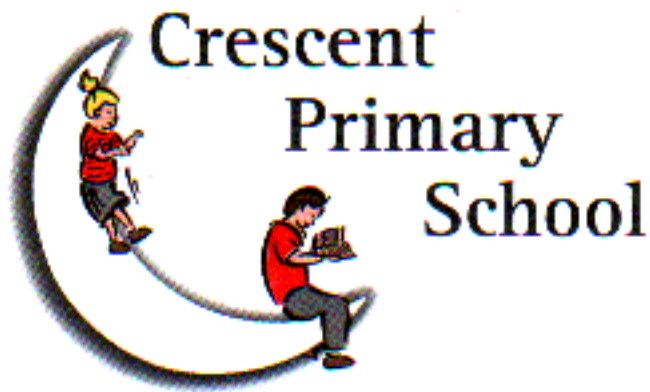


# Food Policy



**Approved by:** SD & P Committee **Date:** Spring 2025

**Last reviewed on:** Spring 2024

**Next review due by:** Spring 2026

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## **INTRODUCTION**

Crescent Primary School is dedicated to providing an environment that promotes healthy eating, which also enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The nutritional principles of this policy are based on current evidence-based findings and the 'eat well plate' is the agreed model for ensuring a healthy balanced diet.

## **FOOD AIMS**

1. Our overall aim is to equip children with the knowledge about food in order for them as they become more independent to make sensible, healthy choices about what they eat.
2. To provide healthy food/drink choices throughout the school day and ensure food brought into school in packed lunches is also healthy.
3. Provide safe, easy accessible school water throughout the school day

These aims will be addressed through the following areas:

## **CURRICULUM**

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects e.g. science, technology, PSHE, PE and that it remains consistent with the whole school Food Policy. This includes lessons about how to maintain a balanced diet linked to the body, as well as cooking healthy food. All children in school will be involved in preparing a range of food during each school year.

## **FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

National Nutritional Standards for food in schools became compulsory January 2015. Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch, tuck shops and afterschool clubs.

## **BREAKFAST CLUB**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards.

The breakfast menu includes a range of wholegrain cereal/ milk, wholemeal toast/ butter/ jam, yoghurt, fruit and apple or orange juice.

## **BREAKTIME SNACKS**

The school understands that snacks are an important part of the diet of young people and can contribute positively towards a balanced diet and improve concentration. All children in F1 – Y2 receive a piece of fruit or vegetable during the morning (provided by the government funded 'School Fruit & vegetable scheme', and children from F2 – Y6 have the

option to bring a small 'healthy' item to eat at playtime. Suggestions given to parents are: cheese, yoghurts, raisins, a variety of fruit & rice cakes.

### MILK

School milk via 'Coolmilk' is available for children throughout their time in school (free for under 5's and FSM eligible children) and for other children at a small cost.

<https://www.coolmilk.com/>

### WATER

All children have access to water throughout the school day, bringing their own clean water bottle to school every day.

New water bottles are provided at the start of each academic year to each child in F2 – Y6, funded by the schools PE & Sports Grant. These are taken home for washing and help reduce the need for plastic 'single use' bottles.

Water is provided to all children at lunchtimes too.

### SCHOOL LUNCH

Food prepared by the school NCC catering team meets the National Nutritional Standards for School Lunches.

**UIFSM** - Children in F2-Y2 are entitled to a universal infant free school meal which is funded by the government.

**FSM** - Free School Meal children from F2-Y6 are also entitled to a free meal from school.

Families have to apply for this via:

[https://emsonline.nottsc.gov.uk/CitizenPortal\\_LIVE/en](https://emsonline.nottsc.gov.uk/CitizenPortal_LIVE/en)

The school menus are decided by the school chef in conjunction with a group of pupils and are based upon the National Nutritional standards. The meals are on a three-week rotation and details can be found on our school website of the current menus.

<https://www.crescentprimaryschool.com/school-meals-fsmuifsm/>

<https://www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk>

All children in F2 – Y2 are encouraged to take up the offer of a 'hot' meal via the UIFSM scheme. Children are encouraged by the Midday Supervisor Team to try food items and food diaries can be arranged if there are concerns about a child not eating. The midday team actively work with the children using praise & encouragement along with extensive lunchtime play activities. This good practice is modelled across the collaboration of schools and others in the Mansfield area.

### PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that complement the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'eat well plate'. This will ensure children having packed lunches have a healthy balanced meal. **Drinks and sweets are not permitted.** Water is provided for all children.

