



Food Policy

We will

- Respect the dietary needs of our pupils
- Give our pupils time and space to eat
- Teach them why healthy food matters
- Promote school food to parents
- Promote good/polite table manners
- Ensure children use good hand hygiene

Introduction

At Icknield Walk First School we recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also recognise the role a school can play, as part of the larger community, in promoting family health.

Our school supports the current Department of Health guidance about healthy eating.

Rationale

Icknield Walk is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families about food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To ensure that our children are receiving the appropriate nutrition when in school

Breakfast and After School Club

These clubs operate daily in the school and are offered to all children from Nursery age onwards. Both club leaders are aware of what constitutes healthy eating and are encouraged to support children with this.

Snack

Milk is offered subject to parental payment to all children over 5. All children in the Nursery and those under 5 in reception, receive free milk if they want it. Children in receipt of Pupil

Premium in Key Stage 1 are offered milk free of charge. All Foundation Stage and Key Stage 1 classes are given a morning break time snack of washed fruit or vegetables. Key Stage 2 children may bring a piece of fruit or vegetable snack which they eat around morning playtime – no other snack is allowed during break. KS2 parents may buy fruit, through the Fruit Scheme. Children in receipt of Pupil Premium in Key Stage 2 will be offered milk and fruit free of charge.

School lunches and packed lunches

All our school meals are provided by Herts Catering Ltd who ensure the range of foods on offer have been nutritionally analysed and balanced. The children have a choice of four different meals: a traditional hot main meal, a hot vegetarian option, a filled jacket potato, or a sandwich/roll. Where possible, meals include the use of fresh fruit and vegetables. Some children bring a packed lunch to school. No nuts are allowed in the dining room, including in any home packed lunches. We also aim for home packed lunches to give children a healthy balanced meal, so we ask that lunches do not include fizzy drinks and sweets. This link gives ideas and guidance for healthy packed lunches:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Encouraging children to eat their lunch:

The MSAs in the dining room will encourage children to eat as much of their dinner as they can. The rule of thumb is that if children can eat at least two thirds of their main meal they can then have their pudding. If a child really hasn't eaten enough at lunchtime, we would offer an additional slice of bread or some additional fruit before pudding and suggest that they do not choose that meal in future. For children who regularly struggle to eat their lunch the class teacher will chat to the parent to see if there is anything we can do to help the or we may recommend that the children are given a home packed lunch instead.

Water

Cooled water is freely available throughout the school day to all members of the school community. A water fountain is located close to the car park entrance. All children are encouraged to bring a full water bottle to school and to drink freely throughout the day, especially in hot weather. Flavoured waters and fruit juices/squashes are not allowed in these bottles. If this is found in a child's bottle it will be emptied and filled with water.

Food across the curriculum

There are various opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills. Food technology is taught as part of the Design and Technology curriculum, and aspects of food, nutrition and health are taught as part of the PSHE and Science curriculum. There are several adults, across each key stage, trained in food hygiene. A list of those with food training can be found in key central areas, such as the staffroom, workroom and DT area. Teachers also provide opportunities for children to learn about nutrition and health in other subjects. Children in nursery and reception eat their healthy snack with an adult, which provides an ideal opportunity to reinforce learning about healthy eating. Out of hours learning includes cookery and gardening clubs from time to time.

Partnership with parents and carers

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. Information about our curriculum is available for parents on our website.

For children on a more restrictive diet due to sensory restrictions for example, we encourage parents to talk to us about their child's needs so we can agree a way forward.

Dietary restrictions

We have many children in school who must avoid certain foods either for health, religious, ethical or cultural reasons.

Parents are requested to inform the school as soon as possible about these needs.

The office will then ensure the information is passed to the kitchen and staff teams, including photographs of these children to aid identification. Children are given lanyards when entering the dining room if they must avoid certain foods (green lanyards), If they have a severe food allergy and/or an auto adrenaline injector these children wear a **red** lanyard.

The meal choices the children make are checked by the classroom team to make sure they do not contravene what a child can eat, this is then checked again by the office staff, and the final check is made by the kitchen staff as the meal is served.

Training

Once a year training will be offered to staff in the use of auto adrenaline injectors for those children in danger of anaphylactic reactions. No nuts are allowed in the dining room.

The D+T subject leader will work with the office staff to ensure that key staff members have up to date knowledge and training to enable them to work with food in school.

Children who present as hungry

We know that children will only learn well once their basic needs have been met. If we feel that a child is hungry, for example due to not eating their breakfast, we will offer some food, such as fruit. We may provide cereal bars etc for children following a discussion with parents.

Role of the Governors

Governors monitor and check that the school policy is upheld and can offer guidance.

Monitoring and review

The Head teacher and Design and Technology subject leader are responsible for supporting colleagues in the delivery of the Food Policy. Herts Catering Ltd is responsible for ensuring the quality of the food offered at lunch time as part of the contract as caterer.

Date first agreed by staff/governors: Spring 2017

Date agreed by governors: June 2025

Date for next review: Summer 2030