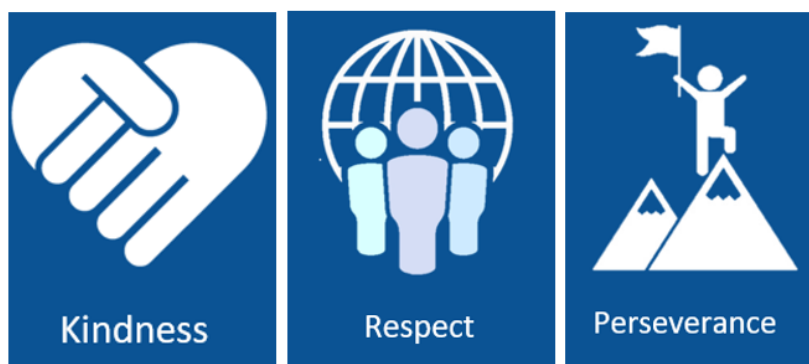


Ditchling (St. Margaret's) CE Primary and Nursery School

Food Policy



'Living life in all its fullness' John 10:10

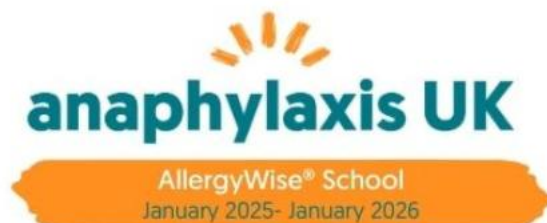
Version	Reviewed by	Approved by	Date Approved	Next Review Date
3	ESCC Model	Head/FGB	Feb 2025	Feb 2026


Signed: Chair of Governors


Signed: _Headteacher

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

We are an Allergy Wise School



Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day in line with the mandatory Revised School Food Standards 2015.
2. To support pupils to make healthy food choices and be better prepared to learn and achieve.
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

Breakfast Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 7.30 am to 8.45 am.

The breakfast menu includes: cereal, toast, yogurt, fruit and milk.

Break time Snacks

Break time snacks: Pupils may bring a wholegrain snack (oat/rice cakes) or fresh fruit and vegetables.

Food Throughout the Day

All pupils in Nursery, Reception, Year 1 and Year 2 are eligible for a free piece of fruit or vegetables each day. This is provided in class.

Lunchtime

Every child in Reception, Year 1 and Year 2 is eligible for a free school lunch. This is known as Universal Free Infant School Meals. Other pupils in Key Stage 2 may be eligible for Free School Meals. School meals are provided by our own catering team, Chartwells who plan the menus. All food is cooked on site. School council are consulted on the menu to encourage participation in choosing healthy food options. Lunch is served between 12.00 and 1:15pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. School meals are planned on a 2 week cycle and always contain a meat or fish option plus vegetarian and vegan option. Bookings can be made via ParentPay.

Parents and carers are encouraged to provide a packed lunch in line with guidance from the Children's Food Trust. Healthy lunch ideas are supplied in the school newsletter and Get Active newsletter. Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel

Packed lunches should not include:

- Chocolate / sweets
- Any items containing nuts

The school provides water for all pupils at lunchtime, therefore there is no need for packed lunches to include a drink.

Drinks

Every pupil is encouraged to bring a water bottle to school and this must only contain water. Free milk is available for all pupils in receipt of Free School Meals. Milk can also be ordered and paid for through the Cool Milk scheme.

Cooking and the curriculum

Forest School and Garden School

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). In the progression of skills in DT (cooking and nutrition) pupils learn to cook a range of savoury dishes as well as use kitchen utensils safely.

Throughout Garden School and Forest School, the children learn about where their food comes from even taking part in sowing, planting and harvesting fruit and vegetables to eat from the school allotment.

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 severe food allergies requiring Epi-pens. Pupil's food allergies are displayed in a sensitive way in the office, kitchen and staffroom so that all relevant staff are aware.

Parents and Carers.

Our relationship with parents/carers is very important and we aim to support them when making healthy choices for their families. We politely request that sweet treats are not sent into school for celebrations. At Ditchling we work hard to discuss dental hygiene with the children and it is important that we are consistent with our principles of healthy eating. Sweets and cakes for every child's birthday would be contradicting that message. Thank you for your understanding.