able to bring a piece of fruit or vegetables into school to eat at break-times.

Drinks

Water, juice and milk is provided at lunchtimes for those having a school meal. Children on packed lunches have access to water and milk.

School trips

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 lunches on trips, however, these lunches must adhere to the same food and drink guidance described above and as shown in Appendix 1.

Rewards and Special Occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children will receive a birthday book (which they choose themselves) and their special day is celebrated in our Friday assembly where the school community sing 'Happy Birthday' to them.

However, we ask that chocolates, sweets and cakes are not sent into school for children to share due to some children having special dietary needs, allergies and intolerances.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers and Senior Leaders will always adhere to individual dietary needs, allergies and tolerances so that all children are included.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Curricular and Extra-curricular Activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, Health and Relationships Education (HRE), PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 2) as a model of understanding a balanced diet.

Special Dietary Requirements

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

Individual care plans are created for pupils with food allergies and the lead members of staff for this is Mrs Hollinshead and Mrs Thornton (Head Teacher). Pupil's food allergies are displayed in a sensitive way away from view in kitchen and staffroom areas and within our school's network area (pupil information).

Expectations of Staff and Visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Staff are welcome to choose from the breakfast items available within the classrooms and are encouraged to eat this with the pupils at the start of the school day.

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.

Parents, Carers and Family Members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend. Newsletters will also share information and offer advice and guidance periodically throughout the year.

Monitoring and Review

The policy will be reviewed every 2 years.

Appendix 1 – Parent/Carer Packed Lunch Guide

Why eat a healthy packed lunch?

New School Food Standards were introduced in January 2015 to ensure that all pupils are getting balanced and healthy food in school.

We have used these standards to create our packed lunch guide and help families with ideas. A healthy packed lunch can help children to:

- Have enough energy to concentrate and learn in the afternoon
- Keep calm and be prepared to do their best
- Get important nutrients to keep their bodies healthy

What should a packed lunch include?

Use the following ideas to help plan a healthy lunch for your child.

1. Include a savoury main (with some salad)



Cheese & tomato sandwich



Tuna and salad wrap



Cream cheese and lettuce bagel



Hummus and cucumber roll



Chicken salad pitta bread



Carrot and chickpea couscous



Chicken and pepper noodles



Sardine and lettuce tin



Tuna and sweetcorn pasta



Egg, pepper and lettuce sandwich

2. Include some dairy



Fruit yoghurt



Rice pudding



Custard



Cheese portion



Yoghurt tube

3. Include some fruit or vegetables



Satsuma



Grapes



Banana



Cucumber



Carrot batons



Raisins



Tinned fruit salad



Cherry tomatoes



Dried apricots



Plum

4. Include an extra low fat/low sugar snack, if needed



Plain breadsticks



Plain rice cakes



Small fruit scone



Crackers



Plain biscuit

We ask families to include an ice-pack in each packed lunch to keep the food cool.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland