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Solefield School

Food and Nutrition Policy

Solefield School is committed to promoting the health, wellbeing, and achievement of all pupils through the provision of safe, nutritious, and high-quality food. This policy applies to all pupils, including those in the Early Years Foundation Stage (EYFS), and reflects current UK School Food Standards and statutory EYFS guidance.

This policy has been developed in accordance with EYFS requirements and the *Early Years Foundation Stage Nutrition Guidance (May 2025)*. It recognises that good nutrition is fundamental to children's health, development, and learning.

The safety and wellbeing of all pupils are paramount during food preparation, service, and consumption. Robust procedures are in place to protect every child. We work in close partnership with parents and carers to meet individual dietary needs, recognising that consistency between home and school supports the best outcomes. Food experiences are also valued as opportunities for learning and are naturally integrated into the curriculum.

Food Provision

All meals are prepared on site by external caterers who comply with School Food Standards, food hygiene regulations, and allergen requirements. The school prioritises fresh, seasonal, and, where possible, organic ingredients. Menus are balanced, varied, and designed to support healthy growth and learning.

Fresh drinking water is available to all pupils throughout the day, and children are regularly encouraged to stay hydrated.

Healthy Eating Expectations

Solefield School is a nut-aware school; foods containing nuts must not be brought onto the premises.

Pupils should not bring unhealthy foods, particularly those high in sugar, salt, or highly processed ingredients. From September 2026, a healthy snack will be provided daily, including fruit, vegetables, dairy, or wholegrain options. The school consistently promotes nutritious choices.

EYFS Provision

In EYFS, all food and drink provided is healthy, balanced, and appropriate for young children. Pupils are encouraged to try a wide range of foods and develop independence.

Staff provide close supervision at all times during eating. A member of staff holding a current full pediatric first aid qualification is always present and sits with the children, ensuring safety and adherence to guidelines.

Fresh drinking water is readily accessible at child height throughout the day.

Allergies and Dietary Needs

The school maintains a rigorous approach to allergy management. Pupils with allergies are clearly identified, and detailed records and care plans are shared with relevant staff.

Caterers provide clear allergen information and take steps to prevent cross-contamination. Special dietary requirements for medical, cultural, or ethical reasons are fully supported.

Supervision and Safety

Staff provide active supervision during all meal and snack times. Pupils, particularly in EYFS, are never left unattended while eating.

Staff are positioned to maintain full visibility of all children and respond immediately to any concerns, including choking incidents. A designated staff member checks that all food provided meets individual pupil requirements.

Choking Prevention

Age-appropriate food textures and portion sizes are provided, taking into account each child's developmental stage.

High-risk foods such as grapes, cherry tomatoes, olives, and similar items are prepared safely (e.g. cut lengthways and into quarters).

All staff receive regular training in recognising and responding to choking, with procedures practised routinely to ensure confidence and competence.

First Aid

A member of staff with a current full paediatric first aid qualification is present at all EYFS meal and snack times. Staff rotas ensure this requirement is consistently met, and qualifications are regularly updated.

Active Participation

Children are encouraged to take part in age-appropriate food-related activities such as preparation, serving, and clearing. These experiences promote independence, build positive relationships with food, and support wider learning, including fine motor skills, mathematical understanding, and cultural awareness.

Choice and Autonomy

Children are supported to make choices from healthy options provided. Food is never used as a reward or punishment.

Individual preferences are respected, with gentle encouragement to try new foods. Children are supported to recognise and respond to their own hunger and fullness cues.

Spare Adrenaline Auto-Injectors

The school holds spare Adrenaline Auto-Injectors (AAIs) in accordance with current legislation and Department for Education guidance.

Spare AAIs may only be used:

- for pupils known to be at risk of anaphylaxis;
- where parental consent has been obtained;
- if prescribed medication is unavailable, unusable or a further dose is required.

Appropriate records will be maintained.

Food and Catering Arrangements

The school will take reasonable steps to minimise risks associated with food allergens.

Measures may include:

- maintaining accurate allergy records;
- sharing appropriate information with catering staff;
- providing allergen information where food is supplied;
- reducing opportunities for cross-contamination;
- carrying out risk assessments for events and activities involving food.

The school cannot guarantee an allergen-free environment.

Classroom Activities

Teachers should consider allergy risks during:

- cooking activities;
- science investigations;
- food technology;
- craft activities involving food products;
- special events and celebrations.

Relevant Healthcare Plans must be reviewed when planning activities involving potential allergens.

Educational Visits

Educational visit leaders must ensure that risk assessments include consideration of:

- allergens;
- emergency medication;
- trained staff availability;
- catering arrangements;
- emergency procedures.

Emergency medication must always remain accessible.

Recognising Anaphylaxis

Symptoms may include:

- difficulty breathing;
- wheezing;
- persistent cough;
- swelling of tongue, throat or lips;
- hoarse voice;
- difficulty swallowing;
- dizziness;
- collapse;
- loss of consciousness.

Any suspected anaphylaxis must be treated as a medical emergency.

Emergency Procedures for Anaphylaxis

If anaphylaxis is suspected:

1. Administer an Adrenaline Auto-Injector immediately.
2. Call 999 and state "anaphylaxis".
3. Inform the ambulance service that adrenaline has been given.
4. Contact parents or carers.
5. Monitor the pupil continuously.
6. Administer a second AAI if symptoms persist or worsen and one is available.

Any pupil receiving adrenaline must be assessed in hospital even if symptoms improve.

Partnership with Parents

Weekly menus are shared with parents via the school website, bulletin, and displays outside the dining room. This enables families to plan complementary meals at home.

Training and Development

Staff receive regular training in nutrition, food safety, and dietary needs. Updates to guidance or regulations are communicated promptly, with additional training provided where necessary.

Governance

A designated governor oversees food, nutrition, and allergy provision, ensuring compliance and regular review.

Monitoring and Review

This policy is reviewed annually, or sooner if required due to changes in guidance or school needs. The school is committed to continuous improvement, adapting practice in line with emerging research and best practice.

Helen McClure

Date: 1 September 2026

Review Date: 1 September 2027