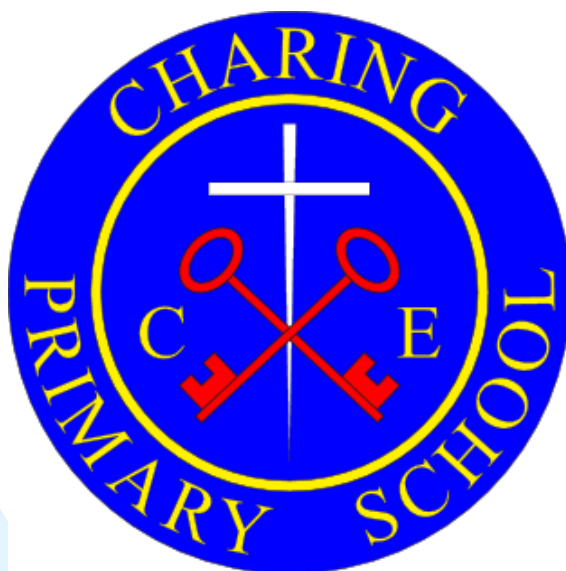


*'...those who hope in the LORD will renew their strength.
They will soar on wings like eagles; they will run and not
grow weary,
they will walk and not be faint.'* Isaiah 40:31



connect | nurture | aspire | learn | excel | hope



Charing Church of England Primary School

School Food Policy

Document Information	Date/source of Policy	Responsibility
Date of review	September 2022	SLT
Date of new review	July 2023	SLT

*"Our school is an inclusive family, proud of our faith in God and friendship with the community. We develop respect, aspiration, curiosity, tolerance and determination.
We are a creative, compassionate and confident team"*

Confidence **Determination** **Faith** **Friendship** **Respect**

Summary

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extracurricular events.

Key points:

- Only water to be consumed in lesson times
- Fruit and vegetables only to be given as snacks during school day
- No fizzy drinks or chocolate bars to be in packed lunches
- Healthy / balanced approach to party food within school

Why is a policy needed?

At Charing CE Primary we recognise the important part that 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 make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in March 2019. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Application

This policy covers the areas of:

- Break time snacks including those brought from home.
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

Break time snacks

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme. Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

Milk

Children under the age of 5 are offered a drink of milk each day as part of the 'cool milk' scheme. Parents are invited to register and pay for their child to participate in this scheme after their 5th birthday, which provides a carton (189ml or 1/3 of a pint) of semi skimmed milk every day for Foundation Stage 2 and Key Stage 1 children.

Water

Clean filtered drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned. No drinks other than water is allowed during lesson time unless recommended by a doctor for medical needs.

School lunches including packed lunches

At Charing Primary School all school meals will be prepared on site by our catering contractor, Caterlink. Details of their menu can be found their website <https://caterlinkltd.co.uk/school/kent-county-council/> . Special menus are advertised on our school website and newsletter.

We provide Universal Free School Meals for children in Foundation Stage and Key Stage 1 and encourage parents to take up this offer. Key stage 2 parents can pay for their child to have a school lunch using our parentmail app.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, our FLO can support parents to make informed choices to create it healthily. A small drink, other than water, is allowed with a packed lunch. Fizzy drinks and chocolate bars are not permitted as part of a packed lunch.

Curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE, Life skills and Design and Technology.

Events and Celebrations

At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

Monitoring

We review our food in school annually with caterers, pupils, parents / carers and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals.