UNIVERSITY OF CAMBRIDGE PRIMARY SCHOOL

Food and Lunchtime Policy

Approved by
Education Committee

Last reviewed on
July 2024

Next review due
July 2026

RELEASING THE IMAGINATION: CELEBRATING THE ART OF THE POSSIBLE

At UCPS there are two lunch time options: home lunch, where children can be taken home for lunch or school lunch, where children eat the school prepared lunch. **There is no packed lunch option at UCPS.**
There is an exception to this policy when there is documentation from a dietician or doctor from Addenbrookes. When this documentation is provided a child may bring in a packed lunch which contains healthy food.
Any lunches, that are agreed by the senior leadership due to medical needs (as documented by a NHS medical team) that are brought in from home will be consumed in the kitchenette away from the lunch hall due to the fact that we have several children who are severely allergic to nuts, coconut and sesame seeds. We have a safeguarding duty to keep these children safe.

We are a nut free school.

Introduction

At the University of Cambridge Primary School we recognise the important connection between a healthy, well-balanced diet and a child's ability to learn effectively and achieve high standards in school. We also recognise the role a school can play, as part of the larger community, to promote family health. We therefore seek to provide a high quality food education and food service, and to ensure consistency in food messages throughout the school day. Through effective leadership, the school values and the curriculum, all school staff can bring together elements of the school day to create an environment which supports a healthy lifestyle.

Rationale

Our decisions respond to research about children's lunchtime experiences and framed with a view that children have the capability to explore new sensations and experiences when supported by adults and their peers.

Food Leadership

Aim

To ensure school staff and governors facilitate the school's role, as part of the larger community, in promoting healthy food and lifestyle choices.

To achieve this, we will:

- Ensure that all aspects of food and nutrition in school promote the health and wellbeing of children, staff and visitors to our school.
- Build the confidence of parents in the school meal service.
- Ensure the whole school community is kept informed of key changes in relation to food issues in school via the website.
- Ensure key staff and teachers have the necessary skills to educate the children on enquiries of learning about food, farming and nutrition.
- Where possible, promote sustainable practices at events on the school site that include food and beverages.

Food Provision

Aim

To ensure children and staff receive good quality, fresh food at lunchtime and throughout the school day. To ensure this food is seasonal, affordable and safe.

To achieve this, we will:

- There are two lunch time options: home lunch, where children can be taken home for lunch or school lunch, where children eat the school prepared lunch. **There is no packed lunch option.**
- Share information about lunch time experiences with parents.
- Provide food that consistently meets the revised nutritional standards throughout the school day, ensuring that it more than meets the prescribed statutory nutritional standards, and that it reflects the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, and allergenic needs. **We are a nut free school.**
- Align menus to seasonal produce as available.
- Involve catering staff in the life of the school and give them opportunities for continuous professional development.
- Ensure that every child has access to school meals and seek feedback on provision (their likes and dislikes). There will be ongoing review with Learning Coachesand children about the quality of the lunch experience.
- Monitor waste and seek ways of reducing this without compromising the nutritional balance of the school meals.
- There is no expectation that children finish their plate although we will continue to encourage children to try new foods in a supportive and caring way.
- Ensure the availability of fresh drinking water throughout the school day and encourage pupils to bring in water bottles allowing access to drinking water at all times.
- Children in Reception, Year 1 and Year 2 will receive a daily piece of fruit snack.
- Offer all staff subsidised lunches to be eaten with the children.

Healthy Snacks

Many parents/carers in Key Stage 2 supply their child with a supplementary snack. Healthy snacks help contribute to their five daily portions of fruit and vegetables, keep them alert and support concentration during the morning.

Fresh fruit or vegetable sticks are the healthiest option and free from most allergens. Good choices include cucumber, carrot, pepper, sugar snap peas and cherry tomatoes.

If sending an alternative snack, please choose from:

- Cheese portions (e.g. Babybel, cheddar)
- Plain breadsticks, pretzels or pitta bread
- Rice cakes or oat cakes
- Plain raisins or dried apricots
- Malt loaf (shop-bought only)

All snacks must be nut-free. Please check packaging for allergens relevant to your child. If unsure, contact the school office.

Food Education

Aim

To provide a well-planned curriculum programme of study that incorporates messages about nutrition, food hygiene, and sustainable and ethical food production which is complemented and reinforced by practical hands-on food education.

To achieve this, we will:

- Regularly review the curriculum to ensure that information relating to food and nutrition is consistent, up to date and that there are opportunities for all pupils to experience simple cooking and food preparation activities.

- Children are supported by staff when eating and will learn how to serve food to others, eat using the correct cutlery and engage in table conversation.

- Help children develop an understanding of the relationship between a healthy diet and physical activity for their short and long-term wellbeing and health.

- Encourage cross curricular links to increase children's' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

- Provide extra-curricular activities to support children's' understanding of growing food, and opportunities to eat and cook with vegetables/fruit that they have grown themselves.

- Give children the opportunity to acquire basic skills in planning, preparing and cooking healthy meals, and an understanding of basic food hygiene.

- Create opportunities for childrens to connect with local producers and food businesses to help them become intelligent and responsible food consumers.

Food Culture and Community Involvement

Aim

To create an enjoyable and sociable dining experience for children in school, and a lively food culture within the school and its wider community.

To achieve this, we will:

- Encourage the staff, caterers and Circle Servers to continue to look for ways to improve the dining hall experience to create a pleasant and safe environment in which to enjoy eating together as a pleasant social experience.

- Work with the caterers to encourage healthy eating and look for opportunities for collaborative work e.g. in themed weeks promoting food from other countries.

- Promote a good understanding of healthy and sustainable food in families and the wider community through the involvement of parents and community groups in food growing and cooking projects and in celebratory food events.

- Share our learning experience in food issues with other schools and community groups.

- Promote healthy eating messages at social events by providing healthy snacks and drinks at events for pupils and parents.

- Ensure that the food offered to children on residential and day trips, and as part of any special school event, is in line with school practices and includes healthy options.

Implementation and Monitoring the Policy

Learning Coaches and the Executive Leadership Team are on duty during lunch time. There is a good ratio of adult to children. This ensures that children are supported throughout their lunchtime experience both in the dining halland in the playground.

Although we encourage children to serve one another in the spirit of the family service, there are sufficient members of staff deployed to support during lunch time. Children are always in the care of adults during lunchtime. Children are able to serve themselves.

There will be deployed sufficient numbers of staff during the whole of lunch time to support children and to ensure appropriate serving of lunch appropriate to the age of the child.

We will gather views about lunchtime and food at our school in a variety of ways.

Implementation of the policy will be monitored annually by the school staff,, governors, school caterers, the Associate Headteacher Headteacher and the Executive Headteacher.

Review of the Policy

The policy will be reviewed by all staff and governors every two years.

References

http://www.schoolfoodplan.com/
http://www.tandfonline.com/doi/pdf/10.1080/0305764X.2016.1158783