



Grove Primary

Food Policy

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Grove Primary
WHOLE SCHOOL FOOD POLICY
(November 2023)

Introduction

Our school recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards. We also recognise the role we can play, as part of the larger community, to promote family health.

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. At Grove, we work closely with our health colleague's and other partners in early help to support all parents with the appropriate advice and support to ensure the best health outcomes for their family. Our food policy sets out to ensure all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors.

We are also aware that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships and inter-generational bonds.

Aims

- To promote the health and well-being of the whole school community through food and nutrition.
- To improve the health of students and staff by influencing their eating habits by increasing their knowledge and awareness of food issues. This will include what constitutes a healthy diet, the consequences of unhealthy choices and hygienic food preparation.
- To ensure pupils are well nourished at school and that every child has access to safe, tasty and nutritious food and a safe, easily available water supply during the day

Objectives – What we want to achieve

- To continue to promote healthy choices for all members of the whole school community by providing the information they need to make these choices. This will include making links with school nurses and relevant outside agencies.
- To continue to promote a healthy lifestyle, through regular physical activity, of at least two hours, within each week within the school day. This will include links with relevant consultants e.g. School Sports Coordinator Programme (Bacons College), School Food Matters etc
- To continue to promote healthy eating and drinking through explicit teaching, (PSHCE and Science curriculum, cross curricular cooking), and modelling, (healthy lunchtime menus etc.)

Messages about healthy food and drink will continue to be consistent across the

school day.

- To continue to work with the school's catering contractor to promote and trial new healthy and cultural lunchtime menus.
- To maintain Healthy School Status
- To continue to enhance healthy eating at school through the healthy schools status.
- To work with the school caterers, school staff, school council, pupils and parents to improve and monitor the children's diets at lunchtimes.

Food throughout the school day

Breakfast

We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and to maintain energy levels without it. Breakfast should provide 25% of a child's energy requirement

Snacks

Children in Nursery to Year 6 are provided with at least one piece of fresh fruit daily. The School Fruit and Vegetable Scheme funds the fruit in Key Stage One. Fruit consumed by Key Stage two is funded by the school and the children have access to fruit and vegetables every day.

School Lunches

School meals are provided by Chartwells and served between 12.00 and 13.30 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. School meals are planned on a 3 week cycle and always contain a meat, fish and plant-based option. A salad bar and a fruit bar are available every day. The school meals menu can be found on our school website, [here](#). Pupils are encouraged to try new foods, flavours and textures. We actively encourage pupil voice when it comes to planning and delivering our lunch menu.

Free School Meals

The government funds Free School Meals (FSM), for pupils whose families receive certain benefits, plus meals for any other pupil in a reception class or a year 1 or year 2 class. Southwark Council provides additional funding to schools for a 'free healthy school meal' for every nursery child and key stage 2 pupil, so that all pupils can benefit from nutritious food.

Packed Lunches

Only a very small percentage of children at Grove opt to bring in a packed lunch. This is due to Southwark's free school meals policy for all children in primary schools from reception to year six. At Dog Kennel Hill, we encourage children to have the nutritious hot meal provided by school rather than a packed lunch.

A 'Healthy Packed Lunch' is promoted at Grove Primary, if parents and carers choose to provide their child a packed lunch. Parents will be consulted and made aware about healthy choices through the school website and newsletters.

Packed lunches are checked by meal supervisors and they hold discussions and talks with parents where there are issues arising.

Children keep their packed lunches on their coat pegs so that they can collect them independently and take them to the lunch hall.

The school's packed lunch policy is developed using guidance from the Children's Food Trust and School Food Matters. By working with School Food Matters on the Healthy Zones project we aim to provide more guidance on a balanced packed lunch by involving parents in workshops and collecting their feedback in surveys to facilitate this. 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

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts
- Nuts or items containing nuts

School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school that are described in the school behaviour policy.

After school clubs

The snacks and drinks that children bring to after school clubs follow the same guidelines as the healthy lunch boxes. In addition Millwall who run the afterschool club at Grove Primary provide healthy snacks as part of their after-school provision which has been developed in consultation with School Food Matters.

Food Education

The school runs a gardening club at their allotment, based offsite. Children will be planting a range of fruit, vegetables, herbs and flowers all over the school and in a community allotment.

Water provision

All children and staff have access to fresh drinking water. There are four fully operational water fountains in the playground. All children are reminded to bring a sports style water bottle, which is filled daily. Water in jugs is also available during lunch time for all children. A water fountain is available in the lunch hall where children can fill up their bottles and jugs of water to serve to their friends on the tables. All water is from safe sources. Staff are also asked to be positive role models for pupils and drink water when in the classroom and on the playground.

Plant Powered Days

In consultation with the School Council, Grove Primary introduced Plant-based Mondays. The school council and DKH want to promote the importance of climate awareness. Pupils advocated for the introduction of a climate friendly menu, one day per week, where only plant based foods are available. At least one plant based meal is available daily.

Desserts

School lunches at Grove offer seasonal fruit daily. We offer one fruit based dessert on a Tuesday and crackers and cheese on a Friday. We know that too much sugar can lead to tooth decay which affects 1 in 5 children in Southwark and our menu has been developed with this in mind.

