



Coppice Junior School

# Food Policy

**Committee with oversight for this policy:**

Full Board

**Policy ratified and adopted by Full Governing Body:**

October 2022

**Review frequency:**

Annually

**Policy due for renewal:**

October 2023

\_\_\_\_\_  
Headteacher                      Mark Knowles

\_\_\_\_\_  
Date

\_\_\_\_\_  
Chair of Governors              Jo Bromige

\_\_\_\_\_  
Date

# Coppice Food Policy

## 1. Rationale

At Coppice we recognise the importance of food and nutrition in our lives. We know that healthy eating from a young age is vital for good health and we are keen to help equip pupils and their families with ways to establish healthy eating habits, ensuring that children can make informed choices. There is also a significant connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

## 2. Aims

- To maintain or improve the health of the whole school community through education - increasing understanding and knowledge of a balanced diet and how to make sure food is cooked safely and healthily
- To ensure pupils have access to safe, nutritious and tasty food plus fresh drinking water
- To ensure that the food provision in school reflects the ethical and medical needs of the staff and pupils e.g. vegetarians, people with specific food related allergies and religious beliefs.

## 3. Allergies

**Please note - due to severe allergies Coppice has to be a nut free environment. We ask that you do not send your child into school with anything containing nuts.**

**This may include but not be limited to: nut butters ie Peanut Butter, cereal bars, biscuits, cakes or chocolate that contain nuts**

## 4. Breaktime

Pupils are able to bring in a snack for break times, but we only allow fruit or vegetable sticks from home.

## 5. Lunchtime

Children can choose to have school dinners or can bring a packed lunch from home. Lunch food prepared by the school catering team meets the National Nutritional Standards for School Lunches. The school uses Solihull catering Services for our lunchtime meals facility. Solihull catering Services complies with the Food Standards. We provide school dinner menus with a choice of hot or cold food, a self-service salad bar, as well as the vegetables of the day. All children are encouraged to try one of the vegetable choices or something from the salad bar. We involve pupils with growing our own vegetables and fruits in the school vegetable patches that can be used in the kitchen. Pupils are encouraged to eat school dinners by having menus designed by a year group on themed days. Classes provide feedback to the School Council on issues linked to eating at break or lunchtime.

As part of our healthy eating ethos we ask that children who bring in their own lunches do not bring fizzy drinks into school. We encourage children to include healthy food items and limit the amount of chocolate

bars, crisps and biscuits. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

## 5. Water

Drinking water is available to all pupils at all times. Pupils are encouraged to bring in their own water bottle to have during the day. Pupils are encouraged to drink regularly.

## 6. Special Dietary Requirements

### Cultural and religious diets

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. The school needs to have a robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal.

### Medical Diets

Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency.

## 7. Food supplied at school events and celebrations

The national School Food Standards do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events. However, consideration should be given as to how the food and prizes supplied at school events is consistent with the school ethos with regard to food.

We are committed to giving all our pupils consistent messages about all aspects of health in order to encourage them to take responsibility for the choices they make. This policy should be read alongside the school's policies for PSHE (Personal, Social and Health Education, RSE (Relationships and Sex Education), PE (Physical Education) and Drugs & alcohol.

### Links

[www.foodforlife.org.uk](http://www.foodforlife.org.uk)

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

[www.solihullactive.co.uk/](http://www.solihullactive.co.uk/)

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

[www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)