

Roxbourne Primary School



Food Policy

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Rationale

At Roxbourne Primary School, we are committed to giving all of our pupils consistent messages about all aspects of health to help them understand the impact of their behaviours, and encourage them to take responsibility for the choices they make. This extends to the food we provide in school, and the food we allow pupils to eat while in school.

We can provide a valuable role model to pupils and their families about food and healthy-eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together different elements of the school day to create an environment which supports a healthy lifestyle.

Aims and objectives of our Food Policy:

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to eat five pieces of fruit or vegetables each day

Government Guidelines for Food at School

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs.

At Roxbourne, we adhere to all of the standards set out in the School Food Plan. For more information please refer to: <http://www.schoolfoodplan.com>

Food Provision throughout the Day

Pupils routinely eat at two points during every school day:

- Morning snack
- Lunch time

Food as Enrichment

As part of our programme of curriculum enrichment, there may be occasions where pupils receive additional food. For example, they may attend a meal in a restaurant as part of a school trip, or sample different foods in class (e.g., have a traditional British Afternoon Tea during a unit on the British Royal Family, or bake and eat a birthday cake when learning about birthday celebrations). On these occasions, we will ensure that pupils eat a reasonable portion of these foods, to ensure that we continue to promote healthy and balanced choices at all times. We will also ensure all pupils are catered for, regardless of allergies or other dietary requirements.

Birthdays and Other Celebrations

To help us promote healthy eating, as well as to help us maintain our responsibilities with regards to pupil allergies and other dietary requirements, we ask that parents do not send birthday cake or other food items in with pupils to share with their classmates on their birthdays or other special occasions.

If you would like to share something with your child's class on their birthday, we ask that you share non-food items, such as stationery or small toys. If you prefer, you could also donate a book to our school library to celebrate.

Pre and Post School Snacks

We know that children can be incredibly hungry before and after school. If you would like to provide your child with a snack as they walk to or from school, we ask that this consist of fruit and vegetables only. Unhealthy snacks such as chocolate bars, chewing gum, or crisps are not permitted on the school grounds.

On some special occasions, FORC may sell ice creams or other snacks in the playground after school. These occasions are monitored by the school and are infrequent enough that we feel they still enable us to promote healthy, balanced food choices. On these occasions, non-fruit and vegetable snacks will be permitted within the school grounds.

Drink Provision throughout the Day

Water is available to pupils throughout the day, free of charge. We recognise the importance of remaining hydrated, and encourage pupils to drink regularly.

- We invite all pupils to bring a full water bottle to school with them each day. They have access to this at various points throughout their lessons.
- At lunch times, we provide both fruit infused water and plain water.
- The Key Stage 1 and Key Stage 2 playgrounds are equipped with water fountains, to enable pupils to drink freely during break and lunch times.

In our Early Years, we also provide a daily serving of milk to all pupils, in line with the government's Nursery Milk Scheme (please see below for more detail).

A Water Only School (and Milk in EYFS)

At Roxbourne, we follow the Mayor Of London's initiative to become a [Water Only School](#).

By adopting a water-only policy, whereby water and low-fat plain milk are the only drinks available at our school, we are taking a positive step towards improving the health and behaviour of our pupils. Sugar-sweetened beverages contribute to childhood obesity, type-2 diabetes, and tooth decay.

To help us achieve this aim, we ask the following of parents:

- Please only put plain water in pupils' water bottles. Squash, flavoured waters, fruit juices, or other drinks will not be permitted.
- Where pupils bring in a packed lunch, please do not include any additional drinks in the lunch box. This includes smoothies and fruit juices.

EYFS Milk Provision

The [Nursery Milk Scheme](#) means that our Early Years pupils are also entitled to a free serving of milk per day. Milk is what experts call "a nutrient dense food", which means it provides a large amount of nutrients essential for growth, yet with relatively few calories. It is a good source of protein, zinc and vitamins A, B2 (riboflavin) and B12, and makes a valuable contribution to the intake of iodine, niacin and B6. It is also rich in calcium, which children need for strong bones. A third of a pint of milk provides half the daily recommended amount of calcium a child aged four to six years needs.

Although the scheme only applies to children up until their fifth birthday, we continue to provide a free serving of milk to all pupils until the end of Reception.

It also only covers dairy milk, due to the nutritional values mentioned above. However, we recognise the importance of inclusivity and so offer a non-dairy alternative milk to our EYFS pupils with dairy allergies free of charge.

Morning Snack

At Roxbourne, we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet. We also recognise the importance of eating 5 portions of fruit and vegetables per day, and wish to promote this as much as possible with all of our pupils.

