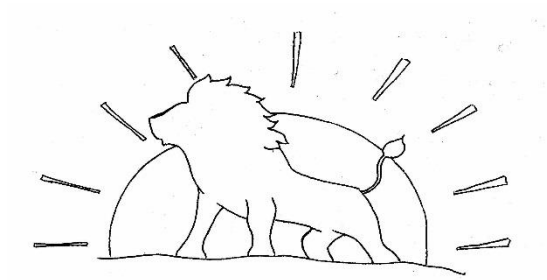


# Food Policy

Northwick Park MAT



Northwick Park Primary and Nursery  
We Take Pride



...working together



Approved by: LGBs  
Last Reviewed On: July 23

Date: 1.7.20 LB, 15.7.20 NP  
Next Review Date: July 2026

## Contents

1. Rationale.....	2
2. Objectives .....	2
3. Food throughout the School Day.....	2
4. Rewards and Special Occasions.....	3
5. Food across the Curriculum .....	4
6. Special Dietary Requirements .....	5
7. Expectation of Staff and Visitors.....	5
8. Partnership with Parents and Carers.....	5
9. Role of Governors.....	5
10. Monitoring and Review.....	6
11. Appendix 1 - The Eatwell Plate.....	7

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## 1. Rationale

Northwick Park Multi Academy Trust (MAT) has Enhanced Healthy Schools Award status. It is important that we consider every element of our work to ensure that we promote health awareness in all members of the school community. We hope to provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. The MAT 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 academy approach to food provision and food education documented in this policy.

## 2. Objectives

The main aims of our food policy are:

- To provide a range of healthy school choices throughout the school day and in line with the mandatory School Food Standards
- To maintain our Enhanced Healthy Schools Award
- To support pupils to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
- To offer healthy food and drink at all appropriate opportunities
- To promote health awareness
- To ensure that kitchen staff are aware of the latest food guidelines and implement them
- To ensure that all staff who handle food have the current food hygiene training

## 3. Food throughout the school day

## **Breakfast**

Breakfast is an important meal that provides 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. Cereal, toast and fruit are available for pupils to eat daily as well as a continental breakfast every Friday.

The MAT runs two daily breakfast clubs:

Busy Bears 7.15am to 8.45am (Northwick Park Primary School)

Little Bears 7.30am to 8.45am (Leigh Beck Infant School)

William Read School and Northwick Park are part of the National Breakfast Programme. Children can access breakfast snacks in the classroom at the start of the school day.

## **Healthy Snacks**

All Reception and KS1 pupils are provided with a morning break snack of washed fruit, carrots or raisins which all pupils are allowed to eat in the playground. Pupils put any fruit waste in compost bins. KS2 pupils are encouraged to buy a healthy snack such as fresh fruit, yoghurt, rice cakes etc.

All nursery children are provided with a snack for a small daily charge. The cost of snacks is reviewed annually by the head teacher and foundation stage manager. Food items include toast, sandwiches, crackers, yoghurt followed by washed fruit. A daily drink of milk or water is provided and the Healthy School Policy is followed.

## **School Lunches**

All of our school meals are provided in house and meet the mandatory requirements of the School Food Standards 2015.

We provide a summer and winter menu which is on a three week cycle across the MAT. Vegetarian options are available daily and any pupils with **medically diagnosed** allergies or particular dietary requirements are made known to the relevant staff and catered for individually.

## **Packed Lunches**

Many pupils bring a packed lunch to school. We encourage all pupils to bring in a healthy packed lunch. We regularly remind parents/carers about providing their child with a healthy packed lunch on our weekly newsletter and at induction meetings. The schools provide water for all pupils at lunchtime. We do not allow sweets or fizzy drinks.

## **Drinks**

Children are encouraged to bring their own refillable water bottle to school. Regular water breaks are built into the school day and curriculum by class teachers. Reception pupils receive a carton of milk daily until the age of 5 as part of their free school lunch entitlement.

## **School Trips**

A packed lunch will be provided by the school for all children who are entitled to a free school meal. Pupils are welcome to bring their own packed lunches on trips and our same expectations apply to their healthy content.

In Key Stage 2 at Northwick Park Academy there is a healthy 'tuck shop' available at break time. Any surplus KS 1 fruit is available for children to access free of charge.

## **4. Rewards and Special Occasions**

### **Rewards**

The MAT does not allow food to be used as a reward for good behavior or achievement. Other methods of positive reinforcement are used in school including: Growth Mindset praise, stickers etc.

### **Celebrations**

The MAT recognizes the importance of celebrating birthdays and special occasions. We welcome any parents/carers who would like to send in food and encourage healthy food items.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Special cultural menus are offered to pupils throughout the school year. Class teachers may provide parents/carers with suggestion lists of celebration food to ensure we have a wide variety of food choices available.

Occasional fundraising events may include the sale of treat food such as cakes e.g. summer fair, but the inclusion of other foods will also be encouraged.

## **5. Food across the Curriculum**

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, visiting a farm, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths offers the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Music provides all pupils with the opportunity to sing songs about food and being healthy and, compose and play instruments made out of food e.g. maracas and guiros.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Out of hours learning includes cookery, gardening and healthy lifestyle clubs.

## 6. Special Dietary Requirements

We follow government advice which states that 'food groups should not be excluded unnecessarily'. We will not change menus or cater for pupils based on likes and dislikes, nor where there is an allergy or intolerance suspected by a parent/carer but not backed up by medical evidence.

The MAT accommodates pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual Care Plans are created for children with food allergies and all relevant staff are made aware of pupil's individual needs.

Pupil's food allergies are displayed in a sensitive way in nominated areas around the school e.g. medical room.

### 6.1. Nuts

All school sites in the Northwick Park Trust are nut free environments. School meals do not contain nuts or nut products. Nuts and nut products must not be brought into school by staff or pupils e.g. peanut butter, Nutella, cereal bars containing nuts etc.

## 7. Expectations of staff and visitors

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

Staff are welcome to share breakfast/snack and lunch with pupils in the nursery, playground and dining hall..

## 8. Partnership with Parents and Carers

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

During the school year parents/carers may have the opportunity to attend a Family Cooking Club (across the MAT) with their child after school.

Parents and carers are regularly updated on our food, snacks and packed lunch policies through weekly newsletters and website. The School Lunch menu is on display in the school entrance and is available to look at on the weekly newsletter and website. We also welcome feedback from parents on our food provision through our healthy school programme.

New Reception parents/carers are invited to have a school dinner with their child on their transition to starting at a MAT school. This opportunity is timetabled annually during the summer term.

Coffee mornings, events and food related workshops are delivered throughout the year for family members, Governors and visitors to attend e.g. T & Create.

## **9. Role of the Governors**

Governors monitor and check that the school food policy is upheld and can also offer guidance where a member of the body has a particular expertise in this area.

## **10. Monitoring and Review**

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

The Lead Nursery Manager is responsible for ensuring that the food served is in accordance with this policy.

Subject leaders are responsible for the curriculum development of the Food Policy.

The CEO/Head of School and PSHE co-ordinators are responsible for supporting colleagues in the delivery of the Food Policy and Healthy Schools Policy.

The CEO/Head of School is responsible for the provision of school meals.

The Catering Manager is responsible for the content, preparation and cooking of school meals.

Reviews take place formally and informally and include pupils, governors, staff and parents/carers.

This policy will be reviewed every three years.

## Appendix 1 – Eatwell Plate

# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

6-8 a day  
Water, lower fat milk, sugar-free drinks including tea and coffee  
Limit fruit juice and/or smoothies to a total of 150ml a day.

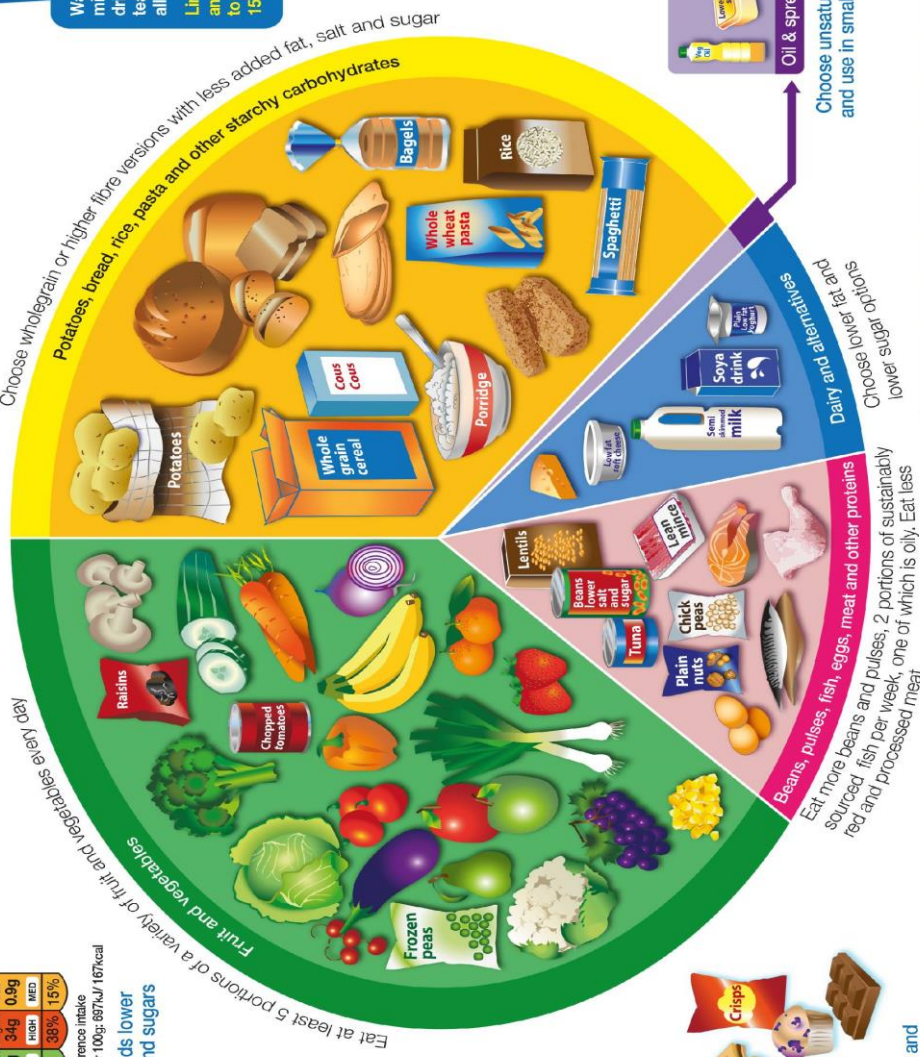
Check the label on packaged foods

Each serving (150g) contains

Energy	1048kJ	250kcal	13%
Fat	3.0g	LOW	4%
Saturated fat	1.3g	LOW	7%
Sugar	34g	HIGH	38%
Salt	0.9g	MED	15%

Typical values (as sold) per 100g: 697kJ / 167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland © Crown copyright 2016



