



Ellingham VC & Woodton Primary Federation

WHOLE SCHOOL FOOD POLICY

Date Reviewed:	Agreed by Governors:	Date for Next Review:
November 2024	November 2024	November 2027

*Our vision is to love our neighbour,
enabling everyone to flourish and to
reach their full potential.*

RESPECT

CHALLENGE

INSPIRE

RESILIENCE

NURTURE

ASPIRATION

Introduction

Ellingham VC and Woodton Primary Federation are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food and healthy living choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

Aims

- To support our children in adopting healthy lifestyles and attitudes towards food and physical activity.
- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
- To support pupils to make healthy food choices, so that they are better prepared to learn and achieve.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

Food throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. Both schools run a daily breakfast club for pupils from 8.00am – 8.40am. The breakfast menu includes: A selection of cereals, toast with butter and a choice of toppings and fruit juice.

Break Time

Ellingham VC and Woodton Primary Federation understands that healthy snacks can be an important part of the diet of young people. We participate in the School Fruit and Vegetable Scheme for KS1. KS2 children are permitted to bring only fruit or vegetables from home for their break time snack. Children are encouraged to drink water during or after break times. When in season, fruit grown at school (e.g. strawberries and apples) is made available for the children to eat.

School Meals

School meals are provided by Norse Catering and cooked at Pulham Primary School. Meals are served between 12:00 and 12:30 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3-week cycle and always contain a vegetarian, jacket potato and packed lunch option. The school meals menu can be found on our school website.

We liaise with the catering staff to discuss menus and quality of food provided. In an annual questionnaire, the children are given the opportunity to state their views on the food on offer. As part of the monitoring process, we are aware of the amount of food wastage.

Lunches are eaten at tables in the school halls, where there are small kitchens for serving food and washing dishes. The halls in both schools are light and pleasant eating environments. Good table manners are encouraged as is social interaction. From time to time, a member of staff will eat with the children, and on special occasions, parents are invited to join their children for lunch.

Packed Lunches (from home)

The Federation aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. Children are not allowed fizzy drinks or sweets in their packed lunches.

Water / Drinks

Children are encouraged to drink water throughout the day, and members of staff act as role models. The children are encouraged to bring their own, named, water bottle which they can refill in the school classrooms.

Birthdays / Celebrations

The school recognises the importance of celebrating birthdays and special occasions. We believe that as part of learning about a balanced diet, children should have opportunities to enjoy different foods at times of celebration.

Curriculum

The overall aim of our teaching about food and nutrition is to help children learn about and enjoy healthy food. Food and nutrition is taught at an appropriate level throughout each key stage in Science, PSHE and Design Technology (cooking and nutrition).

Our Design Technology curriculum, focuses on the preparation and cooking of nutritious, savoury dishes, giving the children the skills they need to cook for themselves in the future.

Special events throughout the year, for example, Harvest Festival, RE Days, Environmental Week and Multicultural Week, are ideal times for the children to take part in preparing and cooking food from their own and other cultures.

As part of Forest Schools and gardening club the children help to maintain and tidy our fruit and vegetable gardens.

Special Dietary Requirements – Allergies and Intolerances

Parents must alert the school office, by completing a Norse Special Diet registration form, at the earliest opportunity.

Norse will then provide an appropriate meal based on individual needs.

In the wider school day, we are aware of and accommodate children with particular dietary needs, such as food allergies/ intolerances, and always encourage children to try the food they help to prepare before saying whether or not they like it.