The government's [School Fruit and Vegetable Scheme](#) entitles all children in KS1 to one piece of fruit and/or vegetable per day. This healthy snack is provided to our Key Stage 1 pupils to eat during their morning break.

We believe it is important for all pupils to maintain this healthy habit, and so we invite our Key Stage 2 pupils to bring in their own fruit or vegetables to eat during morning break. When providing KS2 pupils with a morning snack, please remember that it must consist of fruit or vegetables only. If your child's morning snack contains any items that are not permitted, these will be removed, returned at dismissal and you will be sent an email letting you know.

School Lunches

The [Requirements for School Food Regulations 2014](#) made standards for school food into law, and specify which types of food and drinks should be served at school and how often.

The requirements state that a healthy, balanced diet for pupils should include:

- plenty of fruit and vegetables
- plenty of unrefined starchy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- some milk and dairy foods
- a small amount of food and drink high in fat, sugar and salt

School Catering Team

Our hot and nutritious school lunches will be prepared onsite by Edwards & Ward, and meet all of the statutory requirements. You can read their Welcome Letter by clicking [here](#).

Edwards & Ward have designed an exciting menu that will not only taste great, but that will be balanced and nutritious. Read the new exciting menu on our website [here](#).

We encourage all of our parents and carers to opt for school lunches; sharing food with peers helps pupils build relationships and social skills, as well as helping to ensure they receive a nutritionally balanced meal.

Universal Free School Meals

All pupils in Reception, Year 1 and Year 2 are eligible for a **free** school lunch under the government's Universal Infant Free School Meal scheme. We will continue to expect **all pupils** (in Reception, Year 1 and Year 2) to enjoy a school meal as one year group community with their friends and peers. We do not offer the option for pupils in these year groups to bring a packed lunch to school.

Additional funding for your child

We are able to claim £1,345 for your child per academic year if they are eligible for Free School Meals/Pupil Premium Funding. We currently claim this additional funding for 102 children at Roxbourne Primary School, and this means we are able to support their parents with:

- An annual £65 gift voucher to be used with Touchline (our uniform provider)
- 50% off all educational visits (including residentials), workshops, clubs programme, breakfast and after school care
- 50% off music tuition and instrument hire

The list above is just some of the fantastic benefits we are able to pass on if your child qualifies for Free School Meals/Pupil Premium funding.

To find out if you are entitled to this additional funding, please complete our 2-minute Roxbourne Google Form by clicking [here](#), or by speaking to our Office team.

Ordering and Paying for School Lunches

Pupils in our full-time Nursery, as well as pupils in Years 3-6, can enjoy a school meal or bring a packed lunch. The cost of a school meal is £2.20 per meal.

We strongly advise that all of our pupils enjoy a hot, nutritious school meal. This opportunity supports your child in

- experiencing different foods
- developing social skills as they eat as one class
- developing independent eating skills
- developing independence of choice

To pay for your child's lunch, top up your child's meal account on your Arbor App/ Portal. Full instructions on how to top up your child's meal account can be found [here](#). You must top up the meal account before your child enjoys the school lunch.

You do not need to choose your child's lunch; your child will be supported to make their own choice in the canteen. You may, however, wish to discuss the menu at home with your child.

Packed Lunches in Nursery and Key Stage 2

If you decide to opt for packed lunches for your child, we ask that you ensure these lunches provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

Every day, a balanced child's lunchbox should include:

- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals
- dairy food such as milk, cheese, yoghurt, fromage frais or custard
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel)
- At least one portion of vegetables

Packed lunches should not include:

- Crisps
- Chocolate bars and sweets
- Cakes and biscuits
- Nuts
- Fast and deep fried foods: pizza, chicken nuggets, chips etc.

If your child's packed lunch contains any items that are not permitted, these will be removed, returned at dismissal and you will be sent an email letting you know.

Dietary Requirements

At Roxbourne, we cater for a variety of dietary requirements every day. Our catering team are aware of all food allergies and other dietary requirements.

Some of the ways in which we cater for our diverse community and needs are as follows:

- All meat products are halal
- No pork or beef products
- At least one vegetarian main meal option for every meal
- No nuts in any of the food produced on site

If your child has any special dietary requirement due to medical conditions and/or medical allergies, Edwards & Ward offer a simple process.

- **Step 1:** read their Special Diets process by clicking [here](#).
- **Step 2:** register your child's special **medical** dietary requirement using their link [here](#).

Please speak to the Office Team if you have any questions about this.