Allergies and Special Diets

We know that managing medical diets can cause a lot of anxiety for both parents and pupils. That's why we run such a stringent Medical Diet Policy, with our primary objective being to keep our pupils safe and secure, every day. Key staff are trained

We work closely with our catering provider, Chartwells, to ensure that every step has been taken to ensure that as many children as possible can enjoy a school meal safely with their friends.

Consultation and dissemination

The school council will discuss the policy and disseminate its aims and objectives to pupils, who will be encouraged to feed back their views through the same body.

The policy will be put on the website for parents to view. Parents will be invited to give feedback and make suggestions for future development.

The PSHCE coordinator will take overall responsibility for the ongoing development and coordination of the Whole School Food Policy. However many other people are involved in ensuring its implementation, including:

- The PSHE Co-ordinator – Sarah Butler
- Leadership Team – Galiema Amien – Cloete, Leah Grant Muller
- Senior Midday Supervisor: Natalie Currier
- Catering Staff – Chartwells

- School Health Nurse- Hub
- School Sports Co-ordinator – Sarah Butler
- Local Committee

This policy also contributes towards other policies in school which are already in place. Some examples are set out below.

Policy	Example of how this relates to the WSFP
Behaviour	<ul style="list-style-type: none"> <input type="checkbox"/> Do not use food as reward <input type="checkbox"/> Note research indicates that healthy food can influence and improve behaviour <input type="checkbox"/> Note importance of rewarding positive behaviour relating to food and drink <input type="checkbox"/> Drinking water increases concentration
PSHCE	<ul style="list-style-type: none"> <input type="checkbox"/> The aims of a PSHCE policy/schemes of work include developing healthy lifestyles
RSE	<ul style="list-style-type: none"> <input type="checkbox"/> Lessons include explorations of topics such as, what is "Beauty", having a healthy body image and high self-esteem.
Policy	Example of how this relates to the WSFP
Healthy School Policy	<ul style="list-style-type: none"> <input type="checkbox"/> Promote and ensure a whole school approach to health and diet
Equal Opportunity and Inclusion	<ul style="list-style-type: none"> <input type="checkbox"/> Cater for relevant cultural food requirements <input type="checkbox"/> Pupils with allergies are adequately catered for in the dining hall
Work with partner agencies	<ul style="list-style-type: none"> <input type="checkbox"/> We are a Healthy school

Messages given by the school

Curriculum Early Years

In the early years, the children are encouraged to identify their own needs, such as when they are hungry and thirsty and the changes in their body when they exercise. A snack area offering a range of fruit and vegetables, water and milk is on offer throughout the session. Meal times take a “family service” approach where adults sit with the children to discuss the food, encourage the children to try new things and discuss what is healthy and why.

Cooking is a core activity and a group of children cook each week. The cooking activities include a range of foods that reflect the many different cultures represented in the school. Lessons emphasise what is good for the body and what is not. Role play areas often include a healthy food focus. For example this year the reception class set up a working smoothie making shop as a role play area.

Key stage one and two

In key stage one and two, we recognise that food has a great potential for cross - curricular work and we exploit opportunities within the current curriculum to discuss and work with food.

There are topics in the PSHCE and Science curriculum which develop children’s understanding of nutrition, food and health related issues.

Events

The school participates in a number of national events and initiatives, which have a food basis. Including the – Healthy School Programme and School Fruit and Vegetable Scheme. We celebrate healthy food from all cultures through our international day. During the week, a variety of events are planned to encourage trying new foods, food preparation and healthy eating.

The whole school community

Children

Children are actively consulted about the process of becoming a healthy school through the school council. Children are able to give their views on school meals.

Children take part in evaluating the schools provision. We have created a voting system in the dining hall where children can use a coin to vote for their favourite meal. This information is then used to inform the caterers about children’s views and menus may be adjusted.

Staff

Staff are actively consulted about becoming a healthy school through our staff and communication meeting so they have been part of the policy development process.

Parents

All school menus are on the website for parents to view. They are also displayed outside of the lunch hall. Parents are supported and given advice regarding healthy packed lunches.

Parents will be involved in coffee mornings where healthy and balanced diets and the preparation of food will be discussed.

Children and their families are referred to health services in the children centre, including "Shop cook and eat" classes, breast feeding support and advice, weaning and nutritional advice.

Governors

Our school governors have been part of the policy development process. They vigorously uphold our ethos on healthy choices.

External support

The wider community are involved in the school. The Healthy Schools Advisor offers support with our Healthy Schools Award.

Review and monitoring

The PSHE co-ordinator is responsible for monitoring and evaluation which take place in a number of ways e.g. marking of children's work, feedback from children, parent questionnaires.

Midday meal supervisors will inform the Leadership Team regularly of food consumption issues and this will be used to support development of work on healthy eating and work with parents.

A food questionnaire is completed annually by the children to establish the quality of provision, the children's preferences and future concerns as they arise. The coordinator is responsible for the analysis of the data and the inclusion of the findings in the yearly review and action plan.

Review Date: November 2026