



The Leys Primary & Nursery School

Learning TodayLeading Tomorrow

Food Policy

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INTRODUCTION

At The Leys Primary & Nursery School we understand the importance of healthy eating, oral health and the pupils' education.

Named members of staff leading on healthy food: **Senior Leaders**

FOOD POLICY AIM(S)

Across Year 1 to Year 6, tables of pupils are supported by an adult who works with the children to help them serve their food, encourage them to eat and help them learn to assist with clearing up after their meal.

The menu, which is healthy and nutritionally balanced, is decided and occasionally changed by senior leaders. We will of course cater for vegetarians, have a Halal option and for medical dietary needs or allergies. We are also very happy to work with you and your child to make sure that they are able to eat the food on offer. We know that some children can be fussy, but we are committed to working with you to help your child enjoy a wider range of foods.

We believe eating is more than just 'refuelling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school. We are committed to working with you to make lunchtime better for your child, but at The Leys lunch time will always be more to us than just food.

1. Food and drink provision throughout the day

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

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 provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs.

For more information please refer to: <http://www.schoolfoodplan.com>

Breakfast

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals. If provided, we offer a variety of



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different fruits and a selection of cereals including low sugar, low salt, high fibre alternatives. At times we provide different toppings for toast and bread e.g. low fat spread, reduced sugar along with semi-skimmed milk for drinking, with cereal or in smoothies and low fat yoghurt.

Snacks

At The Leys we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day. Snacks provided for children and staff are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis. Older pupils in KS2, are encouraged to bring fruit as a healthy snack for breaktime.

School lunches

Food prepared by the school catering department meets the national school food based standards ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The Pupil Parliament makes suggestions regularly, ensuring that the meals reflect on the needs of the Pupils.

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 our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

2. Food and drink provision throughout the day

Packed lunches

Parents are encouraged to provide healthy well balanced packed lunches and have been sent advice in school packs and are reminded each year in parent-transition meetings on how to ensure they are.

Preparing a balanced child's lunchbox, include:

- starchy foods - these are bread, rice, potatoes, pasta and others
- protein foods - including meat, fish, eggs, beans and others
- a dairy item - this could be cheese or a yoghurt



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- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice.

INCLUDE:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat/ fish eggs and non-dairy protein e.g. pulses everyday
- Oily fish at least once every few weeks
- Starchy food such as bread, pasta, rice, potatoes
- A dairy product milk, cheese and yoghurt
- Water or milk (semi-skimmed or skimmed).

LIMIT:

- Meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice 150mls per day

DO NOT INCLUDE

- Salty snacks such as crisps nuts etc
- Sweets and chocolate
- Sugary soft drinks

For more information: <https://menus.hcl.co.uk/>

Drinks

The school food plan states:

Water is available for all pupils throughout the day, free of charge. Milk is available for children once a day, if parents wish to purchase.

School events

Pupils who have school meals are provided with a nutritious packed lunch if not on the school site for lunch.



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Birthdays and other special celebrations

Celebrating children's birthdays with cake/ sweets is not encouraged in school time. If parents wish to share cake with their child's classmates, may do so in the playground after school and with other parent's permission.

3. Cooking and Food Education in the Curriculum

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3.

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils' learning.
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms. The school nurse delivers sessions on living a healthy lifestyle and the dentist visits annually to talk about oral health.

Extra curricular activities

- We offer clubs that provide continued learning around leading a healthy lifestyle for example gardening club, multi-sports club and dance club.
- Pupils who attend after school clubs and extracurricular activities are given fruit as a snack, if required.

4. Special Dietary Requirements

Religious and ethnic groups
Vegetarians and vegans
Food allergy and intolerance

The Leys is aware of all food allergies/intolerances and other dietary requirements of the children. We offer a vegetarian and Halal option for every meal.

5. The Dining Experience



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Children line up to select their chosen lunch option and sit with their peers. School dinners and home packed lunch tend to sit separately.

The Leys has adequate facilities, suitable equipment, all food handlers are appropriately trained and all possible hazards are identified.

SHARING THE POLICY

This policy is available to all staff via a shared drive and to parents through the school website.