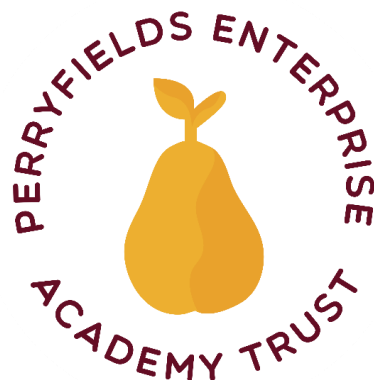


# Perryfields Enterprise Academy Trust

## Whole School Food Policy



| Perryfields Enterprise Academy Trust |  |
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| Adapted from:                        | Perryfields Junior School Policy                 |
| Date Reviewed:                       | February 2025                                    |
| Approved By:                         | P.E.A.T Board                                    |
| Approved Date:                       | 6 <sup>th</sup> February 2025                    |
| Review:                              | Every 2 years                                    |
| Next Review Date:                    | February 2027                                    |
| Communicated to Staff                | By: Email<br>Date: 6 <sup>th</sup> February 2025 |
| Published on:                        | PJS website                                      |

**SUMMARY OF CHANGES – FEBRUARY 2025**

| <b>Section</b>                           | <b>Detail</b>   |
|--|---|
| Aims                                     | Addition of Main aims of policy.  |
| School lunches                           | Addition of serving times and information about where to find the menu.   |
| Snacks                                   | Title changed from Break time snack to 'Snacks.<br>Introductory sentence added.   |
| Curricular and extra-curricular activity | Title changed from Curriculum.<br>Included information about clubs.   |
| Packed lunches                           | Should include guidance- Oily fish once every 3 weeks e.g. sardines or salmon<br>Should not include – Food from fast food outlets, Fizzy drinks |
| Monitoring and review                    | Title change from monitoring and evaluation.  |
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## **SUMMARY**

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

## **AIMS**

At Perryfields Junior School, 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.

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

## **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.

## **APPLICATION**

This policy covers the areas of:

- Special dietary requirements
- Nut-free school
- Breaktime snacks including those brought from home
- Water
- School Lunches including packed lunches brought from home
- Curriculum
- Before and after school clubs
- Events and celebrations

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

## **SPECIAL DIETARY REQUIREMENTS**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is Sophie Cole.

Pupil's food allergies are displayed in a sensitive way in relevant places around the school.

## **NUT FREE SCHOOL**

Due to the risk to those who have an intolerance to and/or serious allergic reactions to nuts, Perryfields Junior School makes every effort to be a nut-free school. This is enforced in school through a ban on nuts and nut products.

## **SNACKS**

The school understands that healthy snacks can be an important part of the diet of young people.

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

Our school tuck shop also provides fresh fruit that can be purchased on a daily basis.

## **WATER**

Clean drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

## **SCHOOL LUNCHES INCLUDING PACKED LUNCHES**

At Perryfields Junior School, meals are provided by our inhouse catering team, and served between 12:00pm and 1:00pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 2 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our weekly school newsletter. Staff will work with children to provide a clean, safe, attractive and appropriate dining area.

We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. 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 school expects staff to contribute to and support this food policy across the school day.

Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall. This lunch is provided free of charge.

## **PACKED LUNCHES**

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, our following packed lunch guidance supports parents to make informed choices to create it healthily.

Perryfields Junior school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

### **Packed lunches should aim to include:**

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible.
- 1 portion of fruit and 1 portion of vegetables or salad.
- Dairy food such as cheese or yoghurt.
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel.
- Oily fish once every 3 weeks e.g. sardines or salmon

### **Packed lunches should not include:**

- Food from fast food outlets
- Sweets
- Chocolate
- Fizzy drinks
- Any items containing nuts

Food not eaten in a packed lunch should be sent home to ensure parents are aware of how much has been eaten.

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

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

## **CURRICULAR AND EXTRA CURRICULAR ACTIVITY**

Food and its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PSHE, PE and Design and Technology. We reinforce our delivery of the national curriculum by holding a healthy schools day which enables us to focus on all aspects of well-being including healthy eating.

School clubs also support the teaching of food and healthy eating, such as our cookery club.

## **BEFORE AND AFTER SCHOOL CLUB**

Breakfast is an important meal that should provide 25% of a child's energy requirement and support pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 7:45am – 8:45am (start of the school day). Food provision at our breakfast and after school club is compliant with the National School Food Standards. Relevant staff have a basic food hygiene and preparation certification.

## **EVENTS AND CELEBRATIONS**

The school recognises the importance of celebrating birthdays and special occasions. However, we do not allow any cake, sweets or chocolate to be brought in to school for this purpose.

## **MONITORING AND REVIEW**

Perryfields Junior School is committed to:

- Developing monitoring and evaluation systems, which record levels of uptake in school meals and free school meals.
- Seeking and using feedback from pupils, parents and staff.
- Seeking and using feedback from catering staff.
- Increasing range of healthy options in line with school food regulations.

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

The policy will be reviewed every 2 years.