

Food Policy

Swanbourne CE School

Mursley CE School

Drayton Parslow Village School

Kingfishers Pre-School (Mursley)

(In this policy known as the Three Schools)



This policy was adopted on – **July 2024**

The policy is to be reviewed by – **July 2026**

(Copies of this policy are available for staff, parents, visitors and volunteers on request from the school office).

Introduction

At The Three Schools, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of their behaviours, and encourage them to take responsibility for the choices they make.

The schools support the '5-A-DAY' ethos to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a healthier approach to the issue of food in our schools:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale

The Three Schools consider all elements of our work to ensure that we promote health awareness in all members of the schools' community. We can provide a valuable role model to pupils and their families about food and healthy-eating patterns.

Through effective leadership, The Three Schools ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our Three Schools community
- To encourage all children to eat five pieces of fruit or vegetables each day

Vending Machines

We do not use vending machines across The Three Schools. Currently we do not run a tuck shop but if we decide to do so in the future, the food policy will be applied to all items sold.

Wrap-around Club

The Wrap-around club operates daily at both Mursley and Swanbourne schools for all children from Pre-School to KS1 at Mursley and Year 3 to Year 6 at Swanbourne.

The food offered is healthy and is consistent with a healthy diet – e.g. toast, bread (range of options including white, brown, granary, buns, baps and rolls), low-fat spreads, fruit jam, low-salt/low-sugar fortified cereals, slices of fresh fruit.

Children choose from water, orange juice and apple juice to drink.

Milk and Snacks

All pre-school children who are under 5 years old and in day care are eligible for free milk under the Nursery Milk Scheme.

Pupils under 5 years old ('rising fives') in Primary education Reception classes are eligible under either the School Milk Subsidy Scheme or the Nursery Milk Scheme but not both.

Milk is available to purchase for pupils in Year 1 to Year 2 if requested by parents.

The Schools Fruit and Vegetable Scheme (SFVS) provides a free piece of fruit or veg to every 4–6-year-old who attends state Primary school. At Mursley and Drayton Parslow children are provided with a piece of fruit or vegetable snack.

School lunches

In September 2014 the Government introduced universal free school meals for all children from Reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

An online Meal Booking form will be sent out each half term for Swanbourne or termly for Drayton Parslow and Mursley and needs to be completed and returned with payment prior at the start of each term.

We offer the flexibility of ordering individual days each week or a full week or you can choose to send your child in with a healthy, nut free packed lunch.

For Children in EYFS - Year 2, under the Universal Infant Free School Meal Scheme, the Government currently funds the cost of the school meal and parents are not required to make payment.

For children in KS2 - The current cost of the hot meals is £2.50. Payment must be made on submission of the online meal order form prior to the start of the half term.

All our school meals are provided by The Three Horseshoes Public House (Drayton Parslow) who is contracted as our caterer – they have a healthy-food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children.

All meals meet the national school food-based standards, we ensure that the quality of the ingredients and that the choice of meals is appealing by regular checks and asking the pupils and staff for feedback. The school council make suggestions regularly, ensuring that the meals reflect on the needs of the pupils.

Each day we provide a meat, vegetarian or jacket potato option, all of which pay regard to nutritional balance and healthy options. A salad and vegetables are provided and children are encouraged to serve themselves and make healthy choices.

The menu, which is healthy and nutritionally balanced, is decided and occasionally changed by the SLT in consultation with pupils and parents. We will of course cater for vegetarians, have a Halal option and for medical dietary needs or allergies.

Across EYFS to Year 6, pupils are supported by an adult who works with the children to help them serve their food, encourage them to eat and help them learn to assist with clearing up after their meal.

We are also very happy to work with parents and their children to make sure that they are able to eat the food on offer. We know that some children can be fussy with certain foods, but we are committed to working parents to help their child enjoy a wider range of foods.

We believe eating is more than just 'refuelling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school. We are committed to working with parents to make lunchtime better for our pupils, but at The Three Schools, lunchtime will always be more to us than just food.

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs.

For more information please refer to: <http://www.schoolfoodplan.com>

Packed Lunches

The schools will provide facilities for pupils bringing in packed lunches. The schools will work with parents to ensure that packed lunches contain healthy options.

Many children decide to bring packed lunch to school. We communicate to parents and carers about the contents of these and we do not allow sweets or fizzy drinks. We actively encourage parents and carers to include healthy options through our **Healthy Eating Recipes and Suggestions Guide for Parents (Appendix 1)**.

- Pupils bring in lunch from home in lunchboxes, parents are encouraged to provide healthy lunch boxes with guidance being provided in the first newsletter of each term. The packed lunch should not contain sweets, chocolate or fizzy drinks.

- The packed lunch should not contain peanut butter sandwiches or peanuts as we have a number of children in school with nut allergies and we are a NUT FREE SCHOOL.
- The schools encourage parents who are entitled to Free School Meals to claim their entitlement.
- Lunchboxes are all stored on lunch trollies either in or near the child's classroom
- Any food left in lunch boxes will be sent home.
- There will be no swapping of food.
- Fruit or fruit snack bars for break-time should be stored in their lunch box until then.
- Fresh water is freely available throughout the school day to all members of the Three Schools community.
- Children may drink water at any convenient time to ensure they remain hydrated throughout the day.

