John Perry Primary School

Whole School Food Policy

This policy covers many articles from the UN Convention on the Rights of the Child. Some key ones are listed below.

UNCRC Article 24– Right to health and good quality food
UNCRC Article 27- Right to an adequate standard of living
UNCRC Article 3- Best interests of the child

This policy promotes healthy eating across the school and ensures all children have access to nutritious food that supports their health, learning and development.

Last reviewed: May 2025

Next review due by: May 2027

Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating and supporting good oral health. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

2. Food and Drink Provision Throughout the Day

2.1 Food Standards for Schools, maintained nurseries and nursery units attached to schools

The school food standards are mandatory for all maintained schools and intend to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided between 8am and 6pm which would include breakfast, mid-morning snack, lunch, tuck shops and breakfast/after school clubs. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

For more information please refer to:

- The DFE Standards for School Food in England (updated 2023)
- The DFE School Food Standards – Resources for schools (updated 2023)
- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others

2.2 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. Dried fruit is not offered as a snack and is only offered at mealtimes within a meal/dessert. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day.

The children in KS2 are given the opportunity to access our school tuck shop. The school tuck shop serves fruit only as well as fruit jucies.

2.4 School Lunches

The school lunches meet the statutory school food standards. The offer is compliant with the school food standards, where certain foods/drinks are required; restricted or forbidden. In London, all primary school pupils are currently entitled to free school meals.

Our lunch menu is advertised on our website and can be found here https://johnperryprimary.co.uk/wp-content/uploads/2024/09/Lunch-Menu-Merged-3rd-September.pdf

2.6 Drinks

Water is available for all pupils throughout the day, free of charge. Pupils are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Lower fat milk is available for pupils at least once a day in addition to before and after school clubs.

In addition, other than milk provision once per day, as required by the School Food Standards, we are currently operating as a 'water only' school for all pupils of reception age and older.

3. Special Dietary Requirements

John Perry Primary School does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices and any medical conditions. We work closely with parents/carers to manage any risks. We ask parents/carers, staff and any visitors not to bring nuts on site as we are a nut free school.

The Catering Manager holds the file with the list of food allergies and a copy of this is also held in the medical room. This is shared with relevant staff members. Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- Paediatric First Aid
- Adrenaline / anaphylactic shock (Epi Pen) training

4. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- Adequate facilities, suitable equipment, risk assessments and hazards identified.
- Staff are trained (e.g. relevant staff hold Level 2 food safety certification).

5. Ethos and Environment

Good quality eating environments significantly increase the uptake of school food. Our dining area offers a clean, sociable environment that is welcoming, promotes social interaction amongst pupils and promotes healthy eating habits. Pupils are able to sit at tables with their peers and are given sufficient time to eat their lunch.

Staff understand the importance of being a good role model by sitting with pupils during mealtimes, sharing key messages that support healthy eating, and by making healthy choices themselves.

6. Menu Development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include pupils, parents/carers, staff, caterers, governors, partners.

We promote good uptake of school meals by including the following measures gathering feedback from pupils, parents and staff; offering regular tasting sessions; addressing cultural, religious and special dietary needs.

Our school ensures that the pupil's voice is heard when reviewing our food and drink provision. The group that represents our pupils is called School Council. We actively encourage pupils from different backgrounds to join this group and share their views.

7. Food and Drink brought into School and Parent Engagement

Packed lunches

We encourage parents to provide healthy and well-balanced packed lunches. Please see our website Packed Lunch Policy for our packed lunch guidance. In addition to our guidance, we communicate the importance of a healthy balanced packed lunch and other food provision by running parent education workshops; auditing packed lunches and including information in our newsletters.

8. Birthdays and Special Occasions

As a school we promote healthier choices and therefore we do not permit sweets or treats to celebrate birthdays and special occasions. The only time sweet or treats are permitted is for pre-planned end of term parties.

9. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health

Education. We deliver a spiral curriculum building on pupil's knowledge and skills and learning is assessed throughout to continuously embed these concepts.

10. Enrichment Activities

Our pupils love getting involved in cooking, food and nutrition activities both within the curriculum and as a part of enrichment activities.

KS2 take part in the 'Cooking up the Curriculum' event each academic year.

There is a garden project in which pupils are able to take part in producing, growing and selling their own vegetables.

In Year 5, children work alongside School Food Matters.

This involves the Year 5 children going to Barking Market to sell produce they have grown and donate any funds raised to charity.

11. Monitoring and Evaluation

This policy was produced in consultation with the PSHE lead, school community, and will be reviewed as and when required.

12. Policy Review

Policy Implementation Date: May 2025

Next Review Date: May 2027

Signed:

Date: