

# Thomas Telford Multi Academy Trust



## Food Policy



Signed

A handwritten signature in black ink, appearing to read 'Dara Carroll'.

Mr Dara Carroll

Chair of Governors

September 2025

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

Our school adopts a 'whole-school' approach to the provision of food to pupils and the teaching of healthy eating in class. We treat this aspect of our school life as extremely important because a healthy, balanced diet is vital for a child's growth and development and for their long-term health and wellbeing.

There is a well-documented relationship between poor health, nutrition and low school achievement. As children and young people spend much of their time within the school environment, it is vital that the food offered in this setting is nutritious and beneficial to long-term health. Furthermore, ensuring our children have access to healthy nutritious food, and are provided with opportunities to develop relevant skills and knowledge, will support the development of healthy food habits that will last into their adult years, and this can reduce the risk of suffering obesity related long-term health conditions.

#### Aims

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school and that in doing this we are adhering and following the Government guidelines.

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- To educate children and parents about providing a healthy lunchbox.  
(Appendix 1 Healthy lunch box guidelines)
- To work with the Annexe (after school) clubs' staff to ensure a healthy snack is provided.
- To work with the Breakfast clubs' staff to ensure a healthy breakfast is provided.
- To continue the policy of plain, unflavoured water being available at all times in the classrooms.
- To support children to understand the importance of basic food hygiene e.g. hand washing.
- To work with the Friends of the School to ensure that the healthy food policy

- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.
- To encourage healthy snacks and give access to fruit for children at break times.
- To work with cookery club to ensure that they are reinforcing and promoting whole school policy regarding healthy eating.
- To make all club leaders aware of latest statutory expectations regarding snacks available at clubs.

### **Responsibility:**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor.
- The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, DT and enrichment planning.
- The lead governor on health and safety ensures the policy is implemented.
- Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents receive the catering menu for the term and this is shared with the children in advance. This school policy takes account of national guidance produced by the School Food Plan, and Change4life

### **Food in the curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE and enrichment. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum, developing their understanding in food related issues including food hygiene and safety issues.

All food preparation is healthy. This policy will contribute towards other policies in the following ways:

**Behaviour:** Children who eat healthily are more focussed on their work and behaviour is better

**PSHE:** Healthy food and choices and practical food education is included in the curriculum

**Science:** Healthy eating and nutrition is part of the science curriculum

**Enrichment:** Hands on opportunities for children to prepare and cook food

**Equality:** We take account of the needs of all our children, including those with disabilities and allergies

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHCE and Design Technology (cooking and nutrition). The Eatwell model (see appendix 2) is used throughout the school as a model of understanding a balanced diet. Through various topics, pupils have the opportunity to cook and eat different foods and staff aim to promote healthy choices and multi-cultural options where possible. The staff ensure that information relating to food and nutrition is fully integrated in lessons and is consistent and up to date.

- Healthy eating weeks or promotions are encouraged e.g. Healthy Lifestyles week involving all the staff and children.
- Parents receive information by way of flyers, meetings, newsletters.
- Termly clubs also support the teaching of food and healthy eating and include insert clubs e.g. Cooking club.
- Staff delivering cooking sessions and clubs have achieved Level 1/2 in Food Safety and Hygiene.

## **Food throughout the day**

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 7.45am – 8.45am.

#### **Aim**

- To provide food for children of families that have an early start to their day
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid-morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages

- To improve the punctuality of some children who were frequently late
- To improve links between parents and school and children and class teachers
- The club offers a calm, clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults.
- A good variety and healthy balance of foods
  - A good portion of starchy food, e.g. lower salt/sugar breakfast cereals, bread, toast, fruit bun or bagel
  - Fruit and vegetable choices such as fresh or dried fruit .
  - A portion of milk or dairy food e.g. semi skimmed milk on cereals or low fat yogurt,
- A choice of drinks e.g. water and semi skimmed milk
- An opportunity to have exercise outside when the weather permits.

### **Break time snacks**

As a school we promote the fruit scheme and encourage uptake of the Government funded fruit provided for all children in nursery, Reception and KS1 . We also provide free milk for those children under five .

All KS1 classes will have a basket of fruit in class for easy access and have access to the fruit during breaktimes . KS2 children are encouraged to bring in a healthy snack or can have access to the school fruit if they choose.

We do not accept crisps, chocolate biscuits, sweets or chocolate bars as a health snack.

### **Water**

Children have access to water throughout the school day. Children are asked to bring in a clearly named water bottle daily. We provide water coolers for children to access fresh water where they can fill their water bottles throughout the day. We send reminders home through the Mail on Friday at regular intervals which highlight the importance of access to water throughout the day. Teachers must raise awareness through informal chats with children about benefits of drinking water.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical reasons.

At lunchtimes we encourage children to pour fresh water from the jugs and cups provided. This is monitored by the staff in the dining hall, who will remind and encourage the children to have a drink of water with their lunch.

### **School lunches**

At Redhill Primary Academy all school meals are provided by Academy who are part of the OCS group. Lunches are served between 11:50 – 12:45 pm in the dining hall. The school

meals meet the mandatory requirements of the School Food Standards. School meals are planned on a 3-week cycle and always contain a meat, fish ,vegetarian option as well, as a choice of a jacket potato and salad bar. These can be ordered on in the morning with their class teacher. We also offer the option of a packed lunch, which includes a sandwich, fruit and a dessert. These must be preordered in advance. The school meals menu can be found on our school website. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

The catering team provide a wide variety of themed days to celebrate different cultures and events. This is a wonderful way of encouraging children to try new foods and develop their awareness of the wider world.

We often invite the school cook as part of the health eating task group, to talk to School Council to gather their opinions and ideas to revamp or change the school menus. Staff work with children to provide a safe and welcoming dining area.

### Packed lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should aim not to include:

- Sweets
- Any items containing chocolate including bars, biscuits, cakes or fizzy and sugary drinks.

We will work with parents to support them in choosing healthy options when making packed lunches and provide them with our healthy lunch box guidelines but also encourage children to take a responsibility for these too.

We allow flexibility of provision enabling children to opt on a daily basis for school lunch or their own lunch box. We do encourage children to try unfamiliar foods at lunch times by providing 'sampling' opportunities.

### **Monitoring packed lunches**

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

### **Special dietary Requirements**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is Mrs Selvey who ensures all relevant staff are informed. Pupil's food allergies are displayed in a sensitive way in the kitchen and the children are given a card on registration into the hall to pass onto the staff serving dinner. This is to ensure that all dietary requirements are met.

### **Nut allergies**

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

### **Afterschool Club**

We are aware that for some children the school day is extremely long and therefore we ensure that between the hours of 3pm and 6pm the children feel safe, secure and happy.

#### **Aim**

- To provide food for children of families that require afterschool care.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages
- To support the children in the education by offering time to complete homework.
- To improve links between parents and school and children and class teachers

- The club offers a calm, clean, pleasant environment for children to eat a healthy snack and to socialise with other children and adults.

The children have the option of either a warm snack or a selection of sandwiches, served with salad and a fruit pot.

### **School organised events**

The school recognises the following exemptions to the policy :

- Food, drink and treats at parties or celebrations to mark religious or cultural occasions as organised by school.
- Provisions at fund-raising events
- Provisions used when teaching food preparation and cookery skills, including where the food is served to pupils as part of a school lunch
- Food and drinks provided on an occasional basis by parents or pupils

### **Partnership with parents and carers**

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during lunch time. During out of school events such as trips and swimming lessons the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu which is sent out to each family.

When children start school, we invite parents in to enjoy lunch with their child. This allows the parents to see the lunch time routine and taste some of the meals available.

### **Expectations of staff and visitors**

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

### **Monitoring and Evaluation**

How do we know our objectives are being met?

- **Break time snacks:** Staff and school council to monitor and feedback.



- **Water bottles in classroom:** Staff and school council to monitor and feedback.
- **School lunches:** greater take up of school meals and more children choosing a wider range of foods monitored by school cook who provides feedback to task group.
- **Curriculum:** senior leadership team and subject co-ordinators to monitor lessons, planning and books. Healthy eating weeks established and their success on children's understanding monitored by school staff.
- **Children's ability to make wise decisions regarding food:** feedback from school cook, parents and teachers.
- **Food policy awareness:** all staff are aware of this policy.
- **Parents' information:** feedback from parents through a questionnaire about the helpfulness and success of the information provided.
- **Food in the Annexe:** menus monitored by the committee, school council members also monitor and report back to Healthy School Co-ordinator.
- **Food in the Breakfast club:** menus monitored by committee, school council members also monitor and report back to Healthy School Co-ordinator.
- **Food hygiene:** support assistants monitor hand washing etc. This is built into all lessons and clubs which involve handling, preparing and cooking food.
- **Friends of the School and extra-curricular school events e.g. fayres, fete's shows etc:** staff, parents, and school council to monitor food provided and report back.
- **Recipes/ingredients used at cookery club:** staff, parents and school council to monitor food provided and report back.
- **Fruit scheme:** school council to monitor uptake and any problems with this
- **Birthday treats:** We do not allow birthday treats due to the expense for parents and allergies. We celebrate through singing and class discussions.

All staff will be informed and kept up to date with changes in policy and any new information, initiatives or procedures involved in food hygiene , health and safety and nutrition.

## Appendix 1

The food school standards

[https://assets.publishing.service.gov.uk/media/62b1e93f8fa8f5356c35bbd3/School\\_Food\\_Standards\\_140911-V2.pdf](https://assets.publishing.service.gov.uk/media/62b1e93f8fa8f5356c35bbd3/School_Food_Standards_140911-V2.pdf)

## Appendix 2

Visit NHS Better Health and Better Families

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

### **Useful websites**

Healthier families

<https://www.nhs.uk/healthier-families/>

Change 4 life

<https://family-action.org.uk/change4life/>

Eat well guide (NHS)

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

## Lunchbox tips



### Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



### Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pitas and wraps, granary, wholemeal and multigrain.



### DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



### Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



### Mix your slices

If your child does not like wholegrains, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



### Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



### Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



### Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



### Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.



### Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



### Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



### Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



### Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



### Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



### Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



### Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



### Plan to Eatwell

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.

[The Eatwell Guide](#)