

Kilburn Infant & Nursery School

FOOD POLICY

“What children eat plays a vital role in their growth and development. For some time many people have been arguing that what children are eating needs to change, both at school and at other times during the day. The Government supports this view and school food will now be an example for children to follow”. (“School Food Trust – Eat Better Do Better”).

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day, and staff and adults model healthy eating e.g. fruit at playtime, eating school lunches as a valuable part of daily life.

There is a strong emphasis on the idea that a balanced diet makes us feel better and achieve more – ‘Eat Better, do better’.

Aims & Objectives at Kilburn Infant & Nursery School

- to ensure every child has access to high quality, tasty and nutritious food, and an easily available water supply during the school day.
- to promote healthy eating that will significantly contribute to the health and well-being of the children.
- to improve understanding of the terms such as a “balanced diet” and “healthy eating”.
- to ensure that food provision in the school reflects the ethical and medical requirements of staff and children e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- to support parents/carers and the school community in promoting a healthier lifestyle.
- to provide safe, happy eating environments, with high quality adult support, supervision and encouragement.
- to reinforce the idea that sweets and chocolate are ‘occasional treats’ and not part of balanced meals
- to comply with the Government’s standards for Food in Schools.

Organisation

Curriculum - The majority of food education will be taught through our Question-based learning projects and integrated into learning through subjects such as Science, P.E. & Sports, PSHE, R.E. and Design & Technology.

Playtime – A piece of free fruit or vegetable is available to every child through the NHS ‘School Fruit & Vegetable Scheme’. Children are also allowed to bring their own, or an extra piece, of fruit. Sweets/chocolate/crisps are not allowed. Staff promote drinking of

plain water (not flavoured) by children throughout the day, with plain water bottles readily available.

Lunchtime

School Meals - Lunches meet and exceed the national guidance and are cooked/delivered from the Junior School. Children are encouraged to have, taste and try new foods. Children are not allowed to only eat the dessert. Staff liaise regularly with parents/carers if a child is not eating much lunch and sometimes suggest that a child brings a packed lunch instead.

Packed Lunches – A ‘suggestion’ list is sent out each September. Sweets and chocolate are not allowed. The MDS and Head teacher regularly monitor the food in packed lunches, and will contact a parent if a child does not consistently bring a ‘balanced diet’ which may impact on their concentration, behaviour or energy levels in the afternoon. If sending grapes with children, parents/carers are asked to cut them up first to avoid a choking hazard. Food containing grapes from the Junior kitchen are also chopped.

Other food in school

- Curriculum subject or themed food making – children take any made food home so that it is parental choice as to whether a child eats it.
- Holidays and birthdays – we ask that children do not bring sweets/chocolate/rock to share with others.
- Fund-raising raffles, discos, competitions and events – these may include sweets/chocolate e.g. selection boxes. Children will only take part with parental consent.
- Easter & Christmas – small ‘treats’ may be given out by a class teacher for the children to take home, as part of learning about festivities and traditions.
- Rewards – sweets and chocolate are only given out at special events e.g. prizes at disco, and not for other curricular activities (see Relationships Policy).
- Off site – children are not allowed to purchase food when on visits or local walks.

Visitors, visits and events

All adults including supply teaching staff and students will be required to follow the Kilburn Infant & Nursery School ‘School Food Policy’.

Sports-related visitors may be asked to tell the children what food they eat and why e.g. DCFC football players.

Working with Parents and the School Community

We value the important role parents/carers/Governors/Health Professionals play within our school community and are committed to ensuring they:

- are consulted annually regarding their views to food education at our school

- are informed and have opportunity to influence decisions and policy
- are given a copy of our 'Food Policy' (to all parents, and to the school community on request).
- have access to information regarding food in school, via our prospectus and newsletters.
- are given a copy of our 'Packed Lunches' information sheet.

Consulting Children

The children are consulted about lunch, lunchtimes and food in school through activities such as the School Council. They are asked questions such as, "Where do you get access to water?" "What have you learnt about food?".

Equal Opportunities

All teaching and non-teaching staff at our school are responsible for ensuring that all pupils irrespective of gender, ability, ethnicity and social circumstances, have access to the whole curriculum and opportunities to make the greatest progress possible in all areas of the curriculum whilst in our school.

We also recognise the importance of respecting the diverse family circumstances that exist within our school community, and seek out resources to reflect these e.g. single parent families, same sex families, disabled parents etc.

Special Needs

All children with special needs receive food education. Teachers may need to be more explicit and plan work in different ways in order to meet the individual needs of the children with special educational needs.

Links with additional school policies

All policies of Kilburn Infant & Nursery School are reviewed and adopted by the Governing Body on a three-year cycle. All policies are available to view on request to the Head teacher, and some policies are sent out annually to parents/carers.

Many policies, practices and procedures are inter-related, including:

Accessibility; Administering Medicines; Admissions; Anti-bullying; Arts; Asthma; Assessment; Attendance; Behaviour Principles; Breast Ironing; British Values; CCTV; Charging; Child on Child abuse; Child Protection; Code of Conduct; Complaints; Confidential Reporting Code; Critical Incident Management Plan; Curriculum; Data Protection; Debt Management; Disciplinary Procedure for School Staff; Dinner Money; Disability; Drugs; Educational Visits; Exclusion; External Contributors; Extremism & Radicalisation; EYFS; First Aid; Financial Regulations; Financial Procedures; Food; Freedom of Information; Governors' Expenses; Grievance; Health & Safety; Homework; Home + School Agreements; Intimate/Personal Care; IT & Disaster Recovery; Lockdown Procedures; Looked After Children; Managing Allegations; No Smoking; Online Safety;

Pay; PSHE; Physical Intervention; Promoting British Values; Protected Characteristics; Private Fostering; Recruitment; Redundancy; Relationships: Relationship, Sex & Health (RSHE); School Privacy Notice; School Travel Plan; SEN; SMSC; Statement of Internal Control; Stress Management; Supporting Pupils with Medical Conditions; Teacher Appraisal; Uniform & Appearance; Vexatious Complaints; Violence; Violent & Abusive Visitors; Zero Tolerance

Dissemination, Responsibility & Reviews

All relevant members of staff and the school community will receive a copy of this policy. Policy reviews/amendments will include statutory changes, and school community feedback and ideas.

The Head teacher and relevant staff will keep up to date with developments in this area by attending all relevant training, accessing literature, and cascading information to the school community.

J. Baillie
Headteacher

Policy reviewed by Governors: **Spring 2025**