

# **Lawns Park Primary School**

**Lawns Park:** Learning Positivity, Learning Perseverance, Learning Patience, Learning Politeness.

## **School Food Policy**



**September 2024**

**Review September 2025**

## **Whole School Food Policy**

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school.

At Lawns Park Primary School, we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

### **National Guidance**

This guidance has been written to reflect the School Food Standards that were revised in June 2021. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports the statutory Health Education programme of study which became statutory in primary schools in September 2020. This includes.

- Understanding what constitutes a healthy diet (including understanding calories and other nutritional content.)
- The principles of preparing and planning a range of healthy meals
- The characteristics of a poor diet and the risks associated with unhealthy eating (for example obesity and tooth decay and the impact of alcohol on diet and health)

### **Application**

This policy covers the areas of:

- Breaktime snacks
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

The policy applies to all staff, pupils, parents, governors, and partner agencies working within school.

### **Break time snacks**

Children in the Early Years do not have a break time, in the event of a child being hungry school will facilitate a healthy snack.

Children from Years 1 to 6 may bring a piece of fruit to be consumed at breaktime.

## **Milk**

Our school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines. Parents are invited to register and pay for their child to participate in this scheme, which provides a carton (189ml or 1/3 of a pint) of semi skimmed milk daily. Parents can specify if an alternative type of milk is required e.g. soya. Children in Foundation One and Foundation Two and those families in receipt of Free School Meal are eligible for free milk.

## **Water**

Water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. Pupils are encouraged to bring a clear water bottle every day that they can refill, as necessary. Bottles go home at the end of every day to be washed and returned. No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

## **School lunches including packed lunches**

At Lawns Park Primary School, all school meals are prepared following the School Food Standards. This is a set of standards for all food served in schools, implemented by the Department for Education. These standards are mandatory in all maintained schools, academies and free schools. These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food consumed for breakfasts, mid-morning snacks, lunches and after school clubs. At Lawns Park, we recommend that these standards are also followed for packed lunches. For more information, please refer to: <http://www.schoolfoodplan.com>

We will provide Universal Free School Meals for children in Foundation Stage Two and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines. Staff will work with children to provide a clean, safe, attractive, and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged and expected to use good table manners when eating.

## **Curriculum**

Food, its production and preparation is, an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We re-enforce our delivery of the national curriculum by holding a 'Health Week' annually which enables us to focus on all aspects of well-being, including healthy eating.

## **Before and after school clubs**

Food provision at our breakfast and after school clubs is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification.

## **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays or special family events. In order to promote balance in the choices made parents and carers may wish to consider the type of treats they choose to send in, for example a fruit to be shared such as a melon as opposed to treat size sweets and

chocolates. Treats will be given to children at the end of the school day so that parents and carers can have oversight as to when and if their child has these. At Christmas and at the end of the school year classes may have a party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

### **Dietary requirements**

School will offer a vegetarian and Halal option for every meal. If a child has a food allergy or food intolerance, we require guidance from a medical professional, so that we can accurately support their dietary requirements in school.

### **Monitoring**

We consult with caterers, pupils, parents / carers and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals.