

School Food Policy

Cape Primary School



Approved by: Full Governors

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Change Log:

Date	By Who	Comment
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1. Introduction

Cape Primary School is dedicated to providing an environment that ensures the healthy choice, is the easy choice for all children. We promote healthy eating and enable pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, we take a whole school approach by bringing all elements of the school day together to support the health and wellbeing of all children. We recognise that we are invaluable role models to pupils and their families regarding food and drink choices and healthy living.

This policy will be reviewed annually to incorporate any new developments.

2. Food Policy Champions

A successful school food policy uses a whole school approach to formulate a policy that is agreed upon by everyone at the school including staff, caterers, pupils, parents, and governors to ensure it encompasses the overall ethos and environment of the school. To ensure our food policy is an embedded element of our school, it was formulated and written by the Headteacher in consultation with the school council.

3. Policy Aims & Objectives

Our school food policy aims to...

- Ensure that all aspects of food and nutrition promote the health and well-being of pupils, staff, and visitors at our school.

The objectives of our school food policy are to:

- Provide a range of healthy food choices throughout the school day that are in line with the mandatory school food standards.
- Ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils.
- Make the healthy choice, the easy choice.
- Ensure that our caterers uphold high standards and continue to actively consult with relevant stakeholders to improve the food provision.
- Work with students and the catering company to make sure the pupils feel listened to and see their choices in the food on offer.

4. Food & Drink Throughout the School Day

Our catering provider is Wolverhampton City Council. Their staff are trained by Wolverhampton City Council in food safety and hygiene. There are a number of school based staff trained to food hygiene level 2 standard. Those in breakfast and after school club must be trained.

4.1. Breakfast Club

We offer a breakfast club which serves a range of nutritious, school food standard compliant food (including wholemeal carbohydrate, fruits & protein-based foods) to support children's health and concentration to ensure they have fuel for learning, play and social interaction.

- Our breakfast club is run by school-based staff, overseen by a family support worker.
- The snacks and food comply with the food standards.
- We have a guide for parents explaining how our breakfast club runs.

4.2. School Lunches

- Meals are provided by Wolverhampton City Council
- There is a 3-week cycle for the menu. Prior to menus changing school council are consulted.
- The meal supervisors ensure that there is a rota in place so that different classes attend different sittings to ensure fairness and equality.
- The menu is monitored by the principal meal supervisor to ensure the food provided matches the menu.
- The catering provider ensures the menu meets the food standards. They have home economists that ensure a broad and balanced meal is available daily.
- The school provides Halal meat to HMB standard.

Environmentally friendly:

- The school meals cater for any dietary requirements. Where children have specific needs a bespoke menu is put in place.
- Every Monday is 'meat free Monday'; there is a vegetarian option available daily.
- Food waste is monitored and a separate bin used for food waste.

Desserts:

To ensure balance within our lunch offering, we offer a range of nutritious dessert options. This includes days where we serve fresh fruit and yoghurt, cheese, and crackers or a 50% fruit-based dessert.

Dining environment:

- All pupils are expected to follow the
- How do you encourage development of social skills at lunchtime?
- Are staff encouraged to eat their lunch with pupils?
- Does your school review the dining environment to ensure it is fit for purpose?
- Who is responsible for lunchtime supervision and how is this managed?
- Do you provide additional support for SEND children at lunchtime?

Feedback and consultation:

- Are students are consulted on the menus and the dining room environment?
- How do you ensure their voices are heard?
- How/where can parents' feedback about the school lunches?

Free School Meals:

From September 2014 every child in reception, year 1 and year 2 in state-funded schools is entitled to a free school meal. The government also provides funding for all children from low-income families to access a free school meal [Appendix 2].

- When families admit their child to school we offer and complete and FSM eligibility check with the local authority.

4.3. Packed Lunches

Packed lunches include those brought from home as well as those provided by the school or by parents for trips.

- Children are encouraged to take up a school meal rather than a packed lunch in the first instance.
- Whilst school does not dictate what a packed lunch should contain parents are encourage to ensure the lunch is balanced.
- School does not accept 'deliveroo' or other fast food meals being sent to school for lunchtime. Parents are asked not to bring in fast food lunches for children as a 'packed lunch'.
- School does not have the facilities to heat up lunches for children at dinnertime.

4.4. Afterschool Club

We have an afterschool club serving nutritious, tasty, and school food standard compliant food.

- Our after-school club is run by school-based staff, overseen by a family support worker.
- The snacks and food comply with the food standards.
- We have a guide for parents explaining how our after-school club runs.

4.5. Food Brought In

Food brought in covers many different times within the school food environment and covers anything brought in by students, as well as provided by parents or staff. We strive to ensure that food brought into the school complies with school food standards [Appendix 1].

- School provides fruit as part of the national fruit scheme for EYFS/KS1 pupils. For KS2 pupils the school provides dried fruit for the children as a snack.
- Children also bring in water from home and top up in school.
- Fizzy drinks are not allowed.

- Toast is provided for Year 6/2 pupils at SATs testing time.
- Toast/breakfast is also provided as part of nurture group or if a child needs additional support throughout the day.
- Children may bring in treats on their birthday to share with the class. We try to encourage healthy eating.

This applies to the following occasions:

- Breaktimes
- Learning Together Day
- Sports days/events
- School council meetings
- Exam or test days/weeks
- End of term
- School trips
- Birthdays
-

We also strive to ensure that healthy food and drink options are available at the following school events and celebrations: [

- Fundraising events
- Seasonal celebrations [Christmas, Easter, Eid etc.]
- Summer and winter fayre
- International events/Cultural week
- Charity weeks: E.g., Macmillan coffee morning

4.6. Water Only

We are a water only school.

- We believe that drinking water is a healthy option. Fizzy drinks are not allowed. Children may bring fruity water into school if they wish.
- Breakfast and after-school club may have a glass of squash.
- Squash is also provided at after school events e.g. film night
- Does the water only policy apply packed lunches?
- Staff and pupils are encouraged to drink water regularly.
- If required for a medical condition, diabetic children. Specific plans are in place for individuals.

4.7. Reward Culture

Studies have shown that rewarding with food can have a negative impact on a student's relationship with food. It can increase preferences for sweets, lead to overconsumption, teach students to eat when they are not hungry, and contribute to problematic thoughts and behaviours for those who are predisposed to disordered eating.

Taking this into consideration, our school avoids using food as a reward and asks staff to follow this policy. As alternative we use a positive praise system where students receive postcards, additional trips, and gift vouchers. This was decided after a consultation with the student council. We are currently exploring ways to reward staff, and when food is provided as a reward this is to be only consumed in the staff room areas and not in student facing environments.

5. Allergies & Special Diets

When talking about allergies and special diets, we are inclusive of all allergies, intolerances, cultural and religious diets as well as medical requirements such as diabetes or blended diets.

- Care plans are completed for children with specific allergies.
- All staff complete the virtual response training annually.

- We are a 'nut free' school, encouraging parents not to send nut products into school and being mindful of ensuring nuts are not shared.
- Children who have allergies wear a lanyard when collecting their lunch to ensure the catering staff know. They are at the front of the line and the lanyard states the allergen.

6. Food Education

Cooking and Nutrition is a compulsory subject within the Primary Design & Technology curriculum [Appendix 3]. We teach this at an appropriate level throughout each key stage. There are opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance as well as practical skills such as designing, preparing, and cooking predominantly savoury food.

- The cooking curriculum is progressive and planned by our creative lead, meeting the requirements of the national curriculum whilst linking with the overarching theme of the unit.
- Food and healthy eating is also taught across the science and PSHE curriculum.
- The school has a secret garden which provides some opportunities for growing.

7. Equal Opportunities

We recognise the importance of all pupils, staff and visitors having equal access to inclusive opportunities. We want to ensure that everyone is catered for and feels valued when food and drink is provided in school, and across all aspects of food education.

