



Whole School Food Policy

At Hamsey Green Primary School and Acorns Nursery, we believe that mealtimes should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times so all children can sit together regardless of whether they are school dinners or a packed lunch.

We are committed to offering children healthy, nutritious and balanced meals and snacks, which meet individual needs and requirements.

Pupils bring in their own water bottles and only water is permitted in these. Only milk and water are provided as drinks to promote oral health.

Acorns Nursery

We provide nutritious snacks in both sessions, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings. All pupils bring in a packed lunch if they are staying all day. We have facilities to warm food.

Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups/eat together between sessions.

Hamsey Green Primary School

Pupils in Reception to Year 2 access the Government's daily free fruit/vegetable scheme. Pupils in Key Stage 2 have the opportunity to continue to bring in a healthy snack for breaktime.

Most of the food is prepared by Twelve15, our catering team. Twelve15 meets The School Food Standards Menus are planned in advance and in line with example menu and guidance produced by the Department for Education. These daily options are rotated regularly and reflect cultural diversity and variation. The school's Senior Leadership Team works closely with Twelve15 to ensure that the food looks appetising and tastes good as well as manage children's choices to ensure they get a balanced meal. Menus are uploaded weekly. We offer a flexible booking system and request that meal options are required to be selected on Arbor, up to the night before. For children who bring a packed lunch from home, the expectation is that this is a healthy packed lunch i.e. no sweets or fizzy drinks/excess sugars. **Both Acorns and Hamsey Green Primary operate a strictly NO NUTS policy due to allergies.** Twelve15 also hold themed events – such as Chinese New Year, Sports Day, or international food day – to get the children excited and trying new foods

Lunchtimes are staggered across the Primary. This allows sufficient time for eating as well as activities or clubs.

Our reception children eat in the small dining hall to support a positive start to school mealtimes.

Wraparound Care (see Wraparound Care Policies)

Pupils attending our Breakfast Clubs are offered a choice of a balanced and healthy breakfast.

Pupils attending our After School Club Wraparound care are offered a meal /snack.

Aims

This policy outlines the procedures followed when food is prepared or overseen by our School and Nursery Staff to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. We ensure that:

- Staff support and encourage good manners. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged.
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves.
- Staff support children to make healthy choices and understand the need for healthy eating and encouraged to try foods.
- Children are given time to eat at their own pace and are not rushed.
- We promote positive attitudes to healthy eating through play opportunities and discussions.
- Any child who shows signs of distress at being faced with a meal they do not like will have their food removed without any fuss. If a child does not finish their first course, they will still be given a dessert. Parents are communicated with if they have not eaten.
- On the rare occasion a child refuses to eat at the mealtimes, they are offered a snack later in the day.
- Encourage families, if they would like to celebrate events, to bring in fruit to share rather than bring sweets/cakes. If sweets/cakes are brought in, these are handed out after school by the parent.

Health and Safety

- Quantities offered take account of the ages of the children being catered for in line with age recommended portion sizes.
- Fresh drinking water is always available and accessible. It is frequently offered to our younger pupils. In hot weather staff will encourage children to drink more water to keep them hydrated.
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs, including any special dietary requirements, preferences and food allergies that a child has and any special health requirements, before a child starts or joins the nursery and again at the Primary. Where appropriate, we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child. Our school catering team are required to be informed and work alongside us
- We carefully consider seating to avoid cross-contamination of food from child to child. With our nursery children, where appropriate, an adult will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods.
- Children are encouraged to wash their hands before handling food.
- No child is ever left alone when eating/drinking to minimise the risk of choking. All Nursery and Reception staff are trained to deal with a choking incident during Paediatric First Aid training.
- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years.
- Details of allergies and dietary preferences are clearly displayed in the primary kitchen. Pupils are lined up in order of meal choice to collect their meals.

- Details of dietary preferences are accessible through Arbor for class events/lessons.
- Details of allergies and dietary preferences are clearly displayed in rooms where pupils eat at Acorns. All staff check which children are eating before food is served to ensure they are served correctly.
- Food that needs to be reheated will be microwaved (covered) and stirred thoroughly before a food probe is inserted to check the temperature, which should be over 75°C. **A record of this will be listed on the Food Temperature Form which is kept on a clip board next to the microwave.**