



Deanwood Primary School

Food Policy

Policy Scope: Deanwood Primary School
Responsibility: Local Governing Body
Review Frequency: 3 years
Review Date: September 2026

The Governing Body of Deanwood Primary School adopted this policy in September 2023.

Signed by D Giles, Chair of Governors

A handwritten signature in black ink, appearing to read "D Giles", is written over a horizontal line.

Food Policy

This policy has been drawn up in consultation with the whole school community. We have included the views of children, parents, catering staff and governors.

Aim

This policy covers all aspects of food and nutrition in our school. It aims to promote the health and well-being of our pupils, staff and visitors.

Throughout the policy, the term “food and drink” should be taken to include all food either prepared or sold in school. This includes school lunches, breakfasts, and food and drink sold through tuck shops.

There is a section of the policy covering packed lunches brought from home.

Objectives

At our school we have the following aims and ambitions with regard to food and nutrition:

- To ensure that all food and drink consumed on the premises promotes good health and well-being
- To promote the idea of making healthy choices and that ‘treats’ can be enjoyed on special occasions.
- To ensure that pupils are given accurate, practical and relevant information about food and drink, both as part of the curriculum and through wider school activities such as clubs
- To provide support and guidance for pupils who may develop problem behaviours around food and drink.

How we will achieve our objectives

1) ensure that food and drink consumed on the premises promotes good health and well-being

We will:

Work with the school caterer and Medway Council to ensure that all food in our school consistently meets or exceeds the requirements of the School Food Trust and other regulations.

Our school receives its meal service from ABM Caterers. As such we can confirm that all food served in school meets the requirements of the Food in Schools Regulations.

Our school lunches are likely to offer better nutrition than a packed lunch simply because they are able to offer a wider variety of foods. For a copy of the menus, recipe ideas and information on free school meals please contact the school office.

We will use consultation with pupils, when appropriate, through class councils and the school council, to involve them in discussions and decisions regarding food and drink in school.

Our dining area will be kept clean and hygienic and we will take steps to promote it as a pleasant place in which to eat.

We expect our children to adhere to our agreed rights and responsibilities (as stated in our Behaviour Policy) in order to make mealtimes a social, pleasant and constructive part of the school day.

We will encourage the uptake of Universal Free School Meals and Free School Meals across the school.

Pupils are only permitted to have drinking water in the classroom and we promote the use of water bottles.

2) ensure that pupils are given accurate, practical and relevant information about food and drink, both as part of the curriculum and through wider school activities such as clubs.

We will:

Review our curriculum to ensure that information relating to food and nutrition in different lesson areas is accurate and up-to-date.

The curriculum will also include topics such as budgeting and ensuring that meals are well-balanced. Food and nutrition will be taught through a variety of different subject areas, for example:

- How food is grown and where it comes from – Geography
- How food used to be cooked and stored – History
- Budgeting for meals – Numeracy
- Famine and surplus – Citizenship
- Multi-cultural – learning about and cooking food from different cultures.

3) provide support and guidance for pupils and staff who may develop problem behaviours around food and drink.

We recognise that there is enormous pressure on children and young people to conform to various ideas around body image. These can lead to the development of health problems such as eating disorders. There is also a risk that children who are over or underweight may be the target for bullies.

Teachers will challenge any stigmatising or discrimination against those who may have weight problems.

If staff have concerns about any child, there are a number of agencies who can be called upon to support the child and school.

Any health related information about pupils is kept in strict confidence (see also our confidentiality policy). This includes information on weight issues.

We recognise the importance of developing a balanced attitude to all foods, including those which may be less healthy than others.

We realise that in today's world many children are growing up with worrying attitudes towards food. Images in the media, together with peer pressure, mean that many children develop fears around their body shape which in turn leads to the risk of eating disorders.

It is our policy that children receive a key message:

There is no such thing as a bad food.

However, it is important that children are taught that some foods present a possible health risk if they are eaten too often. Through the Personal, Social and Health Education curriculum we will teach children the importance of making healthy choices. Foods that are less healthy will be offered from time to time as treats or as part of celebrations such as Christmas parties or special events. (See the section on working with our caterer for more information on these and other services available.)

Our work with PSHE will help children to feel good about themselves and to resist pressure to conform to a particular body shape or size.

Food brought from home

Food provided by parents is not covered by the recent changes in the law around food in schools. We do however ask parents to work with the school in promoting healthy lifestyles.

- Packed lunches –families are asked not to include chocolate or sweets in packed lunches. We ask that the only drinks provided are water, pure fruit juice or drinking yogurt.
- Snacks – please send in healthy snacks such as fruit or vegetables.

We do informally keep an eye on the content of lunchboxes and if we have concerns, we will contact parents. We also ask children to remind parents and carers of these rules. In cases where children persistently bring inappropriate food to school, parents or carers will be invited in to school to discuss the matter.

These rules are in place to ensure that all our children are given the opportunity to eat a healthy midday meal.

The importance of food and nutrition for behaviour, learning and achievement.

The school nurse can be contacted for further advice and support.

Monitoring and evaluation

We will check that our policy is working by:

Regular consultation with families and pupils, via the school newsletter and the school council.

Regular consultation with our caterers and monitoring of the pupils' food choices.