



**The Tapscott
Learning
Trust**
*Working together,
achieving for all*

School Food Policy

Approved by:	TTLT SLT	Date: 23/09/24
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Introduction

This document sets out the school food policy at all schools within the Tapscott Learning Trust. It includes the school meals for breakfast, lunches and packed lunches, snacks, drinking water, food across the curriculum, clubs and partnership with parents and carers and our catering providers.

The policy has been devised in conjunction with the DfE School Food Standards <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>, The school food plan <https://www.schoolfoodplan.com/> and other associated organisations that help children develop healthy eating habits, and ensure that they have the energy and nutrition they need to get the most from their whole school day.

Aims

The schools in our Trust are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education.

The main aims of our school food policy are:

- To provide a range of healthy food choices and in line with the mandatory School Food Standards
- To support pupils to make healthy food choices
- To promote a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day

Wraparound care

Breakfast Club

Each school runs a daily breakfast club for pupils. The breakfast menu is included on each school's website. The food offered is healthy and is consistent with a healthy diet. We provide a range of food such as toast, butter, fruit jam, yoghurt, low salt fortified cereals (including Weetabix, Rice Krispies and Cornflakes as a choice), fresh fruit, baked beans and apple juice.

Clubs

After school clubs and holiday clubs may hold cookery sessions or healthy eating sessions. These focus on children having / following a well-balanced diet and the effects of sugar, salt and butter.

6 O'clock Club/Napier Lodge

Some schools offer bespoke extended care after school from 3.15pm to 6pm. This is operated on a daily basis. A menu is followed which meets the School Food Standard. Staff members have Level 2 in food and hygiene. Menus are published on our school websites or can be supplied by staff members running the club.

School Lunches

School meals are provided by Juniper Ventures and served at lunchtimes in the school 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 vegetarian/vegan option. The school meals menu can be found on our school websites.

Packed Lunches

If parents opt to provide a packed lunch for their child then we encourage packed lunches to be provided using guidance from the Children's Food Trust. 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
- Oily fish once every 3 weeks e.g. sardines or salmon

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
- Fizzy drinks

The school provides water for all pupils at lunchtime

Snacks

The schools understand that healthy snacks can be an important part of the diet of young people.

All our under 5s are entitled to free milk as per the Nursery Milk Scheme operated by the Department for Health. All Early Years and Foundation Stage (EYFS) and Key Stage 1 (KS1) classes are provided a morning playtime snack of washed fruit. This is part of a government initiative, the Free Fruit Scheme to provide all infants with free fruit and vegetables during the day. Key Stage 2 (KS2) children may bring fruit which they can eat at playtime.

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.

Food provision throughout the day

Schools in the Trust do not use vending machines. Currently we do not run a tuck shop but if we decide to do so in the future, the Food Policy will be updated accordingly.

Water for all

Water is freely available throughout the school day to all members of the school community. Children may drink their water at any time during the school day. Regular breaks are built into the school day and children are encouraged to have a drink of water.

Dealing with allergies

Allergies are usually reported by parents upon the admission of their child, and when a change arises. The class teacher/ Phase/Year Group Leader / Assistant Head Teacher (AHT) are made aware of the child's dietary requirements. A special menu is created for the child in conjunction with our catering company for children with allergies and this is communicated to our school kitchen.

The Trust refers to the relevant guidance on allergies and works in conjunction with all stakeholders to ensure allergy advice is being adhered to - <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/allergy-guidance-for-schools>

Celebrations

The school recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, we welcome parents to send in fruit or healthy snacks for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods such as cultural foods will also be encouraged.

Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and design technology (cooking and nutrition).

Termly clubs may also support the teaching of food and healthy eating and include cooking or food growing.

Staff delivering cooking sessions and clubs have achieved Level 1/2 in Food Safety and Hygiene.

Expectations of staff and visitors

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

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.

Parents, carers and family members

Our relationships 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.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors and will be reviewed in line with our policy cycle.