



A School Partnership In Rural England

Motto : ‘ **We Aspire to Inspire**’

**Our Values** – using the initials of the names of the schools.

**K** – Kindness

**U** – Understanding

**P** – Patience

**H** – Honesty

**L** – Love

**B** – Boldness

## **Food Policy**

*The term ‘school’ refers to the schools in the ASPIRE Federation: Kingswood Primary, Ulcombe CE Primary, Platts Heath Primary and Leeds and Broomfield CE Primary. The term may refer to them jointly or individually.*

### **Document History**

Kingswood document adapted for KULB-wide use, reviewed and approved by EHT April 2017  
Document reviewed, adapted and approved for ASPIRE-wide use by EHT May 2020, noted at Fed GB 19 May 2020

Tri-Annual Review or as required – next review April 2023

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*Throughout the document the term 'Headteacher' may refer to the position of Executive Headteacher or Head of School (depending who is based on site)*

## **Introduction**

This food policy has been produced in consultation with the whole school community, based on the Kent Self Review Tool to meet National Healthy Schools Standards for Healthy Eating. The policy will apply to all programmes and activities on the premises including out of hours school/family learning, for example Football, Netball and Breakfast Clubs.

## **Aims and Objectives**

- To improve the Health and Well Being of children, young people, carers, parents, families and the wider school community.
- To ensure that the school provides consistent messages for food and drink.
- To provide confidence, skill and understanding to make healthy food choices.

## **Guidelines**

Using the Kent Self Review Tool to identify current status, areas for development, followed by a review of interventions to measure success

- Discuss at School Council
- Complete a cross curricular audit at all key stages.
- Ensure members of staff attend relevant training opportunities.

## **Snacks**

Break time snack will be fruit and vegetables only. Key stage 1 and 2 are offered free fruit and vegetables daily as part of a National Scheme. Key Stage 2 pupils requiring an additional snack will be expected to bring fresh fruit or vegetables each day for break time.

## **School Lunch Provision**

All menus are produced in accordance with National and Local Guidelines for a balanced nutritional content. Pupils and parents, whenever possible, will be involved in the monitoring and evaluation of school lunches. Parents can request a copy of the three week rotational menu, which includes a vegetarian option. Weekly menus will be displayed in the school reception/hall areas.

## **Packed Lunches**

The school promotes healthy packed lunches and asks parents not to include fizzy drinks, nut products or sweets.

## **Dining Room Environment**

The school aims to provide a welcoming eating environment that encourages the positive social interaction of pupils across year groups and house teams. Where applicable, two lunch sittings take place dependent on pupil numbers and space facilities.

## **Drinks**

- The school provides fresh drinking water and encourages pupils and staff to access during the school day.
- The school promotes fresh cool milk. Children under 5 are supplied free of charge. However, this is available to all children at a minimal cost. Parents can go online at [www.CoolMilk.co.uk](http://www.CoolMilk.co.uk) or request a form from the school office.
- Water is promoted at lunchtimes.
- Fizzy drinks are forbidden.

## **Curriculum**

The Headteacher will monitor the curriculum regularly to ensure that pupils have opportunities to learn:

- About different types of food in the context of a balanced diet, using the “eat well plate”.
- How to plan, budget and prepare meals.
- Understand the need to avoid consumption of foods high in sugar, salt and fat and to increase the consumption of fruit and vegetables as well as bread, cereals and other carbohydrates.

## **Parents, Carers and the Wider Community**

The school aims to involve parents/carers in guiding food policy and practice within the school and encourages them to give feedback through the school website.

## **Governors**

A designated Governor will monitor and ensure that the school food policy is upheld and offer guidance where a member of the body has a particular expertise in this area.

## **Responsibilities for Implementation**

Independent organisations using school premises will receive a copy of the School Food Policy with contracts/agreements and to be responsible for compliance.

Senior Management Team, Subject Leaders, Teachers will be responsible for cross curricular development.

LEA/Clusters/Contractors/Schools are responsible for ensuring quality of food offered in line with National and Local Nutritional Standards.

### **UIFSM changes 2014**

From September 2014, all children in reception, year 1 and year 2 in state-funded schools in England will be eligible for free school meals. This includes infant pupils in maintained infant and primary schools, free schools, academies, schools for pupils with special educational needs and pupil referral units.

Free school meals will also continue to be available to pupils (including infants) whose parents receive certain benefits and who are registered to receive one.

(Source: Children Food Trust 2014)