

Whole School Food Policy

Freemantle C.E. Community Academy Trust



Reviewed by:	Sam Jolly	Date: June 2024
Approved by:	Directors	
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1. Introduction

Freemantle Academy is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated using the Government's guidance on Healthy Food and the Food Standards Agency guidance. Freemantle Academy has voluntarily agreed to meet the Food Standards Agency guidance for the delivery of its lunches. This academy food policy is coordinated by the Headteacher, Executive Officer and chair of Directors.

<https://www.southampton.gov.uk/schools-learning/support-inclusion-education/healthy-schools/healthy-sustainable-schools/>

2. Aims

The main aims of our academy food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the non-mandatory but agreed School Food Standards set out in the [School food standards practical guide - GOV.UK \(www.gov.uk\)](#).
- To support pupils to make healthy food choices and be better prepared to learn and be successful.
- To support families in understanding the importance of healthy eating and the impact it can have on learning.
- To ensure a consistent approach to healthy eating across the academy community including pupils, staff and parents/carers.

3. Food throughout the day

3.1 Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The academy encourages all parents to ensure their children receive breakfast; where it is clear that pupils do not receive an early morning meal and this is consistently identified, it will be noted and shared with the

relevant Deputy Designated Safeguarding Leader (DDSL) who will then arrange to meet the parents under safeguarding practices.

3.2 Academy Lunches

School meals are provided in-house and served between 11.30 and 1.30 in the dining hall. The school meals meet the requirements of the School Food Standards. Our academy offers a selection of hot lunches to all pupils from Nursery to Year 6.

School meals are planned on a 3-week cycle and usually contain a meat, fish or vegetarian option. The menu includes meat free meals every Monday. The school meals menu can be found on our school website.

Lunches are provided free of charge to all pupils in Years R, 1 and 2. We actively encourage pupils to take school meals as they are balanced and contain the correct amounts of nutrients as per the School Food Standards (SFS).

Where there is a medical need, supported by medical evidence the academy will consider allowing parents to provide a packed lunch from home, which conforms to the SFS and or has the correct dietary components as identified by the medical need. It is requested, that parents do not provide children with a lunch that needs to be reheated as the academy do not have facility to reheat food safely for children.

3.3 Packed Lunches

The academy's packed lunch expectation 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 to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain or mixed grain 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 week e.g. sardines or salmon (omega-3 based)

3.4 Packed Lunches provided by parents - Advice

The following food choices should be eaten in moderation and should not be provided in school lunch boxes or as snacks throughout the day:

- Sweets
- Fizzy drinks or fruit drinks high in sugar

In all cases, the academy offers support where a child's lunch may be deemed unbalanced. This may be a conversation with parents or signposting to supportive documents such as:

[Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families/lunchbox-ideas-and-recipes)

However, the academy remains responsible for all foods brought onto site; if a lunchbox is deemed to not be appropriate and meet the relevant standards, the academy will ask to meet with parents in the first instance, but retain the right to contact other agencies under safeguarding legislation.

The academy requests that all children bring water bottles to school and provides water and milk options for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink.

3.5 Snacks

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

In the Early Years and Key Stage 1, snacks are provided during the morning and include: a piece of fruit, a selection of vegetables, milk and or water.

Pupils are able to bring healthy snacks into school to eat at break-times but none from the list below.

- Sweets

- Crisps
- Saturated fat foods (spicy sausage) such as but not exclusively; Pepperami
- Chocolate bars, biscuits or cakes
- Fizzy drinks or fruit drinks high in sugar
- Anything containing nuts

After school snacks are provided by the academy and include fruit and vegetables. These are provided by the academy and meet the requirements as set out in the checklist below.

[Checklist for school food other than lunch \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

3.6 Drinks

The academy is a water only school, with the exception of the free milk entitlement for all primary pupils who are entitled and milk served at meal times. Parents of children in Key Stage 1 and Key Stage 2 can pay for their children to have milk at break time. Water is available at all times throughout the day.

3.7 School trips

A packed lunch will be provided by the academy, for all children who usually have a free school meal. Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food and drink guidance described above.

4. Rewards and special occasions

4.1 Celebrations

The academy recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, all children are able to bring a small 'gift/sweet' but must limit these. We discourage chocolates, sweets and cakes for birthdays, but are mindful that occasional treats should be shared. We also recognise that pupils of different faiths may wish to not accept any chocolates, sweets and cakes for birthdays.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available. Teachers will also be aware of children's allergies in their class and take this into consideration.

Occasional fund-raising events may include the sale of treat food such as cakes, lollies and burgers and hotdogs during extra-curricular activities, but the inclusion of other foods will also be encouraged.

4.2 Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the academy (see appendix 1) as a model of understanding a balanced diet.

Termly clubs/ after school care also supports the teaching of food and healthy eating.

4.3 Special dietary requirements

The academy 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 Kim Remsbery.

Pupil's food allergies are displayed in a sensitive way in relevant places around the academy including the main kitchen. Medical boxes are also removed from the classroom to the school hall during lunchtimes in case of a medical emergency. These are then returned to the classroom once lunch-time has finished.

All actions taken are in accordance with [Allergy guidance for schools - GOV.UK \(www.gov.uk\)](https://www.gov.uk).

4.4 Expectations of staff and visitors

The academy expects staff to contribute to and support this food policy across the academy 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. This includes break time snacks where teachers should adhere to the same expectations as the children.

Teaching staff are also encouraged to eat a lunch and sit with pupils in the dining hall as part of developing their relationship with the children whilst identifying where support is needed due to unhealthy choices.

4.6 Parents, carers and family members

Our relationships with parents/carers are very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. In all cases, the academy offers support where a child's lunch may be deemed unhealthy. This may be a conversation with parents or signposting to supportive documents such as

[Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthierfamilies/lunchbox-ideas-and-recipes)

5. Monitoring and review

The policy was formulated using the Governments guidance on Healthy Food and the Food Standards Agency guidance. Freemantle Academy has voluntarily agreed to meet the Food Standards Agency guidance for the delivery of its lunches. This academy food policy is coordinated by the headteacher and Chair of Directors.

This document has been reviewed (2024) in conjunction with the following documents:

[School food standards practical guide - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/school-food-standards-practical-guide) (Updated 2023)

The Requirements for School Food Regulations 2014

The policy will be reviewed every 2 years.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

