

Vaughan Primary School



Whole School Food Policy

Date of Policy: Autumn 2022

Date of Review: Autumn 2024

Next Review: To be reviewed bi annually

Review Date	Changes made
Autumn 2022	This is the second version of this policy

This policy should be read in conjunction with:

- Physical Education Policy
- Science Policy
- Design and Technology Policy
- PSHE Policy
- Healthy Schools Bronze Award Report
- Supporting pupils with medical needs - conditions Policy
- Pupil illness Policy
- DT Policy

Introduction

At Vaughan Primary School, we recognise the important part a healthy diet plays in a child's well being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can work together to promote the awareness of healthy eating of all members of the school community.

This policy has been designed to consider and comply with the DfE Standards for School Food in England revised in 2019.

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>

Aims

- To ensure compliance with the School Food Standards, published in 2015 and subsequently revised in 2019.
- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To make every reasonable effort to ensure that food provision in the school reflects the cultural, ethical and medical dietary requirements of staff and pupils.
- To ensure that all food and drinks consumed as snacks promote healthy eating and healthy teeth
- To ensure all staff and volunteers involved in food preparation, other than those provided by the school caterers, e.g. fund-raising events, cooking and handling food as part of the curriculum, demonstrate good food safety practices.

- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.

This policy applies to all staff, pupils, parents, governors and partner agencies working within school and addresses the areas of:

- Responsibilities
- Breaktime snacks (including those brought in from home)
- Milk provision
- Water
- School lunches including packed lunches
- Curriculum
- Interventions
- Breakfast club and After School Club
- Events and Celebrations
- Food intolerances

Responsibilities:

The Governing board are responsible for the provision of school food and have a statutory responsibility to ensure the School Food Standards are being met with an emphasis on how schools are creating a culture and ethos of healthy eating. The use of the Governors checklist works alongside the Headteacher Checklist and supports the whole school approach to food and helps to create a culture and ethos of healthy eating in line with the healthy schools' audit.

www.schoolfoodplan.com

Breaktime snacks:

All Foundation Stage and Key Stage 1 pupils are provided with daily fruit or vegetables as part of the Government Scheme. Key Stage 2 pupils (including those who attend morning swimming lessons) are encouraged to bring daily fruit or vegetables into school from home as a mid-morning snack. The school will consider specific pupil's dietary needs e.g. pupils with restricted diets and or particular sensory needs related to diet.

Milk Provision:

All pupil up to the age of 5 years old are provided with daily milk in accordance with Government Guidelines. After this time, parents are invited to register and pay for their child to participate in this scheme, which provides a carton of semi skimmed milk daily for pupils in Key Stage 1 and 2. Pupils who are in receipt of Pupil Premium are eligible for daily free milk.

Water:

In line with the School Food Standards, the whole school community has access to free fresh drinking water throughout the school day. All cold water taps in classrooms and the staffroom provide drinking water. Pupils are encouraged to bring a water bottle to school every day that they can refill as necessary from cold water taps in classrooms. Bottles go home at the end of every day to be washed and returned. In 2019, the school secures additional funding from the Healthy Pupil Capital Fund which supported the installation of additional water fountains within the school. These are located both in school and on the playgrounds. No drinks, other than water, will be brought into school by pupils unless recommended by a doctor for medical needs.

School Lunches including packed lunches:

The school aims to promote healthy school packed lunches. The healthy school's audit prioritises improving packed lunches in order to promote healthy eating throughout the day. As a school we have a responsibility to ensure that pupils make the right choices by restricting items such as crisps,

confectionary and sugary drinks. The school will consider specific pupil's dietary needs e.g. pupils with restricted diets and or particular sensory needs related to diet.

Our catering provider, Taylor Shaw, deliver a complete fresh food lunch service incorporating the following key objectives;

- Freshly prepared, healthy and well-presented lunches that children choose to eat
- Adherence to the School Food Plan guidelines provided in the service specification
- Soil Association Food for Life Bronze award (minimum)
- A dining experience that contributes to the children's education with thought given to broadening the child's food experience through encouragement and tastings
- A service that provides value for money for its customers.
- All children to be offered a choice whether they be the first or last in the queue
- A partner that actively markets the service to maximise free and paid uptake
- To provide a lunch service which is a happy and positive part of the child's school day
- To engage with a partner who supports and develops the onsite catering team
- A company which is prepared to integrate and work in partnership with the School

Curriculum:

Food, it's production and preparation are an important part of the curriculum for all pupils from the Health and Self-Care Early Learning Goal in EYFS to both KS1 and KS2 Science, PSHE, PE and Design and Technology curriculums and also through the use of the school allotment club where pupils are involved in growing and harvesting vegetables. These curriculum areas enable pupils to make healthy and informed choices by increasing knowledge and understanding of the principles of nutrition, changing attitudes, enhancing skills and following procedures for food safety and hygiene.

