Swanton Morley VC Primary School

"Love your neighbour as yourself"

Policy Reviewed & Agreed:	**February 2025**
Signed	**R Robinson**

Food Policy

At Swanton Morley VC Primary School we encourage healthy eating through curriculum activities as part of a broader education about healthy lifestyles.

Break Time Snacks

All children in Reception, Year 1 and Year 2 are provided with free fruit or vegetables for a mid-morning snack.
Please do **not** supply your child with money or any other type of snack.

Pupils in Key stage 2 (Years 3, 4, 5 and 6) are permitted to bring in a piece of fruit or a healthy snack from home.

School Dinners

Strict compulsory standards are now in place for schools concerning the food provided at lunchtimes and at other times. Our school kitchen provides all the cooked dinners through our catering contractors NORSE.

All children in Reception, Year 1 and Year 2 are entitled to free school meals, this can consist of the main dinner, a jacket potato with a choice of fillings, vegetarian option or a school packed lunch. The NORSE menus are issued in the autumn and spring terms. Children in Years 3,4,5,6 are required to pay for their school lunches, unless they are entitled to a free school meal.

Lunches can be ordered and paid for online through Pupil Asset. If you are in receipt of benefits such as Family Credit etc you may well be entitled to free school meals, please contact the School Office for assistance in this matter.

Packed Lunches

In according with the Schools Healthy eating policy we ask that packed lunches brought from home should adhere to the same healthy standards as school meals, i.e.:
Lunchboxes should contain:

- Bread, rice, pasta, couscous or other carbohydrate source
- A meat, fish cheese or soya product for protein
- Not less than one portion of fruit and one portion of vegetable
- A fruit based, milk based or cake based dessert
- Natural drink – milk or water only
- No more than one item of processed/manufactured foods (e.g. crisps, biscuits etc…)

PLEASE DO NOT SEND:

- Any products containing nuts
- Sweets
- Chocolate
- Sugary or carbonated drinks

If these items are found in lunchboxes they will be removed and sent home with the pupil at the end of the day.

Water Bottles

Children are asked to bring a water bottle with fresh water every day, these can be replenished from the taps in School. Please note that water bottles filled with squash/flavoured water will be emptied and refilled with plain water.

Special Diets/Inclusion

Since September 2016 NORSE our Catering Contractors are not allowed under the School Food Standards legislation to offer any variations to the school menu unless a child is registered with a specific medical condition requiring a special diet. The principal reason that these changes are being brought into effect is to enforce strict control of allergens in the school kitchens. Caterers will no longer be able to vary ingredients, items on offer themselves, or accept any supplements from parents as the risk of cross-contamination is too great. Also all ingredients and meals served in school must be certified by a dietician prior to being offered, therefore cannot be deviated from in the school kitchen.

If your child has a medical condition that requires a special diet then they must be pre-registered with NORSE. In order to register, parents and carers must download and complete the Special Diet Registration (SDR) Form. This form must be signed off by your GP or other healthy professional in order for it to be accepted. Forms can be filed online via the NORSE website (www.norsecatering.co.uk) by email or by post. All forms should be returned directly to NORSE and NOT the School.
There are paper copies of the SDR form available from the School office and there are links to the NORSE website and a downloadable PDF version on the School website. If you a have a query about this matter then please contact NORSE Catering via the options listed on their website.

Teaching about Food and Nutrition

Our overall aim when teaching about food and nutrition is to help children learn about the principles of a healthy and varied diet, understand where food comes from and how a variety of ingredients are grown, caught or processed. We endeavour to offer opportunities to cook, taste new foods etc. with full parental permission.

All the children have the opportunity to take part in cookery lessons as part of the curriculum. This is organised on a rota basis throughout the academic year and will be linked to any specific topics that classes are studying at that time.