

Purley Partnership Federation



Purley Nursery School
Achieving and growing together



Christ Church Primary School
Nurturing lifelong learners with God's guidance

Food Policy

Reviewed April 2023, to be revised April 2026

Aims

Purley Partnership Federation recognises a healthy diet as an essential part of the school day. We understand that a healthy diet plays a vital role in developing the whole person, ensuring that children have healthy bodies and minds.

Our aims are:

- to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school
- to help our pupils understand the consequences of, and to develop the skills to take responsibility for the choices they make.

Food provision across the school day

The food provided within school meets, or exceeds, the latest mandatory standards from the DFE.

Break time – Christ Church Primary School

- A piece of fruit or vegetable is available to every child in reception and key stage one classes.
- Milk is available, at a small cost, for all children across the school and is free for children aged five years and under and those eligible for free school meals.
- Break time snacks or those eaten after sporting events/during school trips are required to be healthy, e.g. a piece of fruit, and children are encouraged to drink water during break time.

Snack time – Purley Nursery School

- Milk is provided daily to all nursery children.
- A piece of fruit or vegetable is offered as a snack during nursery sessions.
- Access to drinking water is provided throughout the day.

Breakfast and after school provision

- Children are offered a healthy breakfast and a healthy light meal after school. Food is served at tables with due regard to health and safety and to promote a 'family' atmosphere. Menus for after school club are reviewed on a six monthly basis.

Lunch time – Christ Church Primary School

- Children can choose a balanced and nutritious meal provided by the appointed catering company or bring a packed lunch that meets nutrition guidelines required by The School Food Standards (see also section below entitled "Packed lunches").

Lunch time – Purley Nursery School

- Children are required to bring a packed lunch (see also section below entitled "Packed lunches").

Monitoring of food provision and food choices

At Christ Church School meetings are held with the catering staff to discuss menus and quality of food provided. We also ask the children for their views on the food on offer. As part of our monitoring we are aware of the amount of food wastage. Lunch options are taken at registration to minimise food wastage and all food waste is recycled.

Water provision

Children are encouraged to drink water throughout the day and teachers act as role models. At Christ Church School, children are asked to bring named water bottles and encouraged to take them home daily and wash in hot soapy water. We promote an environment of free access to water.

Consistent messages

We do not use food as a reward for children's behaviour or learning. In addition to this, the distribution of food for birthdays and special events or holidays is not allowed.

Teaching about food and nutrition

The overall aim of our teaching about food and nutrition is to help children learn about and enjoy food. Children are taught about healthy eating within the curriculum.

Within the formal curriculum

There are many opportunities for children to learn about food and nutrition. For example:

- year two's science learning on healthy eating
- an in-depth study in year five that culminates in them running their own Healthy Café.

Christ Church School Partnerships

We aim to work in partnership with the following bodies to continually improve and develop our provision:

- school council – we aim to ensure the school community has a voice through the school council and communicate with them regularly
- school nurses collect data such as weight/height
- parents and carers are regularly informed of any changes or developments in food at school
- governors are involved in the development and monitoring of this policy.

Monitoring and evaluation

Responsibility for food across the school lies with the Executive Headteacher for Christ Church School and Head of School for Purley Nursery School.

Food and drink in packed lunches:

The Schools ensure that fresh drinking water is readily available at all times.

Parents/carers of pupils bringing packed lunches are encouraged to provide children with packed lunches which conform to the packed lunch policy.

The School will work with parents/carers with the aim that packed lunches abide by the standards listed below.

Packed lunch recommendations include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day.
- oily fish, such as salmon.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- water - this is the only permitted drink in Christ Church School packed lunches. Purley Nursery children have some flexibility of drink depending on need.

And only occasionally include:

- snacks such as crisps or other high fat/salt products,
- cakes and biscuits can be included but please encourage your child to eat these only as part of a balanced meal, meat products with a high fat content such as sausage rolls, individual pies, corned meat and sausages / chipolatas.

Packed lunches must not include:

- any nut products

The Federation schools are **nut free schools** and operate a 'no nuts' policy. Notices are displayed, information is included in the Healthy Lunch Box leaflet issued to new families. In addition, parents and carers are reminded from time to time via school newsletters. There are children with life threatening allergies to nuts and this is essential to keep them safe. Any item containing nuts such as Nutella, peanut butter sandwiches etc will be removed and disposed of immediately. Staff will remove the food as sensitively as possible. Children are not allowed to eat the products in school as this can be transferred from hand to hand or to door handles and classroom

resources and puts children with anaphylaxis at risk. The food will be replaced with an alternative so children do not go hungry.

- Confectionery/sweets such as chocolate bars or sweets.

Special diets and allergies:

The Schools recognise that some children may require special diets.

In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Children are not allowed to swap food items or share food with each other or staff.

Assessment, evaluation and reviewing:

Uneaten packed lunch food is returned home in its container where appropriate, to enable parents to monitor food consumption. Children are allowed to dispose of opened yoghurt and fromage at school.

If a child regularly brings a packed lunch that does not follow the policy then a member of staff will meet with parents/carers to discuss this.

Dissemination of the policy:

The Schools will inform all new parents/carers of the policy information via a summary in the Healthy Lunch Box leaflet.

The policy will be available on the School's website and will be available in the School for all parents/carers.

All school staff will be informed of this policy and will be expected to support its implementation at all times.

Other relevant policies

- PSHE
- Physical activity
- PE