Interventions:

The school may provide opportunities for pupils to take part in interventions which include provision for snacks. The aim of these interventions is to provide settled starts to the day and well as to develop social and interaction skills whilst eating with peers

Breakfast club and After School club:

Whilst breakfast club food provision is run in-house by the staff on duty, they follow the same guiding principles to ensure adherence to the school food standards. Staff have recently undertaken training from Kellogg's on the effective running of breakfast club and have Level 2 Food Safety (Catering) training.

The After-School Club provides an evening snack for those children in attendance. We use our catering partners, Taylor Shaw, to provide this service. By doing so, we are able to ensure menus reflect the school food standards and those three-week rolling menus are closely aligned to ensure a well-balanced diet throughout the day.

Events and Celebrations:

The National School Food Standards do not apply at parties, celebrations to mark religious or cultural occasions, or at fund raising events. However, consideration should be given as to how food and prizes are supplied at school events is consistent with the school ethos. Vaughan Primary School aim to ensure that healthy food and drink options are available at school events.

At Vaughan Primary School, we want to give the children the opportunity to celebrate their birthdays but in order to promote healthy eating choices, we will not accept birthday treats, sweets, chocolates or other foods designed to share into school.

Food intolerances:

All pupils with a diagnosed medical condition have a health care plan which outlines their medical needs and treatments if appropriate. All staff, including midday supervisor's, have access to details of

pupils' medical needs including allergies and these are stored both electronically and in paper copy form. Pupils with severe food allergies may require administration of adrenaline in cases of an incident. Welfare staff are trained in understanding severe allergies and all staff receive regular training on how to administer adrenaline pens. The school is a 'nut-free' school. All staff, parents and children are required to respect the school as a nut free zone. This is also communicated with parents (appendix A) The school has a 'no food sharing' protocol which acts as a reminder that all pupils only eat their own snacks or lunches and must not share with their peers.

Since the introduction of new European Regulations on Food Information to Consumers in 2014, Taylor Shaw has introduced a number of resources for their colleagues to confidently provide customers with allergen information on all foods. Each site has a daily team briefing to ensure that all their staff are aware of the allergen content of that day's menu and that the information they give to staff and pupils is accurate and verifiable.

Taylor Shaw have a special diet policy and procedure, whereby the parent/carer can capture the medical diet needs of the child, which will then be reviewed by a dietician and a custom menu produced. More information on the Taylor Shaw policy and procedure can be found on the school's [website](#). The Taylor Shaw team of dietitians will be able to support and provide menus for any complex meal solutions.

The way schools are currently operating in response to coronavirus (COVID-19) is fundamentally different to business as usual, however, a number of important principles concerning food in school remain the same:

- all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- every reasonable effort is made to ensure that food provision in the school reflects the cultural, ethical and medical dietary requirements of staff and pupils.
- pupils are encouraged to bring a water bottle to school every day that they can refill as necessary from cold water taps in classrooms

Appendix A



Vaughan Primary School
The Gardens
West Harrow
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Telephone
020 8427 7222
e-mail
office@vaughan.harrow.sch.uk

Headteacher
Mrs Karen Jones

November 2022

Dear Parents and Carers

PEANUT AND NUT ALLERGIES

As outlined in our Whole School Food Policy, which can be found on the school’s website, we are a ‘nut free’ school. We have adopted a ‘nut free’ approach in order to protect both pupils and staff at Vaughan who may have a severe allergy to nuts, and we are asking for your support in order to provide all pupils and staff with a safe school environment.

For people with a nut intolerance, any exposure to nuts can cause a life-threatening allergic reaction that requires emergency medical treatment. To reduce the chance of this occurring, we are asking that:

- You do not send any products containing nuts to school with your child as part of their packed lunch. This includes peanut butter or Nutella sandwiches, peanut or nut bars.
- You check labels of foods such as granola, cereal bars and ready-made savoury items before you put them in your child’s lunchbox.
- Any cultural foods that form part of your child’s packed lunch do not contain nut products – e.g., satay dips.
- If you choose to provide your child with a snack for their homeward journey, this should be nut free and consumed off site.

As a school, we realise that this request may pose an inconvenience for you when packing your child’s packed lunches, however, we wish to express sincere appreciation for your support and understanding in this matter.

Please complete the slip below and return to your child’s class teacher.

Yours sincerely

MRS KAREN JONES
Headteacher

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VAUGHAN PRIMARY SCHOOL

PEANUT AND NUT ALLERGIES

Name of Child: Class:

I understand the terms outlined in this letter and I agree to not send my child into school with nut-based products in their lunch or snacks. I understand that, if my child persistently brings nut-based products into school, the matter will be dealt with in line with the school’s behaviour policy.

Name of Parent:

Parents’ signature: Date:

