Cannon Lane Primary School

Whole School Food Policy

Date approved by SLT: October 2024

Date for review: October 2026

Introduction

This policy covers all food provided and consumed in school including before, during and after school. We recognise that healthy food and drink play a key role in a child's well-being and their ability to learn. At Cannon Lane, we are committed to providing healthy food options for all children, in addition to being a 'nut-free and Sesame-free' school.

We believe that educating children about healthy food choices at school, in partnership with parents and carers at home, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food. We believe this knowledge will then allow them to make healthy food choices.

Furthermore, as a right's respecting school, we encourage children to recognise their right to be healthy by eating healthy food and drinking water throughout the day:

Article 24 (Health and health services): Children have the right to good quality health care-the best health care possible-to safe drinking water, nutritious food, a clean and safe environment and information to help them stay safe.

Aims and objectives

- To ensure that all pupils have an understanding of healthy food choices including drinking water throughout the day.
- To increase knowledge and awareness of a healthy diet through our PSHE/Science curriculum.
- Encouraging children to try a variety of foods including foods from different cultures.
- To contribute to the healthy physical development of all members of our school community.
- To ensure that we are providing, and supporting caregivers in providing, food that is in line with the *School Food Standards.*

School dinners

All school dinners are provided by a contracted caterer Harrisons Ltd. All Harrisons meals follow the School Food Standards document by the Department of Education. Harrison's also maintains the *Food for Life* Bronze Award at Cannon Lane, which goes beyond the food standards and concentrates on freshly prepared food which is responsibly sourced from local suppliers. This means that all eggs are free-range, meat comes from farms with high animal welfare standards and fish is MSC (Marine Stewardship Council).

A tri-weekly menu is available on the school's website, as well as on display in the classrooms. This allows children to discuss their food choice with parents at home. Parents are strongly encouraged to pre-order their menu choices on Parentpay and the teachers and school office check that all children have ordered or have a packed lunch each morning.

Children are provided with the choice of vegetarian and non-vegetarian options (including halal options). A variety of fruit, salad and fresh bread options are also available each day. In addition, children are provided with water to drink and encouraged to eat proper portions.

Within each tri-weekly menu, Harrisons represents foods from a variety of cultures, which pay regard to nutritional balance and healthy foods. Furthermore, Harrisons Catering regularly provide themed lunch days, such as Greek day, American Independence day and Christmas dinner, which support the children in trying new foods.

School meals are free for children in Foundation Stage and Key Stage 1.

Packed Lunches

Many children choose packed lunches instead of ordering school dinners. At Cannon Lane, we believe it is important that packed lunches include healthy, balanced choices. Parents and carers have been made aware of the School Food Standards document (http://www.schoolfoodplan.com/actions/school-food-standards/) and have been provided with examples of healthy school lunches, including portion size and a range of food groups (See packed lunch examples below).

School Midday Supervisors encourage children to eat packed lunches, including foods that they may not have tried before. Items such as chocolate bars, fizzy drinks and sweets are not permitted. We encourage parents and carers to limit foods that are high in fats, sugar and salt. Water is also provided for children with packed lunches. Alternatively, children can bring in water from home.

Snacks

Children in Foundation stage and Key Stage 1 receive a fruit or vegetable-based snack such as apples, pears, bananas, peas, carrots or raisins each morning. In partnership with the company *Cool Milk*, children at Cannon Lane up to the age of 5 receive free milk each morning, while parents of children older than the age of 5 may purchase milk for their children.

Reception staff collect the fruit for fruit snack time in Reception. In Reception snack time is a 20 minutes session in the afternoon that is supervised by an adult in line with the EYFS Statutory requirements. Year 1 and Year 2 have fruit monitors to collect the fruit for break time, fruit is then taken out to be consumed during break time. Children are also responsible for the tidying up of uneaten fruit. We ensure fruit is not wasted by offering any remaining fruit to children in Year 3.

Key Stage 2 children are permitted to bring in healthy snacks, including fruit and vegetables, which they may eat during morning playtime. Children are not permitted to bring in sweets and snacks that are high in sugar, salt or fat.

Breakfast and After School Club

Breakfast club provides a healthy choice of breakfast cereals, toast and fruit for children participating in the club. Food choices and allergies are closely monitored by Complete Sports who run the club.

Similarly, After School Club provides sandwiches for children, again closely monitoring allergy and diet requirements.

We request that any food brought onto the school premises by pupils to before or after school clubs is consistent with the guidance given in the packed lunch examples and conforms to the school food standards for food other than lunches.

Water

During school meal times, only drinks which comply with the School Food Standards guidelines may be consumed including water, low sugar fruit juice and milk. Parents and carers are reminded to not pack sugary drinks into packed lunches.

We have water fountains in the playgrounds and children are encouraged to drink water regularly throughout the day, including after physical exercise, as well as to have water bottles in class. If children forget water bottles, plastic cups are readily available to them in class. Water is also available to staff and visitors in the staff room.

Teachers and staff are encouraged to drink water throughout the day, in order to model the importance of drinking water to the children.

Allergies and Medical Needs

The well-being of children with allergies and food-related medical needs is a top priority for Cannon Lane Primary School. Orange lanyards are given to children with allergies prior to lunchtimes so they can be easily recognised by Harrisons *Catering* Staff and Midday supervisors. The lunchtime registers also highlight the children with allergies so that the midday supervisors are aware.

Harrisons *Catering* displays an allergen information sheet for school dinners each day so that children and staff can easily identify the common allergens present within each food in the school dinner.

Staff, including Harrisons *Catering* staff, are made aware of children's allergies and food-related medical needs. Staff are trained to recognise and manage allergic reactions, including administration of Epi-pens.

All medications, including Epi-pens, are kept in the welfare room. Children with food-related medical needs, such as diabetes, are closely monitored and are encouraged to have snacks and water whenever required.

Learning

Throughout Foundation Stage, Key Stage 1 and Key Stage 2, children are introduced to healthy food choices, cooking and food hygiene through the subjects of the National Curriculum including PSHE, Science and Design Technology. Within the National Curriculum for Foundation-Year 6, children will:

PSHE

• Identify ways to keep healthy, including making healthy food choices.

• Understand the importance of food hygiene.

• Understand the nutritional value of different foods.

Science

• Know the 4 main food groups and plan healthy meals with these food groups in mind.

• Learn about where foods come from, including where different fruits and vegetables grow.

• Learn about how teeth and growth are affected by our food choices.

Design and Technology

• Be introduced to cooking and/or preparing foods. As part of the Design Technology curriculum, children also design and evaluate their completed meal/food.

Cross-Curricular Links

• Make cross-curricular connections in regards to food and health. These may include foods of a specific time or people (history/geography) or foods that are consumed during festivals or religious celebrations (religious education).