



CARTERTON PRIMARY SCHOOL

POLICY DOCUMENT

Food in School - including Allergy Management

Policy has been adopted/reviewed by the Headteacher:	
Marked as signed by: S Jackson	Date: 19/02/2024
Headteacher	
Date policy due for next review:	Jan 2026
Date shared with Staff	March 2024
Date shared with Governors	Feb 2024
Date shared with parents/on website	March 2024

Introduction

The school is 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 documented in this policy. The policy was formulated through consultation between members of staff, governors, parents and pupils.

Aim

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
- To support pupils to make healthy food choices and be better prepared to learn and achieve.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

This policy impacts on other policies in the following ways:

Behaviour:	Children who eat healthily are more focussed on their work and behaviour is better
PSHE:	Healthy food and choices and practical food education is included in the curriculum
Science:	Healthy eating and nutrition is part of the science curriculum
DT:	Food and nutrition is part of the DT curriculum
Enrichment:	Hands on opportunities for children to prepare and cook food within a mixed age social group
Equality:	We take account of the needs of all our children, including those with disabilities and allergies.

Food Throughout the Day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 7:30am; the breakfast menu includes fruit, low sugar cereal, 50/50 toast and fruit juice.

School Lunches

School meals are provided by CleverChefs and are served between 11:45am and 12:45pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle. The school meals menu can be found on our school website.

Packed Lunches

CPS recognises that our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We also understand that although we make recommendations below some children with sensory needs may choose to eat food which feels and looks according to their needs, for these children our SENDCo and class teachers will support them to make their choices as healthy as possible. We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

We aim to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in school, which is now regulated by national standards. The school supports and encourages parents, carers and children to bring healthy packed lunches.

Ideas for healthy lunches are available on the Change 4 Life website and on the school website.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Packed lunches could include:

- At least one portion of fruit and or vegetable (this could include a dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chickpeas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles, couscous
- Dairy food such as cheese, yogurt, fromage frais
- A smoothie or yogurt drink
- A bottle of water
- A biscuit not coated in chocolate
- Crisps (baked or other low-fat options if possible) or other such snack such as seeds, savoury crackers, etc.
- Eating utensils if necessary

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal.

Packed lunches should not include:

Salty snacks, confectionery such as chocolate bars and sweets and sugary soft drinks.

When children are taking part in an educational visit over the lunchtime period, a packed lunch that adheres to the National School Food Standards can be provided by the school for all children who usually have a school meal. Children are welcome to bring their own packed lunches on visits; these lunches must adhere to the same food and drink guidance previously described.

Lunchbox Tips

- Use wholegrain bread, rice and pasta to keep children fuller for longer.
- If your child doesn't like wholemeal bread, try using 50/50 bread, or one slice of wholemeal and one slice of white bread.
- Cut down on the spread you use and use lower fat mayonnaise or salad cream.
- Always add salad to your child's packed lunch, so that they have one of their 5 a day.
- Cut down on crisps by substituting with homemade popcorn or rice cakes.
- Swap cereal bars for dried fruit.
- Get your child involved - if they help make the choices for their lunchbox, they will be more inclined to eat it.

Snacks

EYFS/KS1 - Children are offered a piece of fruit or vegetable each day. Water is available.

KS2 - Children are able to bring in fruit, vegetables or seeds. Water is available.

Please note that chocolate and sweets should NOT be sent to school, as they are high in sugar.

Pupils are allowed to bring in their own after school snacks which can include fresh fruit, dried fruit, seeds or low sugar cereal bars.

Drinks

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a plastic bottle of water to school each day. These can be kept at school and will be filled and emptied each day. This will allow children to have access to fresh drinking water throughout each day.

Special Occasions

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children will receive a song in class, a mention in the weekly Key Stage Assembly and the opportunity to bring in a treat to share with the class. We encourage parents to provide a healthy choice or alternative.

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 will also be encouraged.

