



## **Greenmount Primary School**

### **Whole School Food Policy**

**Nominated member of staff to oversee the policy development:** Health and Wellbeing Team

**Date of policy:** November 2023

**Review date:** November 2025

This policy has been approved and adopted by the Governing Body and developed in consultation with the following:

- Our school council
- The Leeds Wellbeing Team

### **Introduction and rationale**

At Greenmount Primary school we recognise the importance of ensuring every child has access to a healthy and well balanced diet, supporting them to lead a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn. Our school follow the Healthy Schools guidance and is a supporter of the National Change4Life campaign.

The aims of our food policy are:

- To ensure food and healthy eating messages are embedded in the school's ethos and consistent across all food provision and classroom activities.
- To provide a whole school approach to food and healthy eating to improve the health and wellbeing of children and their families.

### **Food in school**

#### **Breakfast clubs**

Our school has a breakfast club that runs every morning and is supported by funding through Magic Breakfast. The breakfast club is available to all pupils and is free if charge. The food provided includes; cereals, toast, yoghurts and fresh fruit. We ensure all food served is healthy and meets the current food standards. Full details of our breakfast club and how to book a place can be found on our school's website.

#### **Break time provision**

At break time all children in both key stage 1 and 2 are provided with free fruit and vegetables as part of the National Fruit and Vegetable Scheme. Key stage 1 and 2 children are also provided with free milk.

## **Drinks**

All pupils are encouraged to drink water regularly throughout the day. This is available for the taps that can be found within each classroom. Children are encouraged to bring in a water bottle from home to help reduced paper cup waste within school. If pupils bring drinks in from home, sugary drinks are not permitted, we have a water or milk only rule across both key stages. This is reflected within our packed lunch guidance. The 'Leeds Drinks Policy Guidance' has been used to guide our policy.

## **School Meals**

Our school meals are provided by the Leeds Catering Company who ensure the menus are balanced and compliant with the mandatory food and nutrient based standards. We support the catering company by carrying out our own monitoring once a term. Our school council also carry out monitoring and give regular feedback to our senior leadership.

The menus are regularly reviewed in consultation with pupils and parents and a recent survey showed a good level of pupil satisfaction with school meals. Our menus are varied and include a range of meals from different cultures and countries. We send copies home each term and we promote our school meals through the school website.

At Greenmount our lunchtimes follow a family service to help children learn new skills and participate in a shared social experience. Rewards (such as house points) are given to children who show positive behaviour during lunchtime, such as helping another pupil, making healthy choices, and showing good manners.

## **Free School Meals (FSM)**

Our school also strongly encourages families to claim their free school meal (FSM) entitlement and our parent support worker and administrative team supports them with this. Parents and pupils can speak with this member of staff about any concerns or questions they may have in confidence. We make sure FSM pupils cannot be identified at

any point of the school day. Free Payment for school meals is collected using PayPoint, rather than in classrooms, to further eliminate stigma.

### **Packed Lunches**

Our school has a packed lunch policy in place that has been developed through consultation with parents, governors, staff, pupils and support from the Leeds Healthy Eating Adviser. Our policy is aligned to the same standards as those that apply to the school meals. The full policy is accessible on the school website.

Pupils who bring in a packed lunch are able to eat in the main dining room with pupils who eat a school dinner. All wastage will be sent home to help parents monitor their child's/children's eating. Parents' will be encouraged to provide a balanced packed lunch in line with the school's packed lunch policy. Packed lunches will be expected to include at least one piece of fruit and/or vegetables. Unhealthy snacks such as crisps, chocolate and sweets are strongly discouraged. This is consistent with the standards for school meals. Sugary drinks are not permitted and it is not essential to bring a drink as the school provides all packed lunch pupils with access to water.

### **Dining Environment**

We have a designated dining room that is an attractive and well kept area and all pupils are able to sit with their friends during lunch. We follow a family service and have a golden table once a week where pupils can dine as a reward for positive behaviour and healthy choices. Music is played during the lunch service and pupils are allowed to choose the music on a class rotation basis.

### **Cultural, age appropriate and special diets**

At Greenmount, we are supportive of children with any cultural and special dietary requirements and this is reflected in our food menus. The 'Leeds Cultural and Religious Food Policy Guidance' has been followed to support this. All pupils' dietary needs are recorded and communicated sensitively with the catering team. We also ensure portion sizes are age

appropriate and this is confirmed by the results of our recent school meals survey (full results are available on the school website).

### **Sustainable, food and drink**

As a school we take pride in food culture and the environment and follow guidance given from the School Wellbeing Team. Our growing club produces vegetables used for school cooking activities and food waste is used for compost. Our menus include locally sourced ingredients where possible and this is supported by our catering provider.

### **Special occasions and rewards**

We understand that all children enjoy a treat on special occasions although as a Healthy School we encourage parents not to send in sweets and cakes for birthdays or similar celebrations. We ensure that during these celebrations if sugary foods are sent in children understand that this is a treat and isn't something we eat every day. We ensure all children's birthdays, celebrations and achievements are recognised and celebrated with other non-food special rewards e.g. stationery, special mentions, games, stickers and house points.

### **School trips and events**

Our standards of healthy eating are reflected beyond the usual school day and our food policy applies to school trips and other special events. At school discos, celebrations, and school fairs we aim provide both healthy snacks and limit unhealthy options.

### **The curriculum**

Our policy is reinforced and embedded through learning in the classroom. Our curriculum will enrich children's experience of food, physical activity and healthy balanced diets through Science, PSHE, PE and Design and Technology. We build on knowledge and practical skills through the key messages of the Eat Well guide plate to support healthy choices for life beyond school.

### **Communication with Pupils or Parents**

We will communicate and share our policy with parents each year and listen and act on views and opinions through ongoing surveys. Parents are welcome to attend our Coffee morning each term when we hold an open forum to discuss any matters arising relating to the food policy or other areas of health in school.