

Kingshill Infant School
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RESPECT – HARD-WORKING - TEAMWORK

“Preparing children for a life full of learning.”

Kingshill Infant School

Food Policy

Reviewed: March 2025

Review due: March 2028

INTRODUCTION

At Kingshill Infants School we understand the importance of healthy eating, oral health and the pupils' education. We also understand that some children have allergies and intolerances that we need to be fully aware of and cater for.

FOOD POLICY AIM(S)

Food and sharing food are an important part of what we do as a school. In Kingshill children sit together at lunchtime to eat their lunch. The menu is healthy and nutritionally balanced. There are four options: Red, Orange, Blue and Green. There are three hot options and one cold. There is always a vegetarian option. We cater for vegetarians and for medical dietary needs or allergies and intolerances. We are also very happy to work with you and your child to make sure that they are able to eat the food on offer. We know that some children can be fussy, but we are committed to working with you to help your child enjoy a wider range of foods. We believe eating is more than just 'refueling' but should be an informal social situation. We are committed to working with you to make lunchtime better for your child.

FOOD AND DRINK PROVISION THROUGHOUT THE DAY

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015. These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs. For more information, please refer to:

<http://www.schoolfoodplan.com>

-Snacks at Kingshill Infants: we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day. Snacks provided for children and staff are always tooth friendly. Not all children like the snacks available so can bring in a snack from home but we ask that this is a piece of fresh fruit or vegetable.

-School lunches: Food prepared by the school catering department meets the national school food-based standards. In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

-Drink: We encourage children to drink water and each class has a drinking water tap. Children bring a water bottle to school each day filled up with water. They can then fill it up when required. We encourage them to drink water at certain times of the day but will allow them to have a sip when needed. The children can have milk if the parent wishes. Each term a letter is sent out to parents to request that their child has milk. Milk is provided free up to the age of 5, after that there is a cost to the parents. Up to the age of 5, whole milk is provided then after their 5th birthday, semi-skimmed milk is given.

FOOD AND DRINK BROUGHT INTO SCHOOL

-Packed lunches: Parents are encouraged to provide healthy well balanced packed lunches and are sent advice at the beginning of each academic year on how to ensure they are. Advice is also on our website. We aim to be a nut free school so share this with parents. We acknowledge that it is impractical to enforce an allergen-free school. However, we would like to encourage pupils and staff to avoid certain high-risk foods to reduce the chances of someone experiencing a reaction. These foods include:

- Packaged nuts
- Cereal, granola or chocolate bars containing nuts
- Peanut butter or chocolate spreads containing nuts
- Peanut-based sauces, such as satay
- Sesame seeds and foods containing sesame seeds

Preparing a balanced child's lunchbox, include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water or 100% fruit juice.

For more information: www.childrensfoodtrust.org.uk

-Drinks: we ask that only water is provided in bottles.

-School trips: Pupils who have school meals are provided with a nutritious packed lunch or they can opt to take a home packed lunch but to keep to the guidelines of packed lunches.

-School events: When there is a school event where parents are not invited eg disco. We do provide a special snack such a popcorn/ crisps. We always let the parents know. We will also be aware of children with allergies and intolerances and ensure we keep them safe and cater for their needs. When there is a school event where parents are invited eg school fair, it is the parents' responsibility to be aware of what the child is eating.

-Birthdays: Celebrating children's birthdays with cake or sweets is not encouraged in school time. We do not encourage it for two reasons:

1. it does not match our healthy eating ethos
2. to avoid food being given out to children with allergies.

It is important that we celebrate birthdays so we ask for a contribution of a book for their classroom. The book will be read to the class then go into the class's book area to be enjoyed.

COOKING AND FOOD EDUCATION IN THE CURRICULUM

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3. At Kingshill we:

- Ensure food and nutrition is taught at an appropriate level throughout each key stage, following the National Curriculum.
- Identify food and nutrition links to different subject areas.
- Monitoring the pupils learning.
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms.

When the curriculum requires children to prepare food in school, parents are notified of the activity and given details.. When planning, teachers must take into consideration children with allergies and intolerances. The food is sent home with ingredients clearly labelled either using sticker labels or sent via School Comms.

EXTRA CURRICULAR OPPORTUNITIES

- We offer clubs that provides continued learning around leading a healthy lifestyle for example Lego club, multi-sports club, cooking club and dance club.
- Children who attend our wrap around club (Treetops) are given healthy snacks and water is available. The choices are sent out to the parents.

SPECIAL DIETARY REQUIREMENTS

- Religious and ethnic groups
- Vegetarians and vegans
- Food allergy and intolerance

Kingshill is aware of all food allergies/intolerances and other dietary requirements of the children and will cater for their needs. These children are known to all staff. Allergies and intolerance are logged on Scholar Pack and a notification will appear every day when the dinner register is taken. Individual Health Plans are given to class teachers. An overview of medical needs for each class can be found in the PPA room, this included allergies and intolerances.

FOOD SAFETY

Kingshill has adequate facilities, suitable equipment, all food handlers appropriately trained, and all possible hazards are identified.

SHARING THE POLICY

This policy is available to all staff via a shared drive and to parents through the school website.

Reviewed: Feb 2025

Next review: Feb 2026