Here are some example bullet points you could use:

- We practise vigilance, noting and acting if we see signs that any children are not eating well/is not well-nourished.
- We ensure that the food offer is affordable and, where free offering of food is available, that this is accessed by those who need it, with no stigma attached.
- We ensure that the food offer considers the diverse ethnic, cultural and religious backgrounds of our students and the varying medical / dietary needs some may have.
- We ensure children and staff who are fasting are supported, allowing all to flourish spiritually and academically.
- We check that events involving food are not exclusive culturally or economically.
- We ensure Pastoral and Safeguarding staff know the signs of disordered eating and can signpost children and their families to help.

8. Staff & Visitors Expectations

All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes towards food and drink. Therefore, it is important that they have a positive attitude and are healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition.

10. Monitoring & Evaluation

At each review point, we will identify any areas of improvement to ensure that we maintain a balanced and wholesome approach to food & drink in our school. We will consider take up of school food, pupil/parent feedback and our ever-changing student population during each review.

11. Appendix

Appendix 1:

The revised standards for school food came into force on 1 January 2015 and are set out here:

[School food standards practical guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](http://schoolfoodplan.com)

Appendix 2:

[Free school meals: guidance for schools and local authorities - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Appendix 3:

[National Curriculum - Design and technology key stages 1 to 2 \(publishing.service.gov.uk\)](http://publishing.service.gov.uk)

Catering Review

Aim: Support existing work to ensure that the caterer is consistently meeting KPIs and that the quality/nutritional standard of the food served meets what is set out in both the catering contract and the school food policy.

Staff lead:

- Liaise with the PSHE lead to arrange feedback meetings between the pupils and the caterer.
- Complete random termly School Food Standard compliance checks and report the findings back to SLT and the caterer.
- Be the main point of contact for any additional feedback/comments about school food from students, staff or parents.
- Ensure that the governors are informed about any updates/changes to the school food policy and catering provision.

WEEK 1 MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza v	Traditional Roast Dinner with Trimmings	Spanish Chicken	Build a Burger	Fish & Chips
Macaroni Cheese & Garlic Slice v	Quorn Roast Dinner with Trimmings ve	Meatball Marianna ve	Southern Fried Breaded Chicken v	Cheese Swirls v
Jacket Wedges	Roast Boiled Potatoes	Diced Potatoes	Potato Wedges	Bread & Butter
Mixed Salad Sweetcorn	Carrots Broccoli	Sweetcorn Green Beans	BBQ Beans Sweetcorn	Peas Baked Beans
Chocolate Muffin	Fruit Jelly	Iced Sponge	Shortbread Biscuits & Mint Custard	Fruit Salad & Arctic Roll
WEEK 2 MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza v	Chicken Curry & Rice	Veggie Sausage & Mash v	Traditional Roast Dinner with Trimmings	Fish Fingers & Chips*
Roasted Vegetable Wrap v	Cheesy Pasta & Garlic Slice v	Cheese, Onion & Potato Pie v	Quorn Roast Dinner with Trimmings v	Quorn Nuggets ve
Potato Wedges	Salad	Creamed Potatoes	Boiled Potatoes	Bread & Butter
Mixed Salad Sweetcorn	Cauliflower	Sweetcorn Carrots	Cauliflower Green Beans	Peas Baked Beans
Cookies	Chocolate & Lime Cake	Rice Crispie Slice	Lemon Drizzle Cake & Custard	Ice Cream Tubs
WEEK 3 MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza v	Chefs Curry of the Day	Chicken Pasta Bake & Garlic Slice	Traditional Roast Dinner with Trimmings	Fish & Chips
Tomato & Basil Pasta ve	Sausage Hotpot ve	Jacket Potatoes & Beans ve	Quorn Roast Dinner with Trimmings v	Meat Free Sausage Roll v
Potato Wedges	Basmati Rice	Diced Herby Potatoes	Roast Potatoes	Bread & Butter
Coleslaw Mixed Salad	Sweetcorn Carrots	Garden Peas Baked Beans	Carrots Broccoli	Peas Baked Beans
Iced Sponge & Custard	Rainbow Jelly	Chocolate Arctic Slice	Choccy Cornflake Crunch	Ice Cream Tubs
Available Daily – Sandwiches and Jacket potatoes with Various Fillings; Milk, Bread, Cheese & Crackers, Fresh Fruit or Fruit Salad, Yoghurt				
*salmon & cod provided				