



Food Policy

Fairview Community Primary School

Reviewed: May 2025

Review Due: June 2026

Aim

This policy covers all aspects of food and nutrition in our school. It aims to promote the health and well-being of Fairview pupils, staff and visitors.

Throughout the policy, the term “food and drink” should be taken to include all food either prepared or sold in school. This includes school lunches, breakfast and after school clubs, party food and food tasting on theme days.

Objectives

At Fairview we have the following aims and ambitions with regard to food and nutrition:

- to ensure that all food and drink consumed on the premises promotes good health, well-being and a balanced diet
- to ensure that pupils are given accurate, practical and relevant information about food and drink, both as part of the curriculum and through wider school activities such as clubs
- to provide support and guidance for pupils who may develop problem behaviours around food and drink.

How we will achieve our objectives

1) Ensure that food and drink consumed on the premises promotes good health, well-being and a balanced diet

Our school receives its meal service from Contract Dining Company. Our breakfast and after school care clubs receive their meals from Fairview Fledglings. As such we can confirm that all food served in school meets the requirements of the School Food Plan.

Our school lunches by Contract Dining Company offer a wider variety of foods. For a copy of the menus, recipe ideas, healthy living leaflets and information on free school meals please contact the school office.

A representative from Contract Dining Company is happy to meet with any parent to discuss special dietary requirements or food allergies, and our cook will tailor meals, where necessary, to ensure such needs are met.

We will:

- work with Contract Dining Company, Fairview Fledglings and Medway Council to ensure that all food in our school consistently meets or exceeds the requirements of the School Food Trust and other regulations
- promote Universal Infant Free School Meals to help support the actions contained in the School Food Plan
- consult pupils through either our annual pupil discussions or School Council meetings regarding the food choices offered

- provide regular updates to parents and carers so they are informed of the meal choices we provide
- ensure our dining area is kept clean and hygienic and we take steps to promote it as a pleasant place in which to eat and socialise
- allow pupils to have drinking water easily available and we encourage pupils to have their personal water bottles in school at all times
- provide drinking water for pupils at lunchtimes

We take active steps to encourage the take-up of free school meals, and ensure that there is no discrimination or stigma attached to this benefit. For more information on Free School Meals please contact the school office.

2) Ensure that pupils are given accurate, practical and relevant information about food and drink, both as part of the curriculum and through wider school activities such as clubs

We will:

- review our curriculum to ensure that information relating to food and nutrition in different lesson areas is accurate and up-to-date
- ensure that all pupils are given the chance to learn a range of practical cooking skills and basic food hygiene. The curriculum will also include topics such as ensuring that meals are well-balanced, how food is grown and where it comes from, how food is cooked and stored
- provide support and guidance for pupils who may develop problem behaviours around food and drink

We recognise that there is enormous pressure on children and young people to conform to various ideas around body image. This can lead to the development of health problems such as eating disorders. There is also a risk that children who are over or underweight may be the target for bullies.

Staff will challenge any stigmatising or discrimination against those who may have weight problems. Any member of staff may refer a pupil to the Family Support Manager.

Any health related information about pupils is kept in strict confidence.

We recognise the importance of developing a balanced attitude to all foods, including those which may be less healthy than others.

It is important that children receive a key message - there is no such thing as a 'bad food'. We realise it is important that children are taught that some foods present a possible health risk if they are eaten too often. Through our PSHE curriculum and our work with the National Healthy Schools Standard, we will teach children the importance of making healthy choices. Foods that are less healthy will be offered from time to time as treats e.g. as part of celebrations such as Christmas parties.

Our work with in PSHE, using the Jigsaw programme will help children to feel good about themselves and to resist pressure to conform to a particular body shape or size.

Food brought from home

We encourage families to consider carefully the content of their child's packed lunch box.

At play time we only promote fruit or raw vegetables such as carrots or a healthy snack.

In cases where children persistently bring inappropriate food to school, parents or carers will be invited in to school to discuss the matter.

For school special occasions, for example Christmas parties, children are encouraged to bring in food to share with their classmates to promote the social etiquettes of the occasion and also to encourage children to sample new food in a relaxed situation.

We seek advice from parents of children with food allergies and other medical conditions to ensure their needs are met. This includes parties, cooking activities and food tasting. We are a nut free school and regularly remind parents of this.

These guidelines are in place to ensure that all our children are given the opportunity to eat a healthy and well balanced diet.

The importance of food and nutrition for behaviour, learning and achievement

The Medway Healthy Schools team advise our staff on the importance of food in school. They also offer a range of leaflets and information to parents and carers. For more information on school food and healthy eating please contact them on 01634 331038.

Other useful sources of information:

www.childrensfoodtrust.org.uk

www.food.gov.uk

Monitoring and evaluation

We will check that our policy is working by

- regular consultation with families and pupils, via the school newsletter, School Council, pupil discussions and questionnaire and parent questionnaires
- regular consultation with our caterers and monitoring of the pupils' food choices
- lesson observations and assessment of pupils' work

Inclusion and Equality of Opportunity

The impact of this policy on our SEND pupils has been discussed and awareness raised, adaptations made and resources purchased where appropriate.

At Fairview we promote equality of opportunity and we are careful that we do not discriminate by negative attitudes towards, or the favourable treatment of, any child.