

Wallace Fields Infant School and Nursery



Food Policy & Healthy Eating Policy

Wallace Fields Infant School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Reviewed: Autumn 2025

Next Review: November 2027

Wallace Fields Infant School is proud to be a part of South Farnham Educational Trust.

This policy has been formulated following consultation with pupils and staff to develop healthy eating and drinking activities that benefit pupils, staff, parents and others associated with the school. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff and parents. It will continue to be developed in consultation with pupils and parents as the school works towards its aim of maintaining Healthy School Status.

Rationale

Wallace Fields Infant and Nursery School recognises the importance of a healthy diet and the significance connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school.

It is important that as a school we consider all elements of work, to ensure that awareness of healthy eating is promoted to all members of the school community and also the role the school can play to promote family health.

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.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

The principles of this policy incorporate those outlined in the School Food Plan

<http://www.schoolfoodplan.com/>

The nutritional principles of this policy are based on the NHS 'Live Well – Eat Well'

<https://www.nhs.uk/live-well/eat-well/>

and the School Food Standards <http://www.schoolfoodplan.com/actions/school-food-standards/>

Food Policy Aims

The main aims of our school food policy are:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- To ensure that the mandatory food based standards are implemented
- To ensure that the school follows the principles laid out in the School Food Plan, encourages the take up of school meals
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

These aims will be addressed through the following areas:

School Food Plan

The School Food Plan <http://www.schoolfoodplan.com/> is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support head teachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by :-

- Adopting a 'whole-school approach': integrating food into the life of the school: treating the dining hall as the hub of the school; lunch as part of the school day; the cooks as important staff members; and food as part of a rounded education
- The head teacher leading the change

- Concentrating on the things children care about: good food, attractive environment, social interaction
- Encourage take up of school meals to improve school food economics and in particular encourage take up of the new Universal Free School Meals for all KS1 from September 2014

Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage. Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporate the DFE statutory guidelines.

This is addressed through:

Teaching methods- Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Medium term planning reflects the whole school approach to healthy eating.

Cooking and nutrition - As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from.

Cross Curricular - The school recognises that food has a great potential for cross curricular work. It is incorporated in teaching of a variety of subjects, in addition to science and PSHE including enrichment cooking activities.

Staff training- School staff including teachers, TA's and lunch time supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines. To facilitate this up to date training or healthy school issues are shared in whole school CPD training.

Visitors in the classroom- This school values the contribution made by outside agencies including the school nurse in supporting class teachers. It is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

Resources- Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'Live Well – Eat Well' where appropriate.

Food & Drink Provision throughout the School Day

Food Standards- National Nutritional Standards for school Lunches became compulsory in 2009. As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches came in to force in January 2015. Together with the existing standards they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Breakfast - Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the food-based standards.

Lunch- Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

Universal Free School Meals -From September 2014, all children in reception, year 1 and year 2 in state-funded schools in England have been eligible for free school lunches. The School fully supports this initiative, encouraging children to have their free school meal. As a result 98% of pupils at Wallace Fields Infant School have a free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

Fruit Scheme (KS1 only) - The School is part of the National Fruit and Vegetable Scheme and all children are given a piece of fruit at afternoon playtime. In addition to this, children are asked to bring 2 pieces of fruit in each week to share in class. This is prepared for all children to have a piece of fruit at morning play.

Milk - The new Food Standards require that milk must be available for drinking at least once per day during school hours. Wallace Fields Infant and Nursery School is part of the Cool milk scheme which allows all children the option of a carton of milk at morning play.

Snacks - The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Fruit is provided for children at morning and afternoon playtimes.

Use of food as a reward - The school does not encourage the regular eating of sweets or other foods high in sugar or fat. Other alternatives are used to reward for good behaviour/academic/other achievements and to celebrate birthdays.

Drinking Water- All children are encouraged to bring a named water bottle to school, which is kept in classrooms where they can access it throughout the day. Drinking water is also made available to pupils through water fountains in each cloakroom area during lunch and playtimes.

