



## Stoke Holy Cross Primary School

### Food Policy

#### Policy Statement

Stoke Holy Cross Primary School is committed to being a healthy school. We promote healthy eating by educating and encouraging the children to make healthy food choices, and helping our pupils develop the skills to take responsibility for the choices they make. We also recognise that parents have the right to decide what their children eat.

#### Aims

- To ensure that all aspects of food and nutrition in the school help promote the health and well-being of our pupils.
- To ensure that food provided across the school day meets nutrient and food-based standards.
- To ensure we all have access to fresh clean drinking water at all times.
- To ensure that Stoke Holy Cross Primary is a nut-free school.

#### Food Provision

- The food provided within school meets, or exceeds the latest mandatory food standards.
- Foundation and KS1 participate in the 'NHS Fruit Scheme'

#### Break time

- Pupils are encouraged to bring a healthy nut-free snack in a named container. This supports our environmental commitment to reducing waste.

#### Lunch time

- All pupils have the option to have a hot dinner/packed lunch provided by NORSE or bring a packed lunch to school.
- Hot lunches are eaten in the dining hall in two sittings.
- We promote positive social interaction by encouraging pupils to engage in quiet conversation whilst in the dining hall.
- Pupils are given adequate time to eat their food, that is at least 25 minutes.

#### Hot Meals

- Hot meals are prepared offsite by NORSE. Meals comply with the nutrient and food-based standards.
- NORSE provide a menu which is also available on our website [www.stokeholycross.co.uk](http://www.stokeholycross.co.uk) and displayed on the 'lunch noticeboard' in the main corridor. We encourage parents to order meals on a half termly basis. Meals can be ordered for any day of the week.

#### Packed Lunches

- Nut-free packed lunches can be brought into school, or purchased from NORSE. Packed lunches are stored either on the food trolley or in the cloakrooms away from any source of heat, but not in a cooled environment.
- For more information and advice for parents about how to make a healthy packed lunch see: [www.childrensfoodtrust.org.org.uk](http://www.childrensfoodtrust.org.org.uk)

We are aware of particular dietary needs. Medical, cultural, religious and ethical requirements are all accommodated.

### **Water Provision**

All pupils have access to clean drinking water throughout the school day.

- Each classroom has a tap providing drinking water.
- Pupils are asked to bring a named cup to school which is stored in the classroom (spare cups are available if necessary).
- Drinking water is available in the dining hall during lunch time.
- A water cooler is freely available.
- Water is not permitted in the ICT suite.

### **Initiatives/Partnerships**

- The Green Team: Waste Audit, Waste Free Lunch and Food Survey
- Eco Schools
- Let's Get Cooking recipes link on our website [www.stokeholycross.co.uk](http://www.stokeholycross.co.uk)
- Healthy Schools
- Health Advisor/Nurse/Dietician
- Allotment Society
- Crucial Crew visit (Year 6) Food Hygiene/Food Standards Agency

### **Other relevant policies**

- PSHE
- Drug Education
- Sex and Relationship Education
- Physical Education
- Design and Technology
- Science

### **Monitoring and Review**

The Food Policy document will be placed on the rolling programme for review. Monitoring will be via parent/pupil questionnaires, Newsletters, School Website, School Council, Green Team, NORSE and staff.