



**Hunslet Moor Primary School**  
Miss H Darley

**Whole School Food Policy**

**DRAFT**

This policy has been created in consultation led by our pupils and wellbeing Council and has been supported by parents, governors and staff.



**Article 24: We have the right to nutritious food**

# Whole School Food Policy



## Introduction

At Hunslet Moor Primary school we recognise the importance of ensuring every child has access to a healthy and well balanced diet, supporting them to lead a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn. Our school has achieved National Healthy Schools Status and we are a supporter of the National Change4Life campaign.



## Aims

To ensure food and healthy eating messages are embedded in the school's ethos and consistent across all food provision and classroom activities.

To provide a whole school approach to food and healthy eating to improve the health and wellbeing of children and their families.

## Food provision and consumption across the school day



### Breakfast club / morning provision

Our school has a breakfast club that runs every morning and is supported by funding through Greggs. The breakfast club is available to all pupils and is completely free due to the funding Greggs provides.

The food provided includes: cereals, toast, juice and fresh fruit. We ensure all food served is healthy and meets the current Food Standards. Full details of our breakfast club and how to book a place can be gained from the school's office.



### mid-morning break / / snacks

At break time, all Key Stage 1 children are provided with free fruit and vegetables as part of the National Fruit and Vegetable Scheme and any surplus fruit is offered to older children. Key stage 1 and 2 children are also provided with milk which is either subsidised or free.



### Drinks & access to water

All pupils are provided with a free water bottle when they start school and there are sinks inside the classrooms for pupils to access freely throughout the day. Each class has a Water Monitor who makes sure that the water bottles are taken outside for lunchtimes and PE lessons and that the water is changed daily.

If pupils bring drinks in from home, sugary drinks are not permitted and healthier drinks such as milk or water should be encouraged. This is reflected within our Packed Lunch Policy and parent leaflet. The 'Leeds Drinks Policy Guidance' has been used to guide our policy.



### School meals

Our school meals are provided by the Leeds Catering Company who ensure the menus are balanced and compliant with the mandatory food and nutrient based standards. We support the catering company by carrying out our own monitoring. The menus are reviewed in consultation with pupils and parents and a recent survey showed a good level of pupil satisfaction with school meals. Our menus are varied and include a range of meals from different cultures and countries.

At Hunslet Moor, rewards (such as stickers/ you've been noticed slips) are given to children who show positive behaviour during lunchtime, such as helping another pupil, eating all their packed lunch or making healthy choices, and consistent positive behaviour is rewarded with a place on our 'top table'.



### Free school meals

Our school also strongly encourages families to claim their free school meal (FSM) entitlement and parents and pupils can speak with members of staff about any concerns or questions they may have in confidence. We try to make sure FSM pupils cannot be identified at any point of the school day: payment for school meals is collected at the school office, rather than in classrooms, to further eliminate stigma and children who have FSM sit with children who pay for their lunch or have a packed lunch.



### Universal infant free school meals

After the introduction of the Government's universal FSM agenda, we have tried to encourage parents to take this option. We discuss meal options with parents and try, where possible, to get lunch options translated so that parents can be a part of their child's choice. We have also had theme days (for example, Chinese New Year/Christmas menu) to try and encourage children and staff to have a school dinner and eat together.



### Dining environment / procedures

We have a designated dining room that is an attractive and well-kept area and all pupils are able to sit with their friends during lunch. Cultural, age appropriate and special diets at Hunslet Moor are supported and this is reflected in our food menus with the choice of multi-cultural food and the option of meat or halal food. The 'Leeds Cultural and Religious Food Policy Guidance' has been followed to support this. All pupils' dietary needs are recorded and communicated sensitively with the catering team.



## Packed lunches

Our school has a packed lunch policy in place that has been developed through consultation with parents, governors, staff, pupils and support from the Leeds Healthy Schools Toolkit. Our policy is mostly aligned to the same standards as those that apply to the school meals. The full policy is accessible on the school website. The policy includes the following:

Pupils who bring in a packed lunch are able to eat in the main dining room with pupils who eat a school dinner.

All wastage will be sent home to help parents monitor their child's eating.

Parents will be encouraged to provide a balanced packed lunch in line with the school's packed lunch policy.

Packed lunches will be expected to include at least one piece of fruit and/or vegetables. Unhealthy snacks such as crisps, chocolate and biscuits have a weight restriction (no more than 45g- a standard Dairy Milk size) and must not be brought more than twice a week.

Sugary drinks are not permitted and it is not essential to bring a drink as the school provides all packed lunch pupils with access to water.

Rewards are given to children who bring healthy options and inappropriate contents may be discussed with parents.

Occasionally the school council will carry out monitoring of packed lunches to help support pupils and parents to make healthier choices.



## After school club

Children have free access to fresh water during all after school clubs but food is not encouraged or given out by school.

**The curriculum:** Our policy is reinforced and embedded through learning in the classroom. Our curriculum will enrich children's experience of food, physical activity and healthy balanced diets through Science, PSHE, PE and Design and Technology. We build on knowledge and practical skills through the key messages of the eatwell plate to support healthy choices for life beyond school.



## Cultural, age appropriate, and special diets

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances (dairy free), religious or cultural (Halal) requirements. Whilst we recognise nuts are part of a balanced diet, we do have several pupils and staff with a severe nut allergy so we ask that you support us by not sending nuts into school as part of packed lunches or for snacks.



### **Special occasions, birthdays and rewards**

We understand that all children enjoy a treat on special occasions although we try to ensure all children's birthdays, celebrations and achievements are recognised and celebrated through a seat at a special table and other non-food special rewards e.g. stationery, special mentions, games, stickers. This ethos is reflected across the staffing body.



### **Monitoring food provision and consumption**

We support the school catering by carrying out our own monitoring once a term. Our lunchtime monitors and wellbeing council also carry out monitoring and give regular feedback to our school cook and senior leadership team. Our menus for all food served across the school day are externally checked for compliance with the School Food Standards by the Nutritionist at Leeds City Council.

## **Food education and the curriculum**



### **Healthy Eating in the curriculum**

Our curriculum will enrich children's experience of food, physical activity and healthy balanced diets through D&T, Science, PSHE, PE and beyond.



### **Cooking in the curriculum**

Cooking at Hunslet Moor is a skills based approach for each year group, as set out by the Leeds Health and Wellbeing Service. Each class should have a cooking session each half term and this should have cross curricular links to learn about food in both modern and historical times. Savoury dishes are encouraged but we appreciate the need for sweet dishes in some circumstances.



### **Growing, sustainability, and farming**

Our menus include locally sourced ingredients where possible and this is supported by our catering provider.



### **Extra-curricular activities**

Children have free access to fresh water during all after school clubs but food is not encouraged or given out by school.

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### **Pupil involvement**

We have a team of lunchtime monitors and a wellbeing (pupil) council who are elected each year to represent the voice of their peers. The lunchtime monitors have an active daily role within the school hall daily. The wellbeing council give the opinions of their peers on the lunchtime provision.

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### **Parent/carer involvement and communication**

We will communicate and share our policy with parents each year and listen and act on views and opinions through ongoing surveys. Parents are welcome to bring any question/issues to the attention of the Class Teacher who can, if necessary, sign post parents to the Healthy Schools Leaders. The policy is available on the school website for all stakeholders to view.

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### **Other policies to be read alongside**

- **Packed lunch policy**
- **Physical activity policy**
- **PSHE policy**
- **Inclusion policy**

**Senior Leadership signature**

**Governor signature**