Curricular and Extracurricular Activities

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, DT, PSHE, PE and enrichment. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy. The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

Curriculum Assessment

Children's learning about healthy eating is assessed in line with the school's assessment policy through science, DT, PSHE and enrichment.

Clubs also support the teaching of food and healthy eating.

Special Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with specific dietary requirements and/or food allergies. School caterers are made aware of any food allergies.

Expectations of Staff and Visitors

The school expects staff to contribute to and support this food policy across the school day, to model good practice behaviour around food and drink when in the company of pupils.

Allergies

Carterton Primary School is committed to a 'no food and drink sharing' approach. Nuts and nut products eg peanut butter) should never be sent to school because of allergy concerns. The school is aware of food allergies and has a procedure in place to manage food allergies and other special dietary requirements within school. We have a whole school approach to the health care and management of those members of the school community suffering from specific allergies.

Carterton Primary School is aware that children who attend may suffer from food, bee/wasp sting, animal or nut allergies and we believe that all allergies should be taken seriously and dealt with in a professional and appropriate way. Carterton Primary School does not guarantee a completely allergen free environment, rather to minimise the risk of exposure, encourage self-responsibility and plan for effective response to possible emergencies.

The *Statutory Framework* states that the provider must obtain information about any dietary requirements/allergy. As such parents are asked to provide details of allergies in the Pupil Enrolment Form.

Carterton Primary School aims to minimise the risk of any member of the school community suffering any allergic reactions whilst at school. An allergic reaction to nuts is the most common high risk allergy and as such demands more rigorous controls throughout the policy. The underlying principles include:

- The establishment of effective risk management practices to minimise pupil, staff, parent and visitor exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation.

Allergy Definitions

Allergy - A condition in which the body has an exaggerated response to a substance (eg food and drug) also known as hypersensitivity.

Allergen - A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.

Anaphylaxis - or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to food, stings, bites, or medicines.

EpiPen - Brand name for syringe style device containing the drug Adrenalin, which is ready for immediate inter-muscular administration.

Minimised Risk Environment - An environment where risk management practices (eg Risk Assessment Forms) have minimised the risk of (allergen) exposure.

Risk Assessment/ Health Care Plan - A detailed document outlining an individual child's condition, treatment and action plan.

Procedures and Responsibilities for Allergy Management:

- The involvement of parents and staff in establishing individual Risk Assessments/ Health Care Plans
- The establishment and maintenance of practices for effectively communicating a child's Health Care Plans to all relevant staff
- Staff training in anaphylaxis management, including awareness of triggers and first aid procedures to be followed in the event of an emergency
- Age appropriate education of the children with severe food allergies
- Snacks and lunches brought into the school must be peanut and nut free
- Parents will be reminded regularly about allergies and the school's no nut policy

Medical Information:

- Parents will initially highlight a child's allergies on Carterton Primary School's Pupil Enrolment Form before starting at school
- For children with an allergy, parents will be asked to fill out an electronic Special Diet/Allergy Form to explain the condition, define any allergy triggers and any required medication
- If needed, additional written or oral advice will be obtained from a doctor or allergy nurse
- Any change in a child's medical condition during the year must be reported to the school
- The Medical Lead will carry out a Risk Assessment and ensure that, where needed, a Health Care Plan is established and updated
- Admin staff will record information on Integris and create information sheets for class teachers, Around School Provision and the school kitchen

Where an EpiPen is required:

- Parents/Carers are responsible for the provision and timely replacement of EpiPens; two EpiPens will be required
- Individual EpiPens are located in the relevant classroom
- EpiPen training will be provided for staff where a child requires an EpiPen

In the event of a child suffering an allergic reaction:

- The Medical Lead will coordinate the calm response
- The Parent/Guardian will be contacted
- Emergency services will be called if a child becomes distressed or symptoms become more serious
- The child will be made to feel comfortable
- Where medication is provided, it will be administered according to training and the Medical Needs Policy
- If parents have not arrived before emergency services, a member of staff will accompany the child to hospital