The Dining Experience

The Three Schools will work with pupils to provide attractive and appropriate dining room arrangements.

- All children eat their lunch in the designated dining space every day. In warm weather, the children may eat outside on the picnic tables. In exceptional circumstances, lunch is eaten in the classrooms.
- Drayton Parslow - Children eat in the kitchen and Year 1 classroom through a 'roll on' seating arrangement. Reception and Year 1 go to the kitchen at 12.00pm with Year 2 pupils then called from the playground to fill the empty seats when children have finished their lunch.
- Mursley – Children eat in the kitchen and Year 1 classroom through a 'roll on' seating arrangement. Reception and Year 1 go to the kitchen at 12.00pm with Year 2 pupils then called from the playground to fill the empty seats when children have finished their lunch.
- Swanbourne – Children eat in the school hall. Year 3 and Year 5 go to the hall to be served their meals and eat in the hall, outside on the benches or in their classrooms from 12.15pm to 12.45pm. Year 4 and Year 6 pupils are then called from the playground to go to the hall to be served their meals and eat in the hall, outside on the benches or in their classrooms from 12.45pm to 1.15pm when the Year 3 and Year 5 children have finished their lunch.
- Fresh drinking water is available in the hall, kitchens and classrooms at each site.

Water

The schools will encourage pupils to drink at frequent intervals throughout the day. Pupils will be allowed sports bottles in their classroom. Pupils will have easy access to fresh drinking water throughout the school day.

In school

- Free, fresh water will be available to the children throughout the day.
- Children are encouraged to have a named bottle of water in class.
- The plastic drinks bottle should not contain flavoured water or squash.
- Water will be freely available at lunchtime and break time.
- Hygiene – water bottles will be taken home daily to be washed.
- After physical activity and during hot weather, children will be encouraged to drink more water.

School Trips

- When taking the children on school trips they will be asked to bring a water bottle as well as their drink for lunch time.
- As in school, children will be encouraged to drink their water at appropriate opportunities throughout the day.

Curriculum

The whole school policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the personal, social and health education (PSHE), Science and Design Technology curriculum.

As of September 2014, food, cooking and nutrition education is a compulsory part of the curriculum for KS1 to KS3.

- Ensuring food and nutrition is taught at an appropriate level throughout each key stage.
- Identifying food and nutrition links to different subject areas.
- Addressing through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils learning.
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms.
- The school nursing team delivers sessions on living a healthy lifestyle
- Annual dentist visits and talks share information and advice about oral health.
- Children will have regular timetabled opportunities to cook and prepare food.
- Pupils will be made aware of the healthy eating policy throughout the curriculum and special assemblies.
- Healthy eating messages will be taught as part of looking after yourself
- Healthy foods will be actively promoted through regular tasting sessions

- All children will learn and apply the principles of food hygiene.
- Children will learn the principles of a balanced diet and how diet affects health, they will be encouraged to apply this to their own food choices.

Extra-curricular activities

- We offer clubs that provide continued learning around leading a healthy lifestyle for example gardening club, multi-sports club, running club, health and well-being club and dance club.
- Pupils who attend after school clubs and extra-curricular activities are encouraged to have a healthy snack and to drink plenty of water to remain hydrated.
- The food and drink provided at the after-school clubs will be in-line with school policy. Children will be encouraged to bring in a healthy snack from home. Children will have access to fresh water.
- Parents will be encouraged to provide their child with a healthy snack to eat before their club starts.
- No chocolate, confectionary or nuts will be allowed.
- Children will be given time to refresh their water bottles or have a drink of water before their club starts.
- Fresh water will be freely available.

Birthdays and other special celebrations

- Celebrating children's birthdays with cake is not encouraged in school time. If parents wish to share cakes or sweets with their child's classmates, they may do so but these treats are to be eaten when the children go home and have their parent's permission.

Staff support and training

Food hygiene

- All staff are trained in food hygiene – Level 2.
- Staff will work together to support one another when undertaking food activities; completing risk assessments and ensuring that everything is carried out in accordance with the regulations.

Curriculum training

- The Science, Design Technology and PSHE Subject Leaders will arrange training in healthy eating as is deemed necessary by their audit of the subject.
- If necessary and where possible, Subject Leaders will arrange for themselves or other members of staff to attend training which will further their knowledge and skills in delivering healthy eating education.

Training for others involved in teaching healthy eating

- Anyone else in school teaching or delivering healthy eating education will work under the guidance of their assigned class teacher and will be given appropriate instructions by them.

Referral and external support

- The Three Schools will seek the support from Buckinghamshire Council and School Nursing for information and support about encouraging the take up of free school meals.
- The schools will seek the support of other professionals, such as oral health nurses, to enhance the taught curriculum.

