



Chalkwell Hall Schools

Food Policy

Agreed by Governing Body: Spring 2025

Review date: Spring 2027

At Chalkwell Hall Schools we have due regard for our duties under the Equality Act 2010. Through the delivery of the PHSE curriculum, British Values and the school ethos, we will ensure that we eliminate discrimination, advance equality of opportunity and foster good relations.

From September 2014, a New National Curriculum was introduced.

The food curriculum is delivered through DT where food preparation and cooking techniques are taught and in Science and PSHE where the importance of a healthy, balanced diet is recognised.

Aims

To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our schools.

Objectives

- To always strive to improve and vary the options available to children for school dinners.
- To continue to vary the options available to children with dietary and allergen needs.
- To continue to involve the Pupil Voice in changes to the menu.
- To encourage parents to provide their children with healthier, more balanced packed lunches.
- To continue with the free 'Fruit and Veg' scheme for Early Years and Infant children.
- To continue to offer milk.

Allergy Aware School

At Chalkwell Hall we strive to provide a safe environment for all. We work closely with families and professionals to ensure we can best support children with allergies. An allergic reaction (anaphylactic shock) can occur through ingestion of nut products or other products pupils may be allergic to, cross contamination and breathing nut dust in the air. The consequences of such a reaction can be life threatening. We therefore insist that all members of the local community support us in minimising the risk by ensuring packed lunch contents do not include products that can cause harm to others – see packed lunch subheading for excluded packed lunch products. Our school kitchen adheres to strict guidelines and caters for many dietary requirements, including allergies.

Snack time/Play time

The Infant school is participating in the 'free fruit and veg' scheme which allows us to offer the children a piece of fruit or a vegetable for their morning snack. The KS1 children can take this outside with them and eat it in the playground. Children are not forced to take snacks but are encouraged by staff to try new things or take a

'few bites'. The children are not allowed to bring their own snack to school, therefore encouraging them to try the healthy options available. This is also true for Reception FS, where they are encouraged to have a piece of snack and a drink of water or milk during 'snack and chat' time.

In the Nursery, our catering team prepares a varied and balanced morning and afternoon snack. In certain circumstances, parents may choose to opt out and provide a healthy, appropriate snack from home.

Milk is offered at a weekly cost via the 'Cool Milk' company (free to the under 5s and identified pupil premium children). All children are encouraged to drink water throughout the day and are required to bring a water bottle from home which may contain water only.

The Infant School catering team provides a tuck shop for the Junior children, offering a small selection of prepared snacks, drinks and homemade treats. Children are required to pay cash for each item.

Methods

All staff have responsibility for ensuring this policy is adhered to.

Our ultimate aim is to develop a child's understanding of safe, tasty, diverse and nutritious food, through not only our meal offer but also our curriculum

Lunchtime

The Reception children begin their lunch before the rest of the school, giving them time to settle before the older children arrive. The vast majority of Infant children eat their school meal or packed lunches in the dining hall. Junior children eat their packed lunch in the Junior school and those who choose a school meal eat in the shared dining hall. For a small number of children with additional needs, the dining hall experience can be challenging, some of these children do not have to queue for their meal and some will eat their lunch in a quieter, more appropriate environment. Children are encouraged to eat all of their school dinner but are never forced. Where we have concerns about a child's portion size, this is shared with class teachers and then directly with parents. Children are encouraged to use good table manners and help to clear up after themselves, with minimal waste.

School Dinners

The Infant school has managed the lunchtime catering service since April 2005. Meals are prepared and cooked on site by our Head Cook and the catering assistants. Where possible, meals are freshly prepared, include 'hidden' vegetables, seasonal and processed ingredients are minimal.

Our weekly menu offers a daily hot meal with a vegetarian or vegan alternative, as well as the option of a jacket potato each day. We always provide a suitable alternative for children with allergies to ensure everyone's needs are met. The

menu is shared with parents, is accessible on the school website and is shared in the weekly newsletter. This is done in the hope that children eating the school dinners will do so on days when they know there is something they will like on the menu.

Where possible, we adhere to all criteria of the Government's food-based standards for school lunches from the Food School Trust.

Water, milk and fruit is available every day.

Packed Lunches

Nursery children who stay all day are required to bring a healthy and balanced packed lunch. They eat in a designated area reserved exclusively for Nursery children, under the supervision of designated adults. Whenever possible, adults are positioned facing the children to ensure their safety and well-being. In Reception and Key Stage 1, parents may provide a packed lunch for their child, if they wish. Lunch boxes must not contain nuts (due to allergies), chocolate bars, sweets or fizzy drinks. To conform to our school dinners and to adhere to healthy eating guidelines, packed lunches should contain a balance of carbohydrates, fruit/vegetables and sources of protein. Parents are asked to provide a lunch that is suited to their child's appetite. Where we have concerns about the contents of a child's packed lunch, the Play Team will place an advice slip in the child's lunchbox or we will speak directly with the parents.

Water

Children are permitted to bring a water bottle to school, to which they have access throughout the day. Children are able to refill their water bottles if they need to. This activity is encouraged by staff, particularly in the warmer weather.

Breakfast and After School Clubs

The before and after school club 'Conkers' is managed by Chalkwell Hall Junior school and is available to pupils from both Infant and Junior school. A varied breakfast is served to those children who attend the Breakfast Club, for example: cereals such as Weetabix, Rice Krispies, porridge, Shreddies and Shredded Wheat, bagels, pancakes, toast with various toppings, apple or orange juice. Children who attend the After School Club are provided with a snack and a drink, for example: crumpets, toast with beans or spaghetti, Marmite sandwiches, fruit, water or milk.

Staff

Staff members are responsible for their own lunch, including ensuring that the contents adheres to our allergy restrictions. Staff are also able to purchase a school dinner, accessing the same healthy menu as the children.

Children with Special Education Needs

All members of staff are made aware of any medical/allergic conditions of individual children through effective communication with the school office. Information relating to individual needs is discussed with all parents before their

child's admission to the Foundation Stage. Infant children are provided with a card on a lanyard which they wear, so that any dietary/allergen needs are clearly visible to the kitchen and Play Team staff.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food. All children wash their hands before snack and lunchtime.

Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; wearing a food preparation apron, using clean equipment, always washing hands before and after working with the food and using an individual spoon etc. when tasting food.

Monitoring and Evaluation

How do we know our objectives are being met?

- SLT and Healthy Schools Lead liaise with the catering committee in order to continue to improve and vary the options available to children for school dinners.
- During Pupil Voice meetings, reps will be consulted about and asked for opinions on changes to the school dinner menu and other food issues e.g. snack.
- Send questionnaires to parents and children with regards to food in school.
- Take up options at snack and lunch times.