



Learning through hard work, friendship and fun.

Mill Lane Primary School Food Policy

Adopted and ratified by governing body: June 2023

Review date: June 2024

Introduction

We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Rationale

The school recognises the importance of eating healthily and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play as part of the larger community in promoting family health.

Aims and Objectives

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To provide an opportunity for pupils to plan recipes, prepare and cook food which are classed as healthy or as a treat and to know the difference.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
- To introduce and promote practices within the school to reinforce these aims.
- To monitor menus and food choices and include children in this to inform policy development and provision.
- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make health choices.
- To promote health awareness.

Snack

Mill Lane offers milk for all children in school.

Milk is free for any child who is entitled to free school meals

There is a charge for all other children – please contact the school office for up to date prices.

A snack can be brought into school for morning break – this must be **fresh** fruit or vegetables – no cheese, nuts, raisins or other snacks.

School lunches and packed lunches

All our school meals are provided by Kirklees Catering. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. Using a band system children are able to choose what they want for lunch and be sure it will be there at lunchtime.

All FS and KS1 children are now provided with a Universal Free School Meal (UFSM.) Any children in this age group who do not wish to have a UFSM must go home for lunch.

Many KS2 children bring a packed lunch to school. We regularly include newsletter items about the contents of these and do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present), fizzy drinks or nuts

Water for all

Water is freely available throughout the school day to all members of the school community. Every child is encouraged to bring in a water bottle from home. Each class has their own routines and procedures in place for drinking water and refilling. Only plain drinking water should be used in water bottles – no flavoured, infused or flavoured waters will be permitted.

Food across the curriculum

Food and nutrition is taught at an appropriate level throughout foundation stage and each key stage.

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Discreet DT days are planned across the school to ensure all children develop skills relating to food and nutrition and this progresses as they grow in age and ability.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned; each must reinforce the other. Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters. Only plain water may be drunk during the school day.