



Governing Body of the Wallisdean Federated Schools (including Wraparound Provision)

Federation Food and Nutrition Policy

Policy Statement

Wallisdean Federation is committed to promoting lifelong healthy eating habits among pupils, staff and the wider community.

We recognise the important part a healthy diet plays for a child's wellbeing and are committed to promoting the health and well-being of all children in our care.

We believe that mealtimes should be a happy and sociable occasion where adults and children enjoy positive interactions at these times.

We are committed to offering healthy nutritious balanced meals and snacks which meet the individual requirements of the children and which follow the National guidelines such as Government School food standards, Early Years Foundation Stage Nutrition guidance and Statutory Framework.

Our food policy will cover food and drink provided or consumed on the school sites which include the breakfast and afterschool clubs.

School and food provision throughout the school day

Breakfast club offers a nutritious breakfast with a selection of low sugar cereals, toast, fruit, milk/milk alternatives and water.

Afterschool club offers a small nutritious snack with fruit or vegetables. Fresh drinking water is available at all times for both wraparound clubs.

All staff preparing food in wraparound club will have a food hygiene certificate.

Snacks for Pre-School and Infant Children are provided by the Government Schools Fruit and Vegetable Scheme and consists of seasonal fruit and milk. The milk is provided for all children under the age of 5 years old with the option of Parents/Carers continuing to pay for this throughout primary school. Junior school children are encouraged to provide their own mid- morning healthy snack.

Lunch is provided by the in-house catering team 'Chartwells' who provide high quality ethically sourced food. The menu is on a three weekly cycle and is changed twice a year. The menu is varied often having four different healthy options, alongside a pudding, healthy side salad and a choice of fruits. Chartwells are committed to meeting the school foods standards and will never use ingredients containing artificial trans fats, genetically modified foods or certain food additives.

Some children prefer to have a packed lunch at school. We work with parents to provide a 'healthy' packed lunch in a named lunch box. Parents are advised to provide an ice pack. Information and guidance are provided in welcome packs.

Drinks – All children are required to bring a water bottle to school each day filled with water. This can be refilled during the day. Water bottles are available at all times to the children. At lunch time the children can have an additional drink at the lunch table. An example could be fruit juice, flavoured water or squash. We do not allow fizzy drinks.

Early Years -Staff in the Early Years will have Paediatric First Aid certificate and will be present when the children are eating.

Special dietary requirements

Wallisdean Federation is **nut free** due to severe allergies linked to pupils and staff. **We do not allow nuts in any form** and parents are advised of this prior to starting at school.

The school catering team provides foods in accordance with:

- Pupil's cultural practices and religious beliefs
- Vegetarians and vegans
- Children with food allergy and intolerances – Individual Health Care Plans are completed for each pupil, which document symptoms, intolerances, adverse reactions and actions to take in an emergency

Eating Environment

We would like to create a calm environment where children are encouraged to eat together at lunchtime in a social and supportive environment.

We will ensure:

- All children are required to sit at a table in either the Pre-School room, Infant and Junior school halls, except for summer months when picnic options are available
- All children are expected to behave whilst eating their lunches
- All children are being supported by a team of experienced staff
- All Early Years children have the support and supervision from qualified staff who hold a Paediatric First Aid certificate
- All food waste is disposed of in a separate food bin
- All litter from children's lunch boxes must be taken home at the end of the school day
- Children will not be expected to finish everything on their plate and will be allowed more time if needed
- Portions offered take into account ages of the children
- All foods are stored in safe and hygienic environment

Role of the staff

All staff - teaching, support, lunchtime, and catering—are responsible for implementing this food policy.

- Staff will model healthy eating practices
- Children will be encouraged to develop independence during meal times
- Food will never be used as a reward or punishment.
- Staff will supervise children when eating

Role of the Parent/Carer

We will work in partnership with parents to ensure children's individual dietary needs are met.

- Parents will be encouraged to provide healthy packed lunches
- Parents to complete any relevant forms as requested by the school
- Regular updates will be shared about children's eating habits and preferences.

Celebrations and special occasions

Every week we have at least one child within the school celebrating their birthday or special occasions. The children celebrate this special day with their groups as we do understand that they like to share this celebration with their friends. Due to health and safety implications, we do ask parents not to send in any cakes or sweets for their child to give to other children.

There are a number of children/ adults with various allergies that we have to be mindful of.

Food tasting days are part of the learning at Wallisdean Federation. Parents are requested to complete a consent form when registering at our schools for food tasting and a risk assessment is completed and shared with staff prior to the food tasting activity.

In line with Government School Foods Standards, this Food and Nutrition policy does not apply to special events such as school parties, discos, religious or cultural occasions or at fundraising events.

FGB Ratified : Summer 2025