

FARLEY HILL SCHOOL



WHOLE SCHOOL FOOD POLICY

Governing Body Responsibility: SNACC Reviewed – November 25	Approved: November 2025
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1. INTRODUCTION

This policy was originally written after consultation with staff, governors, children and parents as part of our work towards achieving the Healthy Schools Standard.

A range of national documents were used as reference materials in this process, including the Food in Schools Toolkit (Department of Health) and Food Policy in Schools – a strategic policy framework for governing bodies (National Governors Council (NGC) 2005).

As a result of becoming a flagship school for the Food for Life Partnership in 2009, the policy was reviewed by the School Nutrition Action Group, with a view to ensuring the policy reflected the school's interest not only in promoting healthy lifestyles for the school community but also to encourage people to consider the environmental impact of their food choices.

2. MISSION STATEMENT

FEED THE BODY, FUEL THE MIND, SAVE THE PLANET

It is our belief that a balanced, healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills. Furthermore, we believe that we can make choices when buying, cooking and eating food, in order to benefit the environment.

We, therefore, seek to influence and improve the health of the whole school community by equipping pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both

themselves and the environment. This shall be accomplished by providing high quality food education and food service and ensuring consistency in food messages throughout the school day.

3. OUR AIMS

Food Leadership - To ensure senior managers and governors facilitate the role the school plays, as part of the larger community, in promoting family health and sustainable food and farming practices.

Food Quality - To ensure pupils and staff receive tasty, nutritious, affordable and safe food during the school day and have easy access to a water supply that is separate from the toilet area.

Food Education - To provide a well-planned National Curriculum course of study that incorporates messages about food and nutrition, food hygiene, food production, manufacturing, distribution and sustainability issues and which is complemented and reinforced by extra curricular activities that are accessible to the wider community.

4. FOOD CULTURE

To create and promote a positive food culture within the school and its wider community.

These aims will be addressed as follows:

A) Food Leadership

We will seek to...

- Ensure the whole school and community are involved and consulted with on school food issues through a School Nutrition Action Committee (SNAC);
- Work with the whole school and community to develop an agreed whole school food policy and action plan;
- Ensure the whole school and community are kept informed of key changes in relation to food issues;
- Maximise the uptake of school meals and promote free school meals;
- Encourage and support the provision of healthy packed lunches and snacks;
- Ensure key staff and teachers have the necessary skills to educate the whole school on food and nutrition topics and lead by example;
- Provide equal access and opportunity for all.

B) Food Quality and Provenance

We will seek to...

- Ensure all catering staff are involved and consulted on issues relating to food within the whole school and ensure continuous professional development opportunities;

- Provide consistent quality and seasonal food throughout the school day, which meets the Governments minimum standards;
- Provide food that takes into account individual pupils' special dietary requirements including: religious beliefs, cultural practices, food allergies and/or intolerances, vegetarian and vegan diets;
- Provide as much local, fresh and organic food as we can source and afford.

C) Food Education

We will seek to...

- Enable pupils to develop an understanding of the relationship between food, physical activity and short- and long-term health benefits, including oral health;
- Provide the opportunity to acquire basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene to both pupils and members of the wider community;
- Provide pupils and members of the wider community with the opportunity to learn about the growing and farming of food and its impact on the environment;
- Ensure pupils have regular contact with local producers and farms throughout their time at school;
- Ensure all children leave the school being able to cook a simple meal;
- Engage guest speakers/visitors who reflect our own philosophy and approach.

D) Food Culture

We will seek to...

- Provide an enjoyable lunchtime experience and environment;
- Create displays that reinforce messages about healthy food;
- Ensure there is no collaboration with businesses that require endorsements of brands or products that are high in fat, sugar or salt;
- Share our learning experiences with other schools and community groups;
- Provide advice and assistance about healthy eating issues to parents and members of the wider community as required;
- Minimise the use of confectionary and other foods high in fat or salt as rewards or treats, whilst recognising the healthy eating message of "everything in moderation".

5. FOOD EDUCATION AND FARLEY HILL PRIMARY SCHOOL CURRICULUM

Food and nutrition are taught at an appropriate level throughout each key stage through Science, PSHE and Design Technology. Children are taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- How to design a menu for school /at home, lunch/breakfast/evening meal
- Cost of menus
- How the body works to digest and use food
- How to keep teeth healthy and clean

- Growth of plants and animals
- Growing seeds, plants etc and what they need to grow well
- Food in different cultures
- Food as part of a celebration
- Food in history
- Debates on healthy food
- Food groups and which items make up each group
- How to stay fit and healthy
- Through extra curriculum activities which include such clubs as cookery.

Through enrichment activities, the school provides children with opportunities to cook and link to topics studied during the school year.

Themed days are also arranged for the school or a class, in consultation with the Catering Manager. Examples of themes are: Chinese New Year, Best of British, French Cafe

5.1 Teaching Methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, circle time, group discussion and role play.

6. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for School Lunches

The Government announced new standards for school food in 2015

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>

(The Education Nutritional Standards and Requirements for School Food (England)). They came into operation in September 2008.

The school employs its own staff and provides its own meals. The school employs a catering manager, and two catering assistants.

Vending Machines

The school does not have a vending machine and has no intention of installing one.

Milk

Milk is provided free to all children under the age of 5. All children in school are encouraged to buy into the “Cool Milk “campaign. The Catering Assistant, with help from Teaching Assistants, is responsible for the administration and distribution of milk to all children.

Nut Free

Farley Hill is a nut free school. We do not use nut products in the kitchen and children are not allowed to bring nuts and nut related products in their packed lunches.

PLEASE NOTE: WE ARE A 'NUT FREE' SCHOOL (THIS INCLUDES 'NUT BASED' SPREADS). To protect some of our children, who have nut allergies, we do not allow nuts or nut-based items as breaktime snacks or as part of lunchboxes under any circumstances.

6.1 Allergies

We cater for all types of allergies, such as gluten, fruits, dairy etc. Our Eat Smart Café caters for all Intolerances/Allergy needs, where possible. Food is individually prepared by our Catering Manager/ kitchen and served on coloured plates. All classroom staff, school kitchen and office have a copy of our Food Intolerances/Allergies list.

We may request that parents of children with high intolerances/allergies provide their own food for individual events involving foods, such as the end of term class parties.

Parents can contact the school Catering Manager if they wish to discuss their child's food allergies or intolerances.

6.2 Mid-Morning Break Snacks

Early Years/KS1 (Reception, Year 1 and Year 2)

Each student will receive one piece of fruit or vegetable free per day. This is provided under the NHS Free Fruit and Vegetables for Schools Scheme and will be prepared onsite.

- You may wish to send a piece of fruit in with your child. However, if your child is unable to peel the fruit, please peel the item and wrap or store in a suitable way.

KS2 (Year 3,4,5 and 6)

Help your child to get their 'five a day' by including some fruit or vegetables as a snack for their morning break or snack time.

- Fruit / vegetable – this may be sent in with your children

Children need more or less energy (calories) depending on their age and stage of development.

Some bread-based snacks can therefore help to meet these extra energy needs and help your child feel more satisfied.

Please note that if you send in grapes or cherry tomatoes with your child then they must be cut in half (length way)

Please no sweets or chocolate should be sent to school. Crisps may only be eaten at lunchtime.

We want to promote healthy, balanced diets so any snacks brought from home should ideally be in their natural form and not be processed. Snacks will be regularly monitored by school staff.

Examples of snacks that are allowed during the school day:

- All fresh fruit and vegetables including pots/bags of fruit and vegetables

- Raisins/sultanas (but not coated raisins)
- Dried fruit flakes
- Savoury crackers, breadsticks or rice cakes (plain)
- Small portion of cheese. This may be sliced or cubed (30g)
- Protein based snacks – i.e., meat sticks

Not allowed:

- Fruit in syrup, processed fruit or fruit winders. These are often high in sugar and are therefore not suitable as between-meal snacks.
- Cereal bars or sweetened breads and pastries, pancakes, scones, fruit bread and croissants and packets of crisps as these contain a lot of sugar and or fat/salt. **Crisps may only be eaten at lunchtime.**

6.3 Lunchtimes

Farley Hill provides a healthy eating dining room called the “Eat Smart Cafe”. All children, whether eating a school provided lunch or a packed lunch, eat in the cafe. The environment is conducive to healthy eating and child well being as it is beautifully decorated, light, friendly and calm.

When eating in the Eat Smart Cafe the school requests that:

- All children sit at a table in order to eat their lunch
- Children eat all, or at least try to eat most, of the food provided either by the school or in their lunch box
- All litter from lunch boxes brought in from home must be taken home at the end of the school day
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time e.g., children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch
- Children are expected to behave well whilst eating their lunches. They should be polite and helpful
- If a child has a problem or wishes to leave the Eat Smart Café, he/she should raise an arm and wait for a lunchtime controller
- Eat Smart Cafe staff should thank children for using the facilities, as children should thank them for their help and assistance
- Children leave the area, when they have eaten their lunch, in a reasonably clean and tidy condition.

