



WHOLE SCHOOL FOOD POLICY

COLLEGE TOWN PRIMARY SCHOOL

Approved Date	OCT 2024
Approved At Curriculum GB	OCT 2024
Date of Next Review	Oct 2025
Statutory	No
Adopted from Bracknell Forest	No

Rationale

At College Town Primary School we encourage children and adults to lead a healthier lifestyle. We want children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.

Aims and Objectives

To ensure that children at College Town Primary School receive consistent messages about food and healthy lifestyle.

To give our pupils the information they need to make healthy choices.

To promote exercise as part of a healthy lifestyle.

To encourage all children to take part in the '5 a day' fruit and vegetables.

To ensure that the school meets the Every Child Matters Agenda.

Water in the school

- All children and adults have access to drinking water.
- Children should always bring a water bottle to school and are encouraged to bring it into their classrooms and to drink water throughout the day.

Breakfast

We recognise the importance of eating a balanced breakfast to aid concentration and learning and maintain energy levels. Children attending Wake Up club run by the school (not BMActive) are permitted to bring in a packed breakfast which can be consumed between 8 am and 8.30am.

Snacks

Children have the choice to eat at least one piece of fruit each day through the National Fruit and Vegetable Scheme in EYFS and KS1. Pupils are also encouraged to bring in fruit from home in KS2. No other snacks are permitted on the playground as we are unable to monitor the contents and therefore children and staff with allergies could potentially be placed at high risk. Crisps are ONLY permitted as part of a child's packed lunch across the entire school.

Allergies

The school has a NO NUT policy and therefore no snack or part of a packed lunch can contain any nut product. If a child brings a snack to school which contains nuts it is removed from them and their parents notified and reasons explained. A child who has a packed lunch containing nut products e.g. peanut sandwiches will be asked to eat their lunch in the medical room away from any other child to eliminate contamination. The area where the child has eaten is then thoroughly cleaned and cloths disposed of. The child must also wash their hands. The parents are contacted and reminded of the school policy.

Lunch Time – hot dinners

We aim to provide our children with good quality, healthy food and we actively promote healthy choices.

Our weekly menu is distributed to all parents at the beginning of each term. Menus are available in the main foyer and can be viewed on the school website. Meals can be pre-ordered by parents via the ISS website to ensure that children have their first choice and so that parents know exactly what their child has eaten or alternatively are selected each morning as part of the school registration process.

We listen to the children's opinions on the menu and adapt accordingly.

Lunch Time – packed lunches

- We are a nut free school.
- We actively encourage healthy choices for packed lunches.
- We actively discourage chocolate items in lunchboxes.
- Water is provided for children who have hot dinners and who eat packed lunches where required; fizzy drinks are not allowed.
- We aim to support parents in making healthy choices when preparing packed lunches.

Food in the Curriculum

Healthy food, nutrition and the benefit of exercise is promoted as part of the curriculum, especially in Science, P.S.H.E. and assemblies.

Schemes and events

We participate in local and national schemes and events including Healthy Eating week.