



# Mountbatten Primary School

## Food Policy



1	Summary	Food Policy			
2	Responsible person	Louise Stone			
3	Accountable SLT member	Jamie Wegg			
4	Applies to	<input checked="" type="checkbox"/> All staff <input type="checkbox"/> Support staff <input type="checkbox"/> Teaching staff			
5	Who has overseen development of this policy	Louise Stone			
6	Who has been consulted and recommended policy for approval	LGB			
7	Approved by and date	Autumn 2023 – Governing board.			
8	Version number	1			
9	Available on	Every	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	Trust website Academy website SharePoint	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N <input checked="" type="checkbox"/> Y <input type="checkbox"/> N <input checked="" type="checkbox"/> Y <input type="checkbox"/> N
10	Related documents (if applicable)				
11	Disseminated to	<input checked="" type="checkbox"/> Trustees/governors <input checked="" type="checkbox"/> All staff <input type="checkbox"/> Support staff <input type="checkbox"/> Teaching staff			
12	Date of implementation (when shared)	September 2023			
13	Consulted with recognised trade unions	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N			



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## 1. Introduction

1.1. Mountbatten Primary School aims to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

The school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively. We believe it is important the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices.

## 2. Scope of the policy

2.1. At Mountbatten Primary School we appreciate that a healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to help them establish a healthy lifestyle that we hope will continue into adulthood.

2.2. The aims of our food policy is:

To ensure 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 the provision and consumption of food is an enjoyable and safe experience

To ensure that the whole school community understands that a balanced diet is recommended

To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment

To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods

To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs

To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them



### 3. Implementation of the policy

- 3.1. Breakfast Club** - Breakfast Club operates on a daily basis for all children from FS2 to Year 6. The Breakfast Club is funded by Greggs and the food offered is healthy and consistent with a healthy diet. We provide a choice of cereals; croissants; toast (wholemeal sliced) with butter and/or fruit jam; a wide range of fruits and a glass of milk or chilled water.
- 3.2. Snacks** Mountbatten Primary School provides free fruit and milk to pupils in FS1, FS2 and Key Stage 1 children on a daily basis. Key Stage 1 pupils access this at playtime, which FS1 and FS2 pupils are able to access this whenever they choose in their provision. Pupils are encouraged to bring healthy snacks from home in KS2 for playtime, however crisps, chocolate and other sugary snacks are not permitted.
- 3.3. School lunches** The school meals at Mountbatten Primary School meet the latest DfES guidance on improving school meals and follow the food based requirements for school lunches and requirements for food in school other than lunches. School lunch menus are sent home termly to parents so they are aware of the options for each day. The kitchen staff freshly prepares the food on site every day. The meals are healthy and nutritious meals containing:  
Bread, cereals and potatoes  
Fruit and vegetables  
Milk and dairy foods  
Meat, fish and alternatives  
Small amounts of foods containing fat and sugar  
Parents are informed of foods their children have refused to eat or have started to eat. As a result, waste food is reduced to a minimum.
- 3.4. Packed Lunches** Mountbatten Primary School encourages parents to provide nutritious packed lunches based on the Balance of Good Health by providing foods low in fat, sugar and salt. Foods that are encouraged include a piece of fruit, vegetable or salad and a milk-based product such as yoghurt. Sugary and fizzy drinks are not allowed with water recommended and available for all pupils. Parents are reminded that a packed lunch needs to be wrapped and kept cold, as lack of refrigeration until lunchtime could lead to growth of harmful bacteria. Parents are encouraged to use an insulated box or bag. The lunchtime supervisors monitor lunch boxes and encourage children to bring healthy packed lunches.
- 3.5. Drinks** Water is available throughout the day to all pupils in school. Every child is encouraged to bring a water bottle from home. Pupils are encouraged to drink water regularly throughout the day to stay hydrated and to stay alert. Drinking water and sugar-free juice is available for children to drink with their school dinner. Pupils in FS1 and FS2 have access to milk throughout the day; and KS1 pupils can have milk at playtime.
- 3.6. School trips** Food or drink provided by parents, and the school kitchen, for school trips conforms to the latest DCSF/Department of Health/School Food Trust guidance and is consistent with the whole school food policy. Children who normally have a school dinner take a healthy nutritious packed lunch that has been prepared on the school premises by the kitchen staff. This is labelled in line with the latest government guidelines regarding ingredients and allergies. Children who normally eat a packed lunch prepared at home bring theirs as normal



**3.7. Food for staff** Staff act as good role models to the pupils and undertake to adopt the whole school food policy during the school day.

**3.8. Health & Fitness Club** An after-school club is delivered by the school promoting healthy eating as part of a healthy lifestyle. Within the club children will get to follow recipes and create healthy food and drinks.

#### **4. Impact**

**4.1. Food in the Curriculum** Mountbatten Primary School promotes healthy eating by working with pupils in Science, PSHCE and D&T to learn about food in the context of a healthy diet and healthy lifestyle making pupils aware of the variety of foods including foods from other cultures.

Through these curricular areas, pupils develop skills in planning and preparing a diet to achieve the Balance of Good Health as well as basic food hygiene and food safety practices.

**4.2. Fundraising events** Fund raising is an important part of school life. All fund raising activities will consider the importance of the whole school food policy. When possible the school will promote healthier choices, however, in some circumstances this may not be possible.

**4.3. Rewards** Mountbatten Primary School recognises the importance of acknowledging achievement of pupils. Teachers have different ways of giving rewards according to the age of the children including dojos, stickers, certificate of achievement and star of the week. The school does not reward pupils with sweets.