

Clarendon Primary School

FOOD POLICY



Clarendon Primary School is committed to giving all its children consistent messages about all aspects of health, to encourage them to take responsibility for the choices they make and to help them to understand the impact of particular behaviours.

The school supports the '5-A-DAY' campaign 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.

Our policy applies to all staff, governors and volunteers working in the school.

AIMS:

- To ensure that we are giving consistent messages about food and health;
- To give our children the information they need to make healthy choices;
- To promote health awareness;
- To contribute to the healthy physical development of all members of our school community;
- To encourage all children to take part in the '5-A-DAY' campaign.

Snack

All our Foundation Stage children are entitled to and receive free milk. All EYFS and KS1 classes get fresh fruit (for their morning / afternoon break). Toast is provided for all KS2 children to eat at morning break.

School lunches and packed lunches

All our school meals are planned and prepared by staff in school. Hot and cold options are often available, there is always an offer of a main meal, a meat free option and an alternative (such as a sandwich, jacket potato or soup), all of which are nutritionally balanced. All options available to the children are Halal and we are a HMC accredited school.

Children select their meals in a morning and this is shared with the kitchen team, who prepare the children's meals according to their preference. Any children who have allergies or dietary requirements have their food prepared separately in accordance with their needs. Medical proof is expected to be provided and separate meals will not be prepared purely on a child's likes / dislikes.

Many children bring packed lunches to School. We regularly include newsletter items about the contents of these and we appeal to parents and carers to ensure their child's lunch box contains a nutritionally balanced diet. Children are provided with the option of milk or water to drink at lunch time. Clarendon is a NUT FREE school.

Where our packed lunches are pre-ordered and made on school premises, these are not classed as pre-packed. No food label is required as all allergens would have been identified at the point of order. Should children go on a school visit, whereby a packed lunch is required to be purchased, the visit leader should double check allergen information with the food label on the packaging.

Water for all

Water bottles are sold at the school office at a cost of £1.50. Tap water is freely available throughout the school day to all members of the school community. EYFS and KS1 children are also reminded to drink water at their snack time.

Food across the Curriculum

In EYFS, KS1 and KS2, there are a number of opportunities for children to develop knowledge and understanding of good health habits. These include healthy-eating patterns and practical skills that are needed to understand where food comes from such as: shopping, preparing and cooking food. Opportunities are available within the curriculum to give first hand experience of cooking. There are specific topics related to food in Science, PSHE & Learning Links. Children are also given the opportunity to taste different foods from around the world, we have Diwali, Eid and Christmas Lunches to support this.

The school has developed an allotment, where children can grow their own food. The Forest School / outdoor lessons and Cookery lessons provide opportunities for children to harvest, prepare, cook and taste their food. Where food is cooked on site, as part of the curriculum, allergen information needs to be provided to parents before the foods are being prepared or tasted. Individual Health Care Plans of known allergens will be reviewed to ensure that the individual dietary / allergen requirements are taken into consideration, prior to the event. The food does not need to be labelled because these are not pre packed items for direct sale.

Allergens

There are fourteen major allergens. There are posters around school that highlight these. It is really important that parents communicate to school if their child has been identified as having an allergen. Proof, from a health professional, should be provided to the School Office when completing the medical consent form, this will then be shared with staff in school who may be planning food tasting activities, preparing meals or ordering food for the children. Allergen information is available on request, also on the website.

Children who have allergens will be identified through the use of the Yellow Sheet system in school, which indicates medical alerts. Allergen information is also visible for staff and children in the hall (next to the serving hatch) & can be requested from the Kitchen Manager.

NB Allergies are where the body's immune system (which is the bodies defence against infection) mistakenly treats the protein in food as a threat. The body responds to this threat by releasing a number of chemicals in the body. These chemicals cause the symptoms of an allergic reaction.

Medical professionals would be able to provide proof of this, once thorough testing has been undertaken.

Food intolerances are more common than allergies. Food intolerances are thought to affect one in ten people. Food intolerances do not involve the immune system. Instead, a food intolerance involves the digestive system and can cause difficulty digesting certain foods leading to symptoms such as abdominal pain, gas and diarrhoea. Those who are affected often rely on allergen labelling to avoid the foods that make them ill.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in to celebrate birthdays we would ask that healthy foods such as fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives.

Partnership with parents and carers

The partnership of home and school is crucial in shaping the way in which children and young people behave, particularly where health is concerned. Each must support the other. This is not always easy but our school does everything within its power to play its part.

During out-of-school events, e.g. school discos etc, the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

Role of the Governors

Governors monitor and check that all school policies are upheld; they can also offer guidance where a member of the body has particular expertise in this area.

This policy will be reviewed to take account of new developments.

Policy reviewed Summer 2025