



Childwall Valley Primary

Reviewed and Updated: January 2021  
Next Review: January 2022

# Childwall Valley



# Primary School

# Food & Nutrition Policy 2021

**“Easy is boring, Challenge is fun!”**

## **Background information to the school**

Childwall Valley Primary School is a one-form entry school for mixed gender children aged 5-11. We also have a nursery with capacity for 26 children during the morning session and 26 children for the afternoon session. Currently we have 209 children on role the majority of who are White British.

Childwall Valley Primary School has a lower than average number of pupils with Special Educational Needs (SEN) but a high percentage of pupils who are entitled to free school meals (FSM). We are located in district of Belle Vale, Liverpool.

## **Policy formation and consultation**

The policy was formed to fit in with the whole school review. The school identifies the need for children to have a balanced healthy diet, as this will ultimately affect attainment and concentration. The policy was circulated throughout the school community and ratified by the Governing body.

The policy was placed on the school website and information circulated to parents.

## **Rationale**

Increasingly Ofsted are identifying that children's eating environment displays opportunity to view children's behaviour outside of the classroom. Within the latest Ofsted framework lunchtimes will be viewed as part of the inspection. Childwall Valley has always included lunchtime as a special time when all year groups come together as part of a social gathering.

The school identifies that food is an integral part of children's learning and include food lessons for all year groups in our curriculum. Food is a cross-curricular subject encompassing numeracy, literacy and humanities.

## **Aims**

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils and staff.
- To provide a consistent planned curriculum of food education to equip all pupils with knowledge and skills to make healthy life choices.
- To make pupils aware of the consequences of food choices made now on later life; specifically include nutritional awareness, influences on food choice such as food productions, marketing, impact on environment.
- To ensure provision and consumption of food is an enjoyable experience.
- To involve the whole school community in improving eating habits and knowledge and skills surrounding healthy eating.

- To increase take up of hot school meals and free school meals.
- To provide clarity about schools policy on food brought into school e.g. packed lunches.
- To ensure that contracts for school food providers meet the needs of the school and comply with the government regulations.

## **Objectives**

Childwall Valley Primary School is PFI school and current school food contractors are selected through the PFI process. Currently, the contractors are Chartwells Education Caterers. The contractors are required to provide food that achieves national food standards as set down by the Government. Food is inspected by an independent local government officer to ensure compliance with government standards.

The children's views are valued and improvements to the dining experience are being implemented and new furniture has been purchased considering the views of the children. Smaller eating groups will ensure the social aspect has been considered and the school are investing capital to achieve this.

The head teacher regularly meets with the catering provider to discuss the menu and food that is offered to the children. Menus are sent home each term for parents to view and have an opportunity to see the food selection provided to the children; they are also available to view on the school website and displayed throughout the dining hall. Taster sessions are offered to parents so quality and quantity can also be viewed.

## **Food Through the School Day**

### **Breakfast Club**

Childwall Valley provides a breakfast club for all Reception, KS1 and KS2 children. All children are offered a selection of breakfast items including toast, cereals, porridge, fruit, yoghurt and drinks (water, milk, fruit juice 100ml maximum). The school subsidises this provision and has identified the value of children having a good start to the day. This has been shown to improve attendance, punctuality and concentration of children.

### **School Meal Provision**

Chartwells catering service provides our school meal service. Currently all Reception and KS1 children are offered a meal free of charge in line with the current government recommendations. A three weekly menu cycle is provided; this is altered twice a year to reflect seasonality. This menu is sent home for parents to see and is displayed throughout school. During registration, class teacher informs children verbally of the food selection of the day. Currently, a school meal will cost £2.36 for paying children. This can be paid in advance online or direct to school office every two weeks.

## **Universal Free School Meals**

Currently, all Reception and KS1 children are offered a meal free of charge in line with the current government recommendations. This is called universal free school meals. All children in Reception and KS1 have a school meal.

## **Free School Meals**

Chartwells catering service provides our school meal services. KS2 children are identified through the local authority lists which are provided to the school each week. These children will be entitled to a meal free of charge.

## **Packed lunches**

For those children in KS2 opting to bring in a meal from home seating is provided in the dining room whereby children can sit and eat with their friends even if they friends are opting for a hot school lunch.

Childwall Valley recommends a balanced packed lunch is provided and includes a carbohydrate item such as a filled sandwich or a wrap, a piece of fresh fruit and a drink. We do not allow fizzy drinks into school and would ask that parents limit the amount of savoury snacks included in lunch box.

