



## **Whole School Food Policy**

### **Introduction and Rationale:**

At Gade Valley Primary School we recognise the importance of ensuring every pupil has access to a healthy and well balanced diet; supporting them to lead a healthy lifestyle now and later.

We recognise there is a strong link between a healthy diet and learning.

### **Aims:**

- To provide a whole school approach to food and healthy eating to improve the health and wellbeing of pupils and their families.
- To provide a whole school approach to healthy lifestyles to promote attainment and progress in all pupils.
- To embed healthy lifestyle messages and ensure they are consistent across all provisions.
- To encourage pupils to make long term healthy choices through education and awareness.

We ensure all food served is healthy and meets current food standards.

### **Night Owls:**

Pupils who attend our Night Owls club will be offered a piece of fruit, biscuit and water and/or fruit juice.

### **Drinks and Water:**

Each classroom has a drinking water tap available to all pupils throughout the school day. Pupils are encouraged to bring their own water bottle into school which should be taken home each week and cleaned.

Sugary drinks are not permitted in school, only water. This is reflected in our Packed Lunch guidance.

Water is provided over lunchtime for all pupils – dinner and packed lunch pupils. These jugs are topped up as and when they are needed.

### **School Meals:**

Our school meals are provided by Hertfordshire Catering Ltd who ensure the menus are balanced and compliant with the School Food Standards. Our menus change every autumn and spring to ensure seasonal foods are used alongside foods from different cultures and countries. All current menus are on our school website and paper copies available from the school office.

### **Universal Infant Free School Meals & Free School Meals:**

All pupils from Reception to Year 2 are eligible for Universal Infant Free School Meals (UIFSM).

Gade Valley strongly encourages families to claim their FSM entitlement. When pupils are admitted into school, parents are offered guidance and support in making their claim.

Payment for meals are collected through the Arbor app to eliminate any stigma associated with FSM. Pupils who receive a free meal cannot be identified at any point during the school day. On school trips, pupils who are entitled to FSM are provided with a packed lunch.

### **Packed Lunches:**

Pupils who bring a packed lunch eat in the main dining room with pupils who eat a school dinner. Food wastage is sent home to help parents and carers monitor their pupil's eating.

Parents and carers are encouraged to provide a balanced packed lunch in line with our Packed Lunch guidance. Healthy snacks such as fruit and vegetables are permitted whilst sugary snacks such as chocolate are not allowed. This is consistent with the standards for school meals. Sugary drinks are also not permitted. School provide access to water for all pupils, including those on packed lunches.

Inappropriate contents in packed lunches will be discussed with parents.

### **Cultural, Age Appropriate and Special Diets:**

At Gade Valley Primary School, we are supportive of pupils with cultural and special dietary requirements. This is reflected in our diverse menus. All dietary needs are recorded and communicated with the catering team sensitively. Portion sizes are age appropriate.

### **Special Occasions and Rewards:**

At Gade Valley Primary School, rewards in school are usually non-food based prizes. Prizes given include books, stationery, stickers and certificates. However, in theme with Charlie and the Chocolate Factory, three pupils each week will win an 18g chocolate bar if they have a winning ticket.

We understand that all pupils enjoy treats on special occasions, such as birthdays. Pupils may bring a treat to share with their class mates, however this will not be consumed during the school day but given out as the pupils leave. When teachers give out treats, they will remind pupils not to open and eat them until they have been collected by their parents/carers.

If parents/carers do not wish for their pupil to receive treats at school, they can inform the school via the office.

**Curriculum:**

A healthy lifestyle is embedded through learning in the classroom. Our curriculum aims to enhance pupil's experience of food, physical activity and healthy balanced diets through the following subjects: Science, PSHE, PE, Design & Technology and themed days/weeks.