Below are several example items for a well-balanced lunchbox that we would encourage:

- A sandwich or wrap with a choice of filling (cheese, ham, tuna, cheese spread)
- Crisps eg any type of crisp but ensuring a regular sized bag
- Veg sticks eg carrots, cucumber, tomato
- Tub of pasta
- Fruit e apple, orange, fruit in a pot
- Yoghurt
- Yoghurt drink
- Mini cheese
- Cake bar \*
- Small chocolate bar \*
- Cereal bar\*

\*We would encourage children to only bring one chocolate item each day eg Monday – a small chocolate cake, Tuesday – Chocolate yoghurt, Wednesday – small chocolate bar eg two finger KitKat.

### SPECIAL DIETS

The school provides food in accordance with pupils' religious beliefs and cultural practices as required. School caterers offer a vegetarian option at lunch when ordered in advance. If parents would like to discuss the provision of school food in line with religious and cultural beliefs, please speak to the school office who will put you in touch with our school cook.

### SPECIAL DIETS - MEDICAL

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents/carers are asked to make us fully aware of this. Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms, adverse reactions and actions to be taken in an emergency as well as emergency contact details, along with any particular food requirements e.g. for high-energy diets. The school caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to our agreed process.

We are a nut-free school.

### THE FOOD AND EATING ENVIRONMENT

The school provides a clean, sociable environment for pupils to eat their lunch and has developed the healthy aspects of the dining room environment. We actively encourage children to tidy their own plates away after eating and if they drop food on the floor to either ask a MDSA to pick it up or if able do this for themselves, then wash their hands. It is extremely important to us that the tables and seats are clean for the second sitting of children and the MDSA wipe and sanitise the tables between sittings / bubbles to ensure the children have a clean table to eat at and help towards the fight against the spread of Covid-19.

The Food Standards Agency carries out spot checks of the kitchen and schools' other food outlets such as Breakfast club on an annual basis. The school was given a 5\* star food hygiene rating at the last inspection in 2018.

Staff who cook/serve food are 'food hygiene' trained (kitchen & breakfast club staff).

## EVENTS & CELEBRATIONS

- Reward stickers are used regularly to praise good eating and behaviour.
- Star Stamps are issued for good behaviour
- Theme lunches eg. Valentines day, Halloween etc. are offered throughout the year
- Picnics & events nationally are celebrated.
- Christmas Party food is provided by school.

## CONSULTATION/MONITORING AND EVALUATION

### **The National Child Measurement Programme (Reception (F2) & year 6) NCMP**

Across England over 99% (approx. 17,000) of eligible schools take part in the NCMP every year, including Crescent Primary. This provides valuable information which is used to plan for and invest in key services to prevent and manage overweight and obesity. Additionally, the programme engages parents by sharing their child's results with them if they fall outside of the 'normal' range. Our participation in the NCMP is essential for the success of the programme. This is delivered by Nottinghamshire County Council and The Healthy Families Team.

The Government's second chapter of the Childhood Obesity Plan has set a national ambition to halve childhood obesity and significantly reduce the gap in obesity between children from the most and least deprived areas by 2030. The NCMP programme's data is key to monitoring progress of this ambition.

This policy has been developed through wide consultation with the whole school community – including governors, parents, staff and children. The policy and its impact is reviewed on an ongoing basis. The policy is available on our school website and 'TEAMS' site and communicated to the entire school community and new families/staff to our school are made aware of its importance.

### **Resources to encourage healthy eating**

- **School Food Plan training resource** to help all school staff understand the importance of a good school food culture: [www.schoolfoodplan.com/actions/teacher-training/](http://www.schoolfoodplan.com/actions/teacher-training/)
- **The Eatwell Guide.** A tool used to define government recommendations on eating healthily and achieving a balanced diet: [www.gov.uk/government/publications/the-eatwell-guide](http://www.gov.uk/government/publications/the-eatwell-guide)  
The **Eatwell Guide image** and **Eatwell Guide booklet** are included in the list of resources.
- **Let's Get Cooking: Learning Network.** A hub of information about providing healthy children's food offering 15 training courses for schools and caterers related to improving food for children: <https://letsgetcooking.org.uk/>

Standards for school food throughout the school day are in place.

[www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

Further information can also be found in the School Food Plan (July 2013)

[www.schoolfoodplan.com](http://www.schoolfoodplan.com)

<https://www.nhs.uk/change4life>

- **'Our Healthy Year'** resources to help encourage healthy habits during a child's first year at school and to help older kids build on the habits they need for secondary school and for life: <https://campaignresources.phe.gov.uk/schools/topics/our-healthy-year/overview>
- **School Zone** offers curriculum-linked resources and inspiration to help teach children about healthy eating and being active: [www.nhs.uk/c4lschools](http://www.nhs.uk/c4lschools)
- **Change4Life English and Maths teaching resources** and **whole-school materials** that support teachers to educate pupils about how much sugar is in their everyday food and drink, to support them and their families to make healthier choices: <https://campaignresources.phe.gov.uk/schools/topics/healthyeating/overview>