The school recognises the benefits of a well-balanced hot school meal for children, in the middle of the day, and would recommend this to parents as the best option. The cafe provides a hot main meal, a vegetarian option, a jacket potato option and also a sandwich.

All meals are prepared following the nutritional guidelines. All food is freshly prepared and, wherever possible, all ingredients are sourced locally. Menus are on a three weekly cycle and are prepared by the Catering Manager, and available to view on the school website.

All meals must be selected by parents using the school ScoPay app. Meals may be booked half a term in advance.

Free school meals are available; anyone who thinks they may be eligible should speak to the headteacher/office staff who will deal with their enquiry sensitively and in confidence.

Lunch is held between 12 noon and 1.10pm.

Lunch for Infant children

All children in Foundation, Year 1 and Year 2 will be provided with a hot lunch by our Eat Smart Café, free of charge. Infant children are brought down to the hall by their class teachers and taken into the Eat Smart Café. The procedure for these children is as follows:

- The tables are set and water provided for each child
- All children sit at the table
- Children collect their main course from the servery
- They are only allowed to leave the table to go to the toilet
- Lunchtime staff move between the tables cutting food and encouraging children to eat
- When children have finished their main course, their plate is cleared and pudding provided
- Children must ask before clearing their place of pudding plate and water glass
- Lunchtime staff then take children out to play

Eat Smart Cafe staff then prepare the room for KS2 (junior children)

Lunch for Junior (KS2) children

As the Eat Smart Cafe is not large enough to contain all junior children in one sitting, there is a class rota which changes daily.

The procedure is as follows:

- Two Year 6 children, manage the arrival of children to the café, under the direction of the lunchtime supervisor
- Children check with Year 6 children as to which meal they have booked
- Children queue at the servery and take their meal to a table of their choice (only 8 children per table for Health & Safety reasons)
- Children help themselves to water
- Children must take off outdoor clothing before entering the Eat Smart Cafe
- Lunchtime staff supervise the eating
- Children eat a main course and then clear their plate before collecting and eating pudding
- Before leaving the cafe, children must clear the table, including stacking of chairs
- The last class to eat is responsible for clearing up in the cafe
- All children in the cafe at the end of serving are able to have “seconds” of the main course, if available
- No “seconds” of pudding are allowed

6.4 Packed lunches

Children who bring a packed lunch to school are encouraged to ensure that their meal is nutritionally balanced. **Sweets (candy), chocolates bars or any NUTS (or nut products) are never acceptable in lunch boxes.**

PLEASE NOTE: WE ARE A 'NUT FREE' SCHOOL (THIS INCLUDES 'NUT BASED' SPREADS).

To protect some of our children and staff, who have nut allergies, we do not allow nuts or nut-based items as breaktime snacks or as part of lunchboxes under any circumstances.

Please bear in mind that chocolate spread/Nutella in sandwiches includes NUTS. Please also check product information on shop bought items/biscuits packs.

Due to our Healthy Schools Standards, we only allow 1 'sweet treat' such as a cookie, slice of cake, cereal bar etc (sweet bakery item) per lunchbox.

These standards make sure that school lunches always include: one or more portions of fruit and vegetables every day. one or more portions of starchy food, such as bread or pasta every day. a portion of food containing milk or dairy every day.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g., lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- only water, still or sparkling, fruit juice, yoghurt or milk drinks and smoothies.

Packed lunches should not include:

- Confectionery such as chocolate bars, sweets and chocolate-coated biscuits. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

These guidelines have been shared with the children. Should you or your child forget what to include, please refer to our packed lunch policy on the school website. Any queries contact the School's Catering Manager.

We also encourage the use of ice packs in boxes during the warmer weather. Although the school provides storage for lunch boxes, it does not take legal responsibility for foods prepared at home and then consumed at school.

Water

- Additional water is provided; however, children will bring their water bottles with them to the lunch hall for lunch.
- Children are encouraged to bring water into school to drink during the school day
- Water should be brought in a clear, named bottle, designed for the purpose
- Bottles are kept in the classroom and children have access to their bottle throughout the school day
- To ensure good hygiene, we require all bottles to be taken home each day and washed
- Bottles should be refilled in class prior to coming down for lunch, where possible.
- Children are allowed to drink at any time during the school day.

The procedure for packed lunches is as follows:

- All lunch boxes are stored in the packed lunch trollies kept at the bottom of Junior stairs for each KS1 and KS2 trollies.

- Children sit with their friends to eat their packed lunch

Monitoring and review

This policy, its procedures and activities used to meet its aims will be monitored and reviewed annually by staff, the School Nutrition Action Committee and Governors