



## Solefield School

### Food Policy

#### Aims

- To develop and promote the health and well-being of pupils, staff and visitors to the school through the provision of nutritionally well-balanced food that offers both variety and choice.
- To promote healthy eating habits that will lead to lifelong health and well-being.
- To recognise health-related issues relating to children, for example but not limited to, childhood obesity and nut allergies and to help children affected by these issues to learn to cope with their particular challenges.
- To provide a pleasant and clean eating environment promoting healthy eating alongside excellent service.
- To develop appropriate table-manners and social interaction.
- To have regular consultation with pupils, staff and parents in order to meet the changing needs of the school.
- To ensure that the appointed school caterers undertake a constant check on the safety and quality of ingredients used and that they offer comprehensive training for members of the catering team.
- To ensure that the ingredients used are as fresh as they can be and that they are sourced as locally as possible.

#### The eating environment:

Adults model, encourage and enjoy social eating and interaction over lunch. The children are encouraged to chat quietly with their friends whilst eating their lunch. The dining area is welcoming and attractive with new tables and crockery and pupils' art displayed on the walls. The eating environment is inclusive.

Healthy food choices are encouraged by members of staff on lunch duty. Healthy eating posters are displayed in the dining room and healthy eating is taught through the curriculum as part of the RSHE programme. The school also has a Nutrition Day for pupils and workshops for parents.

## **School meals Menus**

The appointed caterers develop the menus to ensure that the meals on offer are nutritionally balanced and have regard to the School Meals Nutritional Guidelines. The overall policy is that the food should be low in fat, sugar and salt and provide choice from the main food groups whatever an individual's dietary needs.

### **Breakfast**

The breakfast club is open to any pupils of school age attending our school. Breakfast foods available include cereals, bread options, fruit and fruit juice. It is self-service although a member of catering staff is available to assist pupils and a member of staff is on duty to ensure good behaviour.

### **Break time**

Parents of pupils in Year 1 and above are encouraged to provide healthy, nut free break time snacks through regular reminders home. Sweets are not allowed to be brought into school by the pupils. Pupils are reminded regularly that they must not share their snacks with other pupils. A healthy snack is provided for the pupils in Reception and Little Acorns. A freshly baked cup cake is provided by the caterers on a pupil's birthday for him and his form class.

Water is provided at all times through the drinking fountains located in the playground, which are disinfected daily. Milk is available for all pupils in KS1 on request. Pupils are encouraged to bring in named drinking water bottles and regular reminders are given to use these.

### **Lunches**

Pre-Prep Lunch for pupils in Little Acorns to Year 2 is from 12.00. Pupils sit at the tables in class groups and staff sit at the tables with them and the food is brought to them. Lunch for the remaining year group pupils is self-service. They attend lunch on a rota basis. Staff eat with the pupils although there is always a member of staff on duty in the dining hall during service.

The order of food is main courses including vegetarian alternative, vegetables, hot desserts, salad bar, cold desserts and fruit. Pupils are encouraged to have a balanced diet, including salad and/or vegetables. We have very little food wastage.

### **Tea & Match Teas**

Tea, comprising sandwiches and a cake with water or squash to drink, is provided to pupils who are staying for clubs after school or to attend After School Care. It is self-service although a member of catering staff is available to assist pupils and a member of staff is on duty to ensure good behaviour. Food is also provided for pupils and spectating parents who have participated in Sports' Fixtures against other schools and pupils are expected to act as hosts to the visiting teams. Pupils are not allowed to leave match tea until they have finished hosting the opposition.

### **Special diets**

Meals are planned to meet the needs of differing tastes and religious requirements through availability of alternative choices. Where the school has notification of these, the school will assist the pupils in making the choices that will accommodate these. The food provided by the caterers is nut free and there is always a vegetarian option available as standard. Other special diets requiring avoidance or exclusion of food groups, such as gluten or dairy free will be provided subject to specific nutritional or medical advice.

Parents who would like their children to follow any sort of exclusion diet are required, as a matter of safeguarding, to provide, in advance, a letter from their child's registered GP or nutritionist regarding their child's specific individual dietary requirements.

Pupils are encouraged to wear a wristband to signify special dietary requirements to the caterers, in case of a last-minute switch in these. The wearing of these by pupils is the responsibility of pupils and parents although frequent reminders will be given at school.

### **Anxious eaters**

A special support programme is offered by the school, led by Mrs Koheji who works closely with the families concerned, for anxious eaters.

### **Packed lunches**

Except by special arrangement with the Headmistress, pupils are not allowed to bring in packed lunches to eat at school as an alternative to the lunch provided. However, these are provided to pupils when going on a school trip by the school caterers. Pupils are asked to let the trip leader know the sandwich filling of their choice. They are also provided with a cake or a cookie and some fruit and water.

### **Provision for staff**

Lunch is provided in the School Dining Hall for all staff alongside pupils and staff are encouraged to eat their lunches with the children in the Dining Hall.

There are facilities available for staff to prepare their own snacks in the staff room and these include a sink, fresh drinking water, fridge, kettle and microwave. Supplies of tea, coffee, fruit, milk, biscuits and cake are provided free of charge to staff.

Staff are provided, free of charge, with sandwiches and cake when staying late for Parents' Meetings.

### **Provision for parents:**

Information about school meals is displayed in the school dining room. The school meals menu is available on the school website. The Catering Manager is available to discuss any concerns or queries that parents and pupils have regarding the food on offer.

A nutrition workshop for parents and pupils is organised by the school wellbeing team and caterers at the start of the academic year.

There are two spaces available at every lunch time for parents to come in and eat lunch with their children. These are allocated via the School Office on a first come, first served basis.

### **Food Committee**

There is a Food Committee comprising the Catering Manager, pupils and chaired by the Office Administrator. They meet regularly to discuss any matters relating to food. Each class has a Food Committee book which is monitored by the pupil representatives who bring suggestions to the Food Committee for discussion and, if agreed, implementation. EYFS and KS1 are represented on the Committee by Pre-Prep pupils.

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Updated 01.09.25  
Review 01.09.26