Sheriffhales Primary School and Preschool

Whole School Food Policy

Policy issued: September 2026

Review date: September 2028

Approved by:

Justine Keeling-Paglia, Headteacher September 2026

Helen Bibby, Chair of Governors September 2026

1. Purpose of Food Policy

This policy has been written to give clear guidance to staff, parents/ 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 and physical health.

Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

The School Council has represented all pupils in the creation of this policy and the Packed Lunch Policy. Sheriffhales children have made democratic decisions about what they believe school should do to support healthier food in school for everyone.

2. Food and Drink Provision Throughout the Day

2.1 Food Standards for 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. 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. Sheriffhales does not offer nuts due to the elevated risk of an allergic reaction. Dried fruit is not offered as a snack other than occasional raisin boxes 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.

2.3 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. All pupils from Reception to end of Year 2 are currently entitled to free school

meals. Our lunch menu is advertised on our website: this is a two week rolling menu which changes termly. Families are encouraged to look at the menus together and help children make their choices.

2.4 Drinking Water

Water is freely available for all pupils throughout the day. 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 in breakfast club and at lunchtime. 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

Sheriffhales Primary School and Preschool 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 send nuts on site as we are a nut free school. The school's MIS system holds the file with the list of food allergies and a copy of this is also held in the dining hall. 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 food eaten in school. Our dining area offers a clean, sociable environment that is welcoming, promotes positive 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 supporting pupils during mealtimes, sharing key messages that support healthy eating, and by making healthy choices themselves.

6. Menus

We work with our catering suppliers to provide healthy, appetising meals. We promote good uptake of school meals by including the following measures: gathering feedback from pupils, parents and staff; offering regular themed meals and catering events; 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 democratically join this group and share their views and those of their peers.

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 for the 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 offering parent information; supporting healthy packed lunches in school and including information in our newsletters.

8. Birthdays and Special Occasions

As a school we promote healthier choices whilst recognising the importance of special occasions. We do not permit sweets or treats to celebrate birthdays and special occasions to be given out in the school day, but children may receive these at the end of the day, allowing parents / carers to make the decision for their child. The only time sweet or treats may be permitted is for pre-planned end of term parties / special events. Families who wish to send something to celebrate their child's birthday in school may wish to send eg a class book for their library, a fruit platter, etc., as a healthier option.

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. We know from pupil surveys that pupils are very eager to know more about how to prepare and cook healthy food. Our Sheriffhales 6 outdoor learning curriculum supports pupils to know and understand food sources and how to enjoy producing them and we offer clubs to support this.

11. Monitoring and Evaluation

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

12. Policy Review

Policy Implementation Date: September 2025

Next Review Date: May 2027