



PHOENIX
PRIMARY SCHOOL

WHOLE SCHOOL FOOD POLICY

REVIEWED SEPTEMBER 2020 – REVIEW DATE SEPTEMBER 2024

A **Beyond** ACADEMY
SCHOOLS TRUST

Phoenix Primary School - Whole School Food Policy

Aims

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips.

Phoenix Primary School aims to provide an environment that promotes the health and well-being of pupils, parents, and staff by ensuring that all food provision and food messages are healthy and consistent. Phoenix staff recognise and are committed to the fact that healthier children learn more effectively. We recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Contextual Information about the School

Phoenix has total of approximately 270 pupils (in 2020). The school is made up of three main groups and these include White British, East European and Black African. The number of children eating school meals is approximately 130. The number of children entitled to free school meals is approximately 80

The Eating Environment

- All pupils eat in the dining hall with their year group and then move into the playground.
- Pupils who eat a packed lunch are encouraged to sit with children who are having school meals
- An attractive salad bar has been made available to children with a variety of choices.
- Colourful artwork and displays of children's work make the dining hall inviting for pupils.
- The dining hall has been redecorated in fresh colours.

Application

This policy covers the areas of:

- Breakfast Club
- Breaktime snacks including those brought from home.
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and activities
- School visits
- Events and celebrations
- Allergens
- Parents and Food

The policy applies to all staff, pupils, parents, Governors, and partner agencies working within school.



Breakfast Club

Breakfast club has been running for several years and has approx. 100 children attending. The criteria of selection is dependent on social factors. Free places are offered to children in receipt of Pupil Premium. All other students pay 50p per day.

Children arrive in school at 8am and social interaction is encouraged whilst eating breakfast. After they have had breakfast, pupils can play a variety of board games or read books. Outdoor play is also encouraged.

The food is prepared fresh on site by the school staff. The food on offer ranges from, cereals and milk, white and brown bread, margarine, sugar free jam, raisins, and other dried fruit. Fresh fruit and juices are also available.

Staff involved in food preparation for breakfast and extended school have food hygiene certificates. Our premises was awarded 5 stars in Food Hygiene, 2019.

Breaktime Snacks

Any snacks that are brought from home will be restricted to fruit or vegetables, unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

We also have a pupil led Tuck Shop in which the students have set up a company that orders, promotes, stocks and sells a range of healthy snacks for the rest of the school.

Milk

Free Milk is offered to those pupils entitled to free school meals. At KS2, milk will be offered free to all pupils as part of the school meal. Where milk is provided as part of lunch it is provided free to all pupils.

Where milk is made available outside of lunch it will be offered free to those pupils entitled to a free school meal.

(Schools may use the Dedicated Schools Grant to fund the provision of milk for eligible pupils. It is for individual schools to decide how much funding to allocate for this).

Water

Clean filtered drinking water will be available for all pupils and adults throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are provided with individual, clean plastic bottles from which to drink. The school also has 3 water fountains, one just outside the main hall and two outside in the playground.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.



School Lunches (including Packed Lunches)

At Phoenix Primary School all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. “A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment”

- Food is provided by Independent Catering Services
- These healthy options are promoted at the admissions phase
- Free school meals are provided for all children in this school in receipt of Pupil Premium
- Food is presented at child height and the cooks and other staff go through the options verbally
- Children are encouraged to try different foods each day by the cook and other staff
- Children are expected to choose one of the main options and vegetables and salad each day
- Healthy dessert options are offered, ranging from fruit, yoghurts, and a hot alternative
- A member of staff or non-teaching staff lines up with children and discusses options and helps make decisions about a balanced diet
- Staff members are encouraged to sit and eat their meals with pupils
- Children are encouraged to eat their main meal before dessert; this is monitored by the members of staff present in the hall
- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed
- The cook is informed about children who have special dietary needs or allergies, and this information is also displayed in the kitchens, staffrooms, and classroom
- Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away
- The caterers change the menu termly in consultation with the Headteacher
- Free school meals can be applied for online through our [web link](#).

Packed Lunches

Children are encouraged to show their packed lunches to a member of staff before and after they have eaten. Unhealthy food may be removed by staff and returned to the child at the end of the day. Parents are consulted by a class teacher or our family liaison officer if lunch boxes do not contain a balanced diet. Healthier options are discussed and ‘healthy packed lunch box’ workshops are offered.

All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits.

- No more than two portions of food that has been deep-fried, batter coated, breadcrumb-coated, each week.
- No more than two portions of food which include pastry each week.
- No snacks, except vegetables and fruit with no added salt, sugar, or fat.
- No confectionery, chocolate, and chocolate-coated products.
- No cakes, biscuits, pastries, or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit).

Salt must not be available to add to food after it has been cooked. Any condiments limited to sachets or portions of no more than 10 grams or one teaspoon.



Curriculum

The school occasionally has themed days related to a topic or the time of the year such as Christmas; food is provided in line with the theme.

The formal curriculum develops pupils' knowledge of healthy eating through Design and Technology, Science, and cross-curricular links.

The profile of healthy eating is raised through focus on Science and DT topics, healthy food activities and workshops during Science Week.

In Key Stage 2 children learn the importance of healthy living in Science, DT and PSHE. Topics include: Ourselves, Health and Growth, Keeping Healthy and eat more Fruit and Vegetables. The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.

Before and After School Clubs and Activities

The list of permitted healthy packed lunch foods, also applies to snacks brought for before and after school clubs.

School Visits

Packed lunches provided for eligible pupils for school trips as part of our Free School Meal provision comply with National Food Standards.

Parents should follow the usual packed lunch guidelines when providing food for a school visit.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in to celebrate birthdays, we ask that healthy foods such as fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives. In school we celebrate children's birthdays during our celebration assembly. At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

Multicultural food is encouraged during parties such as Christmas and Cultural Days.

Allergens

The Caterers hold information on children's allergies.

Parents and Food

- During parents' evening, staff are offered healthy food options, including fruit and juice.
- Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and on Phoenix website.
- When parents and visitors come to the school the refreshments provided reinforce the schools healthy eating message, such as fruit juice and fresh fruit.



Notes

The use of sweets for rewards is kept to a minimum. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.

During SATs week, all Year 6 pupils are offered a free healthy breakfast.

We have started a gardening club in which produce is grown within the school grounds. This produce is used in the kitchen to be eaten by the children and it is proposed that some of the produce is sold to turn the profit back into the club.

Monitoring

We consult annually with caterers, pupils, parents/carers, and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals.