Childwall Valley School acknowledges the Eatwell Plate as a model of healthy eating and identifies that a small amount of sugary, fatty items are identified within this model. We would ask parents to limit the amount of these items that they include in lunch boxes.

Children are given a recognised area where their lunch boxes are stored until required at lunchtime. This is not a temperature-controlled area so during summer months it is good practice to put ice packs in lunch boxes to prevent the increase in bacteria. In the event of spillage or spoilage a child will be offered a hot meal to compensate. If the child is not registered for a free school meal parents will be required to make payment for this service. Parents are required to provide packed lunch boxes with the child's name and class clearly marked.

Children in Reception and KS1 do not bring in packed lunches.

## **Dining Room Environment**

School has a staggered lunch to ensure the numbers of children are limited to a manageable number and children get sufficient playtime during this break. The queuing system has been implemented to ensure children do not wait too long before having their lunch. The dining room environment has been considered as part of the school day and an area of learning and respect.

The children's views are valued and improvements to the dining experience are being implemented; new wall art has been displayed to create an enjoyable environment.

Smaller eating groups will ensure the social aspect has been considered and the school are investing capital to achieve this.

## **Snacks**

Free fruit is provided to children in Reception and KS1 and this is regularly delivered to the school as part of the national health free fruit scheme. Children in other year groups are provided with free fruit which is bought by school. Children are allowed to bring in snacks but confectionary is not permitted.

### **Foundation Stage Snack**

Early Years Foundation Stage provide fruit, milk and water daily as well as a nutritious and varied snack. This informs and develops the Health and Self Care area of learning and encourages children to try new varied foods.

Children are encouraged to select, eat and clean away their snack and any cutlery promoting independence at all levels.

## **Drinks and Water**

Water is freely available and accessible throughout school. Parents are asked to provide water bottles for their child, clearly labelled with their name and class. Water bottles are to be returned home each day and washed ready for use the following day.

Milk is provided free for those children registered as entitled to free school meals, paying pupils can purchase milk at a nominal fee. We would reiterate that fizzy drinks are not permitted in school.

## **Special diets, allergies, diet related disorders**

Intolerance and medically recognised dietary requests should be discussed when a child is registered at the school. Our catering company can provide all the necessary allergen information to parents upon request. Any recognised special dietary requirements will be added to the child's record under the SIMS system. Supporting medical evidence may be required. Enquiries are diverted through school.

We have children and staff in school with nut allergies. Any products containing nuts should not be brought into school.

## **Religious and Ethical Diets**

School recognises in certain special circumstances religious and ethical diets are required. We will do everything within our power to ensure the needs of our customers are met.

However, we do not provide Halal meat but offer a vegetarian option should this need arise.

### **Food bought in for special occasions (birthdays religious celebrations etc)**

School recognises that celebrations are a regular occurrence within our school calendar and from time to time rewards are offered to children. We would welcome birthday treats if parents would like to send these in to school however any treats will be given to children at the end of the school day so parents can make the decision if the child is allowed to consume these products. Any treats should be individually cut or wrapped before bringing into school.

## **Curriculum**

### **Learning Opportunities**

School has identified that food can be great learning platform for children. Food and healthy eating lessons are included in the curriculum inline with government requirements. Healthy living is promoted throughout the curriculum during science, PSHE, physical education and design technology lessons.

### **Extra Curricular Activities**

After school clubs take place regularly during term time and children wishing to bring food to these activities are asked to consider this food as part of their school day and follow the school requirements i.e. no fizzy drinks and limit savoury snacks and confectionary.

At Childwall Valley Primary School we are fortunate to have a school garden, which is maintained by classes throughout the school and the school gardening club. We are also able to offer a wide range of sports activities to pupils throughout the school.

### **Participation in national and local events and initiatives**

We regularly engage in activities such as charity events i.e. MacMillan Coffee morning where children learn and understand the benefits of giving and citizenship. Information on these events will be circulated through letters and will appear on the school website.

## **Monitoring and Evaluation**

The school values children's views and through school council meetings the views are sought. As part of our contract our catering company will undertake questionnaires and surveys to ensure the children's views are recognised.

The head teacher meets regularly with the catering company to ensure the menus are produced taking the schools requirements into consideration. We are regularly inspected

by an independent local government officer to ensure our provision achieves the government standards for school food.

## **Conclusion**

Childwall Valley School recognises the importance of a balanced diet to ensure children gain the best from their education in school. We provide the opportunity and experience for children to learn and grow in their time at the school providing them with the education and understanding for later in life.