



Food Policy

DATE: September 2023

REVIEW: November 2026



Learning to live life in all its fullness



Roundhay St John's CE Primary School

Policy for food

This policy has been approved and adopted by the Governing Body and developed in consultation with the following:

- Our school council and school food ambassadors
- Parents
- The Leeds healthy eating team

Introduction and rationale:

At Roundhay St John's school we recognise the importance of ensuring every child has access to a healthy and well balanced diet, supporting them to lead a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn. Our school has achieved National Healthy Schools Status and is a supporter of the National Change4Life campaign.

The aims of our food policy are:

- *To ensure food and healthy eating messages are embedded in the school's ethos and consistent across all food provision and classroom activities.*
- *To provide a whole school approach to food and healthy eating to improve the health and wellbeing of children and their families.*

Breakfast:

Our school has a breakfast club that runs every morning. The breakfast club is available to all pupils. Pupil premium pupils are not currently subsidised by school.

The food provided includes cereals, toast, yoghurts, fresh fruit and also porridge in the winter. Milk and water are the only drinks offered. We ensure all food served is healthy and meets the current food standards. This is monitored by Tania Castro, Discoveries manager. Full details of our breakfast club and how to book a place can be found on our school's website.

Break time:

All pupils are encouraged to bring in a piece of fruit or vegetable snack from home to enjoy at morning break. We encourage a fruit and vegetable only policy to promote healthy snacking.

At afternoon break time all Early Years Key Stage 1 children are provided with free fruit and vegetables as part of the National Fruit and Vegetable Scheme and any surplus fruit is offered to older children.

All children are offered the opportunity to have, milk which is free up until the age of 5 and then heavily subsidized thereafter. We use Coolmilk as our provider.



Drinks and Water:

All pupils are encouraged to bring in a water bottle and there are sinks in each classroom so that pupils can access fresh water freely throughout the day. Pupils are encouraged to drink water regularly. Cups are available for pupils who do not bring a bottle. At lunchtime jugs of water are provided on each table and are replenished regularly. Cups are available to children eating school meals and packed lunches if they have not brought their own drinks. Sugary drinks are not permitted and, if children consistently bring in these types of drinks, then parents will be informed and encouraged to support the school in this policy.

School meals:

Our school meals are provided by the Leeds Catering Company who ensure the menus are balanced and compliant with the mandatory food and nutrient based standards. We support the catering company by carrying out our own monitoring once a term. Our school food ambassadors also carry out monitoring and give regular feedback to our school cook and senior leadership.



The menus are regularly reviewed in consultation with pupils and parents and a recent survey showed a good level of pupil satisfaction with school meals. Our menus are varied and include a range of meals from different cultures and countries and we publish copies of these on the school website. We also provide individual, personalized menus for pupils with specific, medical dietary requirements and these are drawn up in consultation with parents and, where necessary, medical staff.

Rewards (such as stickers) are given to children who show positive behaviour during lunchtime, such as helping another pupil or making healthy choices, and consistent positive behaviour is recognised in whole school celebrations.

We promote our school meals through the school website and we try to offer tasters at parents' evenings and school events. Increasing school meal uptake is included as a key objective in our Healthy Schools action plan.

Free school meals:

Our school strongly encourages families of KS2 pupils to claim their free school meal (FSM) entitlement. Parents and pupils can speak with this member of staff about any concerns or questions they may have in confidence.

Payment for school meals is collected via Parent Pay rather than in classrooms, to further eliminate any stigma associated with them. We make sure FSM pupils cannot be identified at any point of the school day. On school trips we provide a variety of non-identifiable lunchboxes for FSM children so their packed lunches are no different from that of any other child.



Packed lunches:

Packed lunches can be a contentious issue and as such we try to deal with issues that arise sensitively and sensibly. We have a packed lunch guidance leaflet available to support parents and pupils in packing a healthy lunch.

Pupils who bring in a packed lunch are able to eat in the main dining room with pupils who eat a school dinner. All wastage will be sent home to help parents monitor their children's eating. As stated above, parents will be encouraged to provide a balanced packed lunch in line with school food standards. Packed lunches will be expected to include at least one piece of fruit and/or vegetables. Unhealthy snacks such as crisps, chocolate and sweets are discouraged. This is inconsistent with the standards for school meals. Sugary drinks are not permitted and it is not essential to bring a drink as the school provides all packed lunch pupils with access to water.

Occasionally the school food ambassadors will carry out monitoring of packed lunches to help support pupils and parents to make healthier choices.

The dining room environment:

We have one hall that is used for a variety of purposes, including as a dining room. As a result, there are other items in the hall that are not directly linked to lunchtimes, such as a piano and some PE equipment. Our building has a small footprint so we are unable to have a designated dining room. However, staff are working hard to ensure that is an attractive and well-kept area and all pupils are able to sit with their friends during lunch to ensure it is a sociable occasion. Attractive, healthy eating displays, that are child-led, are displayed around the room to encourage children to make healthy choices.

Cultural, age appropriate, and special diets

At Roundhay St John's we are supportive of children with any cultural and special dietary requirements and this is reflected in our food menus. The '*Leeds Cultural and Religious Food Policy Guidance*' has been followed to support this. All pupils' dietary needs are recorded and communicated sensitively with the catering team. We also ensure portion sizes are age appropriate and this is confirmed by the results of our most recent school meals survey.

Special occasions and rewards:

We understand that all children enjoy a treat on special occasions although as a Healthy School we encourage parents not to send in sweets and cakes for birthdays or similar celebrations and instead suggest they provide a book for the class to share and keep in their class library.

School trips and events:

Our standards of healthy eating are reflected beyond the usual school day and our food policy applies to school trips and other special events. At school discos, celebrations, and school fairs we aim provide both healthy snacks and limit unhealthy options.

The curriculum:

Our policy is reinforced and embedded through learning in the classroom. Our curriculum will enrich children's experience of food, physical activity and healthy balanced diets through Science, PSHE, PE and Design and Technology. We build on knowledge and practical skills through the key messages of the Eatwell Guide to support healthy choices for life beyond school.

Communication with parents:

We will communicate and share our policy with parents each year and listen and act on views and opinions through ongoing surveys. Parents are welcome to attend our parent forums each term when we can discuss any matters arising relating to the food policy or other areas of health in school.

Author: Mrs Kelly Chapman

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Approved by: