



The Discovery School

Whole School Food Policy

Introduction:

The Discovery School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by adhering to guidance published by the Department for Education (DfE): <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools> and by following a whole school approach to food provision and food education, as documented in this policy.

This policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse. This school Food Policy is co-ordinated by Miss T Gobell, Head Teacher and monitored by the governing body.

Aims:

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- To support pupils to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day:

Breakfast:

Breakfast is an important meal that should provide 25% of a child's energy requirement and support pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 7:30am – 8.40am.

The breakfast menu includes: Selection of cereals, toast, yoghurts, fruit, waffles, pancakes and brioche. Croissants are occasionally available. Water, milk and a selection of fruit juices are also available. All food is selected in line with the DfE School Food Standards.

Staff providing food have achieved a Level 2 qualification in Food Safety and Hygiene

After-School Club:

The After School Club menu includes sandwiches and wraps (with a variety of fillings), cheese and crackers, pizza, sausage rolls (when not served on the lunch menu) and vegetarian rolls. Vegetables (carrot, cucumber, sweetcorn) yoghurt and fruit are served daily. A biscuit or homemade cake is sometimes served. Water, milk and squash is also available.

Staff delivering cooking sessions and clubs have achieved a Level 1 and/or 2 qualification in Food Safety and Hygiene.

School Lunches:

School meals are provided by Caterlink, an external catering company. Caterlink meets the mandatory requirements of the DfE School Food Standards when designing its menu: <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

Our school caterer is a specialist caterer in the education sector and is a shortlisted nominee for the national Contract Catering Awards.

School meals are planned on a 3-week cycle and always contain a meat or fish and vegetarian option. The school meals menu can be found on our school website: <https://www.discovery.kent.sch.uk/about-us/school-meals/>

Caterlink is committed to sourcing high quality seasonal ingredients from local and regional suppliers. They use produce with high standards of animal welfare – for example, Red Tractor meat, RSPCA assured free range eggs, Marine Stewardship Approved (MSC) fish and a range of fair-trade produce.

School lunches are served between 11:30am (EYFS) and from 12:15pm (KS2) in the dining hall.

Packed Lunches:

The School's packed lunch policy is developed using guidance from the DfE:

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choosing wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, houmous, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches can occasionally include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Any items containing chocolate including, biscuits, cakes or yoghurts/desserts

Packed lunches must not include:

- Sweets
- Chocolate bars
- Fizzy drinks
- Any foods that contain **nuts** and **peanuts**

Nut guidance:

Below is guidance on how to ensure that any food that is brought into school is nut free.

If a product says:

- it contains nuts or peanuts,
- it has traces of peanuts,
- it is handled in an environment with peanuts, it cannot be brought into school.

Products that state this will be removed from lunch boxes and kept in the school office. They can then be collected at the end of the school day. A note will appear in your child's lunch box, so that you know that the item has been removed. This is for the safety of our children and staff with serious nut allergies.

If a product says:

- That it is manufactured in a factory which handles nuts (excluding peanut), then this can be included in lunch boxes.

Treats in lunch boxes:

It is fine to add an extra treat on occasion – maybe once a week. Given too often and it won't be seen as 'special'.

Some good options include:

- ✓ A slice of malt loaf or banana bread
- ✓ A teacake or low sugar flapjack / cereal bar
- ✓ Rice pudding pot or sugar-free jelly
- ✓ Unsalted pretzels or plain popcorn

And remember - treats don't have to be food. Why not add a little note, sticker or joke in the lunchbox instead?

Snacks:

The School understands that healthy snacks can be an important part of the diet of young people. In the Early Years and Key Stage 1, snacks are provided during the morning and include fruit or vegetables.

In EYFS, an afternoon carbohydrate snack is provided (bread sticks)

Pupils are also able to bring a small, healthy snack into school to eat at break-times. Acceptable snacks include fruit, vegetables, cheese or breadsticks.

Snacks which are not permitted include: crisps, popcorn, sweets, cakes, biscuits, sweet treats, high sugar content fruit winders.

Drinks:

Our school is a water only school, with the exception of the free milk entitlement for all under-fives and primary free school meal pupils. Water is freely available at various water filling points across the school.

School trips: A packed lunch will be provided by the school, for all children who usually have a free-school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards and special occasions:**Rewards:**

Our School does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including, golden time, value points, and stickers.

Birthday celebrations:

The School recognises the importance of celebrating birthdays and special occasions. On birthdays, every child will have the opportunity to have their birthday recognised in school.

Following consultation with parents and carers, the school requests that no chocolates, sweets and cakes for birthdays are sent into school for distribution. Due to the large number of food allergies and individual dietary arrangements that we have to manage in school, any birthday sweets sent into classes will be respectfully returned home.

Cultural and celebration events:

We welcome a variety of foods from different cultures for children to try. Class teachers will provide parents and carers with advance notice of these events, together with a summary of the foods to be tried. Parents and carers will have the option of not allowing their children to try these foods.

Celebration events:

Very occasionally, the School will host a celebration event e.g. Christmas parties, Easter egg hunts etc. We will advise parents and carers in advance of these events so that an informed choice about allowing their child to participate can be made.

Curricular and extra-curricular activity:

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

as a model of understanding a balanced diet. Staff delivering cooking sessions and clubs have achieved Level 1/2 in Food Safety and Hygiene.

Special dietary requirements:

The School does everything possible to accommodate pupils' specialist dietary requirements, including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is: Mrs. Vicenta Fresneda Alcalá

(SENCo). Pupils' food allergies are displayed in a sensitive way, with all staff being mindful of confidentiality.

Our school has a strict 'No Nut Policy', which all staff, visitors, parents and carers are expected to adhere to. This is because we have many children and staff who are allergic to nuts and could suffer a life threatening episode if contact with nuts is made, including through breathing in.

Guidance related to our No Nut Policy can be found in this policy document and on our school website: <https://www.discovery.kent.sch.uk/about-us/school-meals/>

Expectations of staff and visitors:

The Discovery School expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink, in line with this policy.

Parents, carers and family members:

Our relationships with parents and carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. Should any parent or carer need advice about this policy or about general healthy eating guidance, then they are encouraged to contact our Family Support Manager (FSM), Mrs Emma Randle: erandle@discovery.kent.sch.uk

Monitoring and review:

This policy has been developed in consultation with governors, staff, pupils, our Parent Partnership Group and parents and carers. This policy will be reviewed every 3 years or sooner if changes to recommended guidance or legislation are made.

Date policy implemented: September 2024

Review Date: September 2027