Policy Created by - David May (Executive Co-Headteacher)

Policy created – July 2024

Policy to be reviewed – July 2026

Healthy Eating Recipes and Suggestions Guide for Parents (Appendix 1)

(Please note – this guide can be found on the Three Schools Website with other Parent Mini guides
<https://www.threeschools.org/parent-information-leaflets/>)

This mini-guide has been written by parents, one of whom is a Nutritionist.



Healthy Eating
Recipes and Suggestions

Parent Mini
Guides

The Three Schools

Packed Lunches

Some children may prefer to have a packed lunch from home instead of a school meal. We would like to encourage parents to help their child make sensible food choices by providing food which is consistent with the nutritional standards provided by school meals.

Packed Lunches should be based on the Eat-Well plate model, click the link below to access the guide.

<https://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

You can use the guide to help make healthier choices when cooking a meal at home, eating out, or planning what to eat.

Include one each of the following food group to make sure your child's lunch is healthy and nutritious:

Starchy Carbohydrates - important for sustained energy. You can choose from various types of bread such as wraps, chapattis, pitta and bagels. Wholegrain options contain more fibre so is a better choice if possible. Other options are noodles, pasta, rice, potatoes and cereals such as couscous.

Fresh fruit, canned fruit in natural juice is ok however avoid the ones in syrup. Satsuma segments, grapes, berries, melon slices. Dried fruit is also a good choice such as raisins, apricots and sultanas. Dried fruits and juice do have a high sugar content and so are best eaten as part of a meal rather than a between meal snack to reduce the risk of tooth decay.

Vegetables or salad – Cucumber, carrot and pepper sticks, celery, sugar snap peas, baby corn – these are all great as they are or to have with a houmous or other bean dip. Cherry tomatoes, lettuce, avocado and cress are also good salad items.

Protein –Eggs, oily fish such as salmon or tuna, lean meats or meat substitutes such as tofu, soya and beans and pulses. These items work well in sandwiches, wraps or salads

Dairy /dairy substitutes - low fat cheese cubes or slices, low fat and sugar yoghurt or fromage fraise. Reduced fat and sugar Rice pudding or custard pots are good puddings.

Drink – Plain water or milk is best for a child's teeth, but if choosing to include a fruit juice, dilute it with water to make it more hydrating and to reduce the sugar content. Avoid squashes, flavoured milks and waters as often these will have high sugar content and the ones labelled sugar free offer very little nutritional benefit.

Click the link below for lots of great lunch box ideas

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#xHz1ysuQdZX8Uuf.97>

Recipes

Mediterranean Vegetable Wrap

A healthy main meal or Lunch box item

Ingredients

- 1 TBSP Olive oil
- 1 Red pepper sliced into strips
- 1 Yellow pepper sliced into strips
- 1 Courgette cut into chunks
- 1 Onion sliced
- 1 pack reduced fat halloumi cheese
- 1 TBSP Italian seasoning/mixed herbs

Wholemeal wraps / Pitta breads

Method

Put all vegetables and cheese into oven proof dish and toss with olive oil.

Sprinkle over the herbs.

Cook at 180° fan for 30-40 mins stirring half way through.

Spoon into wraps or pitta.

You can use sliced chicken breast instead of Haloumi.

Spread hummus in wrap or pitta before loading with the filling for added protein.

No Added Sugar Banana Bread

This is a great little recipe which is popular with children and will keep for 1 week in an air-tight tin. It is great for a nutritious snack between meals or for a packed lunch! There are **no processed** sugars in this recipe; the sweetness comes from natural sweetness of the bananas and orange juice and whole meal flour adds fibre to the bread.

Ingredients

30g oil (olive, coconut or rapeseed)

200g Whole wheat flour

3 Very ripe bananas (The riper the better)

50ml Pure orange Juice

2 TSP Cinnamon powder

1 TSP Vanilla Essence

1 TSP Bicarbonate of soda

2 Eggs – beaten

Method

Grease and line a loaf tin and pre-heat oven to 160° fan

Sift flour, cinnamon and bicarbonate of soda.

In a separate bowl, combine, eggs, vanilla, orange juice and oil.

Fold in the flour mix and stir

Finally, mash bananas into a pulp and stir in.

Pour into tin and bake for 50-60 mins.

Once cooked, allow to cool before removing from tin.

Optional- You can add a handful of raisins or other dried fruit or chopped nuts to the mix.

Cheese Broccoli and Tomato Muffins

Another snack or lunchbox idea. These freeze well and make 12 muffins.

Grease muffin tins.

Pre heat oven to 160° fan oven

Ingredients

6 Broccoli florets, cooked and chopped

8 Cherry tomatoes – chopped

100g- Mature cheese - grated

230g Self raising flour - sifted

150 ml semi skimmed milk

2 eggs – beaten

Pinch mixed herbs (opt-chopped basil leaves)

Method

In a bowl, mix the flour, cheese, and chopped broccoli

Add chopped tomatoes, milk, herbs and mix thoroughly

Spoon the batter into the greased muffin tins halfway up

Bake for 25 mins or until golden