



Dringhouses Primary School

Food in School Policy

Signature of Chair of Governors

Signature of Headteacher

Date of Adoption: Autumn 2025

Date of Review: Autumn 2028

Reviewing Committee: Resources Committee

Statutory/Non-Statutory****

FOOD IN SCHOOL POLICY

Rationale

A healthy, balanced diet makes an important contribution to children's growth and development, to their educational performance and attainment and to their long-term health and well-being. The relationship between poor health, nutrition and low school achievement is well documented.

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.

This policy takes into account the following guidance:

- Education Act 1996 (Sections 512, 512ZA, 512ZB, 512A, 533)
- School Standards and Framework Act 1998
- Food in School Policy, DfE 2013
- The Requirements for School Food Regulations 2014
- School Food Standards UK

References:

- www.childrensfoodtrust.org.uk/schools
- www.foodforlife.org.uk
- www.schoolfoodplan.com/standards

Aims

- To increase knowledge and awareness of a healthy diet throughout the curriculum.
- To provide safe, tasty, and nutritious food that promotes health.
- To enable all pupils to have a healthy school meal.
- To make healthy eating enjoyable and the norm.
- To provide fresh, easily accessible, water during the school day.
- To promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices.
- To be a role model for healthy eating.
- To monitor healthy choices, including packed lunches.
- To use a range of opportunities to promote healthy eating.
- To ensure that consistent messages regarding healthy eating are reinforced throughout the school day.

Responsibility

It is the responsibility of all staff, including teaching, support and catering staff, to implement the food policy, to actively act as role models to demonstrate positive attitudes to healthy eating, and to develop children's awareness and understanding of how to make healthy food choices.

Catering staff are responsible for providing high quality food that complies with the national nutritional standards for school food and for contributing to a welcoming and positive eating environment.

The Curriculum

Food, its production and preparation, is an important part of the curriculum for all pupils and is taught across the curriculum. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the national curriculum.

Food education (healthy eating) is taught through a variety of teaching and learning strategies, providing pupils with the opportunities to learn about different types of food in the context of a balanced diet and how to plan, budget, prepare and cook meals, understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables.

The school actively participates in local and national initiatives such as those delivered by the Children's Food Trust, the Soil Association Programme (Food for Life), the Change4Life Campaign, Yorkshire Agricultural Society.

Healthy Drinks

All children are expected to have their own drinks bottle in school and be responsible for their own water intake. All pupils have access to fresh drinking water throughout the day and water is provided at lunchtime for children having a school meal.

Milk is available free of charge for all children under the age of 5 for children to drink during the morning break. Once children reach the age of 5, parents have the option to continue to order and pay for milk for their child through the 'Cool Milk' scheme.

School Meals

All children eat in the school hall. The school aims to create a positive atmosphere where children are able to socialise and enjoy the dining experience. Parents and Staff are able to monitor food choices by using the school meal pre-ordering facility and encourage pupils to try new foods and develop their social skills.

All our school meals are provided by our in-house team of caterers, who act in accordance with the School Food Standards. All meals served must adhere to the Food-Based Nutritional Standards and recommended portion sizes based on pupil age. A copy of the weekly menu is on display in each classroom and discussed with

children. As well as a copy on the ParentPay site where meals can be pre-ordered in advance by parents.

The school Food Plan presented evidence that Universal Free School Meals lead to positive improvements in health, attainment and social cohesion, and help families with the cost of living. From September 2014 all state funded infant school children (those in reception, year 1 and year 2) have been eligible for a free school meal.

Children in other school years are also entitled to free school meals if their parent is receiving any of the welfare benefits listed below:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

We work with families who are eligible for Universal Infant Free School Meals and income-based free school meals to encourage them to take up this benefit.

Packed Lunches and Snacks

Parents are asked to avoid providing crisps, confectionery and fizzy/sugary drinks in packed lunches, as well as any food products which may contain nuts.

Pupils in reception, year 1 and year 2 benefit from the government scheme to provide one piece of free fruit or vegetable per day. Children in Key Stage 2 are encouraged to eat fruit and vegetables or another healthy snack at break times. Fizzy drinks, sweets, crisps and chocolate biscuits are discouraged in school and on educational visits.

Dringhouses Out of School Club – Breakfast Club and After School Club

The Out of School Club operates independently within the schools premises and is encouraged to participate in providing healthy food and drink options and to be involved in discussion about healthy school initiatives.

Friends of Dringhouses Primary School (FODS)

The Friends of Dringhouses Primary School support this policy by providing healthy food options at school discos, children's parties and other fundraising activities.

Pupils

Pupils are actively consulted about food and drink provision in school and their views are central to developing healthy provision.

Staff

All staff are encouraged to access training regarding diet and nutrition, where relevant.

Visitors

Where visitors and outside agencies are involved, their contribution is planned as part of an overall programme of food and healthy lifestyles education, which ensures that all visitors use current dietary advice and good practice as the basis of their input.

Parents/Carers

Parents are encouraged to support healthy provision of food. The school endeavours to keep parents/carers up to date in developments regarding healthy food provision in the following ways:

- Listening to and acting upon issues or concerns from parents/carers.
- Providing feedback on audits and the opportunity to help with informing policy.
- Seeking advice from parents/carers in relevant professions, e.g. paediatrician, dentist.
- Engaging parents/carers by, for example, inviting them to accompany reception children to lunch during the first week of school, and by hosting taster sessions for parents, carers and grandparents.

Monitoring food provision

Dringhouses Primary School is responsible for ensuring the quality of the food offered for school meals. We also monitor food waste where appropriate and take relevant measures to reduce this.