



WALTON AND LEES HILL CE PRIMARY SCHOOL

POLICY ADOPTED BY FULL GOVERNING BODY: July 2023

Name: Mary Alston

Position: Chair of Governors

Next Review Date: July 2026

1. Aims and Objectives

At Walton Lees Hill Church of England Primary School we believe that proper nutrition is essential for good health and effective learning. A varied and balanced diet is an important way of protecting health, and promoting proper growth and development. It can help children and young people to improve their concentration and fulfil their potential both inside and outside school. Primary school pupils have particularly high energy and nutrient needs in relation to their size and appetite.

Our intention is to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety
- provide a “whole school, whole day” approach to nutrition that makes the “healthier choices easier choices” work in partnership with catering staff
- to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs
- work in partnership to achieve a pleasant sociable dining experience which enhances the social development of each pupil

Free school meals are available to children whose parents are in receipt of certain means tested benefits.

2. Role of Pupils

Free fruit is available for reception and Key Stage 1 children at break times and pupils should eat this rather than developing unhealthy snacking habits. Pupils are expected to try a range of food at lunchtime.

3. Role of Parents/Carers

Parents/carers are encouraged to help their child/children to choose what they want from the three weekly menu; informing the school cook at least 1 week in advance where the second choice option is required. Statutory changes are non-negotiable. Parents are asked to respect the school’s wishes to follow national guidelines on healthy eating especially when it comes to food provided in packed lunches and at break times. Simple and comprehensive guidance is given to parents on packed lunches and food at break times. The choice should include fruit or vegetables. Pupils should not bring in fizzy drinks, and should limit chocolate, sweets, crisps and sugary drinks brought as snacks.

4. Role of Staff

Lessons will include food technology and emphasize the importance of healthy eating as part of the process. Multicultural aspects of food are explored as part of the curriculum. Staff will work together to create a positive ambience in the dining room and encourage good manners.

The school cook and Headteacher to agree menus on a three-week rotation to meet Mandatory School Food Standards 2015 to achieve adequate intakes of energy and essential nutrients. Healthy balanced meals rich in vitamins, iron and calcium are promoted by providing fruit, vegetables, meat, beans, bread and low-fat dairy products, starchy foods for energy, and encouraging fruit juices, low fat milk and sugar free drinks. Water is available at all times. All children are offered three portions of fruit and vegetables as part of their meals, and are encouraged to try everything even if only a small taster. All reception children are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods. Unfinished food is left in packed lunch boxes so parents can assess what the child has eaten.

In consultation with school staff the cook will have authority to replace items of equipment or to arrange for servicing of items of equipment in the school kitchen where the total cost of replacement or servicing for each item does not exceed £100. In respect of any larger expenditure for the replacement or servicing of equipment, the School Cook shall report to the Headteacher who will seek authority from the Governing Body for expenditure in excess of £1000 on any single item.

5. Role of Governors

The policy is reviewed every three years and actions will be identified in the School Improvement Plan.

6. Monitoring and Review

The School Cook and Headteacher will monitor the menu against children's nutritional requirements and look to address any concerns.

If a child is unwilling or unable to eat the meals provided the school will inform the child's parents and negotiate a healthy solution to ensure that children are offered sufficient to eat. The School Cook and Headteacher will be responsible for ensuring satisfactory food quality and menu variety.

7. Records kept by school cook will include:

- Pupils allergies or extreme dislikes
- Analysis of the meals are meeting the national nutritional standards on a daily and weekly basis
- To check what is eaten and to minimise waste
- To monitor quality and quantity of purchases
- Hygiene and risk assessment records are also kept according to County rules and regulations

This policy is to be reviewed every three years or sooner if required.

REVIEW SHEET – School Meals Policy

The information in the table below provides details of the earlier versions of this document and brief details of reviews and, where appropriate, amendments which have been made to later versions.

Version Number	Version Description	Date of Revision
1	Original	June 2017