Food & Drink brought into School

Packed Lunches- The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'Live Well – Eat Well' and sending links to websites to support parents in preparing a healthy packed lunch. Including:

<https://www.nhs.uk/change4life/>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

We have some pupils with severe allergies, therefore, we ask that all children have the school packed lunch on school trips, which is provided free of charge by the school. The packed lunch consists of a savoury item, a sweet item, a piece of fruit and a bottle of water.

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. On induction, parents are asked to identify if their child requires a special diet. If required a meeting is then held with parents and catering staff to ensure these needs are met. Seating plans are made in the hall, where children have their lunch, to ensure these children receive 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. They are drawn up with reference the Surrey County Council guidance document – “Young People’s Health and the Administration of Medicines”.

Lunchtime provision for special dietary requirement children

At the end of each term. Parents will be asked to provide up to date information regarding children’s allergies. Please [click here](#) to access the form.

When the updated allergy forms are provided, Twelve-15 will work with the school to allocate the children a menu based on their special dietary requirement. E.g., a dairy free menu, vegan menu, vegetarian menu, allergy aware menu (free of the top 14 allergens recognised by the EU.)

Where there are complex dietary requirements Twelve-15 will meet with parents/ carers to review and agree the appropriate menu where allergies fall outside of the specified menus. On rare occasions where a child’s allergies fall outside the 14 allergens (allergy aware menu) this may mean Twelve- 15 are unable to cater for them. However every effort will be made to work with Twelve 15 to cater for your child’s needs.

Once children have been allocated a menu they will have a placemat that indicates their allergies and the placemat will have a colour that indicates the menu that child is on.

Twelve 15 will only give children these menus. A matrix will be completed each day to indicate the ingredients in each menu and the children who are eating a special dinner that day.

Children who are receiving a special dietary requirement will be seated along the side of the table that is nearest to the kitchen.

Special dietary requirement children will be included in a seating plan along with their dietary requirements.

A dietary requirement grid which will include; a photo of the child, the name of the child, the items the child is allergic to, the menu the child has been placed on and the coloured plate that they should have will be produced and updated each term, given to Twelve 15 and a laminated version will be on display in the kitchen.

Twelve-15 will have a display in the kitchen to make any cover staff aware of school procedures e.g. ‘This school is family service.’ This school uses placemats and coloured plates to identify children.

All school staff are required to review and understand children’s dietary requirements each term.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Early Years

At Wallace Fields Infant School and Nursery in Nursery and Reception there will be a paediatric first aid trained member of staff present. Staff will ensure they are able to see the mouths of children while they are eating during snack and lunchtimes to be particularly alert to choking hazards.

Food preparation in the Early Years will ensure it is in line with the food standards agency guidelines. See Appendix 1.

The Food & Eating Environment

At Wallace Fields Infant and Nursery school, we provide a positive lunchtime experience for all pupils in the following ways:

- Making the hall an attractive environment to eat in with bright and attractive displays and music playing as children enter the hall
- Managing our space and time to ensure the whole school can eat together
- Children sit in family groupings and with their siblings to eat lunch
- All class teachers bring their own class into the hall for lunch and ensure children are settled before leaving.
- Lunchtime is supervised by Teaching Assistants from all classes to ensure consistency of expectations of behaviour and to ensure children feel secure and safe during this time. There is also a senior member of staff in the hall, serving food and interacting with children
- Older children serve younger children their food
- Reinforcing our school values throughout this time, rewarding children for good manners and friendship

Monitoring & Evaluation

This policy will be continually monitored through whole school monitoring processes including: teaching and learning observations, learning walks, governor reviews as part of their governor of the month visits, half termly meetings with lunchtime supervisors, regular meetings with Surrey Commercial Services, receiving feedback from parents through inviting them to share lunch with their children annually and parent questionnaires, pupil questionnaires and school council meetings.

Appendix 1

Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>

It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>