

Purley Partnership Federation



Purley Nursery School
Achieving and growing together



Christ Church Primary School
Nurturing lifelong learners with God's guidance

Food Policy

Reviewed December 2019, to be revised December 2022

Aims

Purley Partnership Federation recognise a healthy diet as an essential part of the school day. We understand that a healthy diet plays a vital role in developing the whole person, ensuring that children have healthy bodies and minds.

Our aims are:

- to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school
- to help our pupils understand the consequences of, and to develop the skills to take responsibility for the choices they make.

Food provision across the school day

The food provided within school meets, or exceeds, the latest mandatory standards from the DFE.

Break time – Christ Church Primary School

- A piece of fruit or vegetable is available to every child in reception and key stage one classes.
- Milk is available, at a small cost, for all children across the school and is free for children aged five years and under and those eligible for free school meals.
- Break time snacks or those eaten after sporting events/during school trips are required to be healthy, e.g. a piece of fruit, and children are encouraged to drink water during break time.

Snack time – Purley Nursery School

- Milk is provided daily to all nursery children.
- A piece of fruit or vegetable is offered as a snack during nursery sessions.
- Access to drinking water is provided throughout the day.

Breakfast and after school provision

- Children are offered a healthy breakfast and a healthy light meal after school. Food is served at tables with due regard to health and safety and to promote a 'family' atmosphere. Menus for after school club are reviewed on a six monthly basis.

Lunch time – Christ Church Primary School

- Children can choose a balanced and nutritious meal provided by the appointed catering company or bring a packed lunch that meets nutrition guidelines required by The School Food Standards (see also section below entitled "Packed lunches").

Lunch time – Purley Nursery School

- Children are required to bring a packed lunch (see also section below entitled "Packed lunches").

Monitoring of food provision and food choices

At Christ Church School meetings are held with the catering staff to discuss menus and quality of food provided. We also ask the children for their views on the food on offer. As part of our monitoring we are aware of the amount of food wastage. Lunch options are taken at registration to minimise food wastage and all food waste is recycled.

Packed lunches

Please refer to the Packed Lunch policy. Many children bring a packed lunch to school and we believe that they should form part of a child's well-balanced diet. To support parents, information and ideas about the contents of packed lunches is regularly included in newsletters, and a checklist is included in school brochures and new parents packs. Fizzy drinks, chocolate and sweets are not allowed, and every child is encouraged to have at least one portion of fruit and vegetables each day. Both schools are nut-free.

Water provision

Children are encouraged to drink water throughout the day and teachers act as role models. At Christ Church School, children are asked to bring named water bottles and encouraged to take them home daily and wash in hot soapy water. We promote an environment of free access to water.

Consistent messages

We do not use food as a reward for children's behaviour or learning. In addition to this, the distribution of food for birthdays and special events or holidays is not allowed.

Teaching about food and nutrition

The overall aim of our teaching about food and nutrition is to help children learn about and enjoy food. Children are taught about healthy eating within the curriculum.

Within the formal curriculum

There are many opportunities for children to learn about food and nutrition. For example:

- year two's science learning on healthy eating
- an in-depth study in year five that culminates in them running their own Healthy Café.

Partnerships

We aim to work in partnership with the following bodies to continually improve and develop our provision:

- school council – we aim to ensure the school community has a voice through the school council and communicate with them regularly
- school nurses collect data such as weight/height
- parents and carers are regularly informed of any changes or developments in food at school
- we work with the Friends of Christ Church School (FCCS) to ensure the provision of healthy choices at school fundraising events
- governors are involved in the development and monitoring of this policy.

Monitoring and evaluation

Responsibility for food across the school lies with the Executive Headteacher for Christ Church School and Head of School for Purley Nursery School.

Other relevant policies

- PSHE
- Physical activity
- PE.
- Packed Lunch Policy