



Muscliff Primary School

Nutritional Standards and Food Policy

Approved by:	RMC	Date: February 2023
Last reviewed on:	February 2025	
Next review due by:	February 2026	

Rationale

At Muscliff Primary School we recognise the important connection between a healthy diet and a child's ability to learn effectively. We also recognise the importance of food related skills in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity. We aim to encourage pupils to lead active and healthy lives and we believe that healthy children are best able to take full advantage of the educational opportunities the school provides.

Aims

The general aim of Muscliff Primary School is to provide a stimulating, purposeful, educational environment enabling children to develop academically and socially in a happy atmosphere, so preparing each child for the opportunities, responsibilities and experiences of life.

More specifically – through our food policy- we will endeavour

- To maintain or improve the health of the whole school community through education – increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely.
- To ensure that children are well nourished at school with all children having access to safe, tasty and nutritious food and water during the school day.
- To increase children's knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact on their own lives and the environment.
- To ensure that the food provision in school reflects the ethical and medical needs of the staff and pupils e.g. catering for needs of religious groups, vegetarians and people with specific food-related allergies.
- To continue to meet the nationally agreed and locally accredited Healthy School Standard in Healthy Eating.

Objectives

These aims will be met in lessons through a cross-circular approach, through shared eating times and through social and pastoral activities

Curriculum

Within the PSHE curriculum healthy eating, food safety and an understanding of where our food comes from, will be taught. Where possible this will be linked to other areas, for example;

Art - observational drawing of fruit, healthy eating posters
DT - recipes, food preparation and cooking
English - instructions/recipes
Maths - weights & measures
PE - healthy eating & exercise
Science - healthy lifestyles, effects of heat on food, bacteria, how plants grow
RE - the rich diversity of other cultures and times
Geography - where food comes from, sustainability

History - how people used to eat, Tudor explorers-scurvy, Victorians – rich and poor

Opportunities to support and extend the curriculum will be made through:

- External visits
- Local initiatives
- Visitors
- Healthy eating projects
- Health awareness weeks

Breakfast Club

We have a breakfast club which open at 7.30am every school day. Children may have breakfast for a £3 payment. Breakfast consists of: toast/jam/honey/yoghurt/cereal/milk/orange juice/pancakes/muffins/waffles/crumpets/apple juice *these are rotated on a weekly basis

Break time

In Key Stage 1 there is time allocated daily to sharing the Government funded fruit and vegetable scheme. Key Stage 2 children are encouraged to bring fruit and vegetable snacks into school. Fresh drinking water is available throughout the school.

Lunchtime

Since the introduction of food provision in Sept 2014, we have been producing and serving food on site from our kitchen. We started off with a cold based menu of healthy sandwiches, wraps, jacket potatoes, fruit and vegetable sticks and a dessert, adhering to the school food standard requirements as set out via the School Food Trust.

After a year we were granted money to extend our kitchen and as such were able to begin offering hot food to all reception, Year 1, Year 2 and FSM from November 2015. This was in line with the UIFSM scheme introduced by the Government in 2015. Funding is based on a rate of £2.30 for each meal taken by eligible pupils.

Menus are carefully planned to adhere to the school food standards.

We offer a main choice a vegetarian choice or a jacket potato with extra wholemeal bread, milk and fruit if required.

In 2016 the school was inspected by the Children's Food Trust to assess whether the menu met the requirements for school regulations 2014. We are proud to have met all levels of the checklist and proud also to have a food standards agency food hygiene rating of 5 from our last visit 24.02.20. The highest rating available.

Children are encouraged to sit and use cutlery. The children who bring a packed lunch are encouraged not to share food. We emphasise the importance of a healthy lunch to parents and

prohibit certain items from being bought into school e.g. peanuts, chocolate/sweets & fizzy drinks. Certain other foods because of allergies are also discouraged e.g. food containing nuts.

After School Club

We also have an After School Club which starts at the end of the school day at 3.15pm and closes at 6pm. A snack is provided which will consist of some of the following:
variety of fruit/orange/blackcurrant squash/biscuits

Health & Safety

It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating. Food will be stored in appropriate places. During the summer parents are asked to use cold packs as well. Our Lunchtime supervisors all hold food hygiene certificates as do the out of hour's club supervisors in the Breakfast and After school club All staff and parents involved in the preparation of food will be aware of food safety and hygiene issues and behave accordingly.

Monitoring

BCP Council monitors our kitchen and all health and safety procedures. The Head Chef is responsible for all due diligence and paperwork regarding food hygiene and areas such as cleaning rotas, fridge temperatures, correct uniform and adherence to all COSHH and HACCP regulations.

Natasha's Law

Natasha's Law came into effect on the 1st October 2021. This Law covers England, Wales, Scotland and Northern Ireland. It will require all food outlets to provide full ingredient lists with clear allergen labelling on PrePacked for Direct Sale (PPDS).

Any food that is not in packaging or is packaged after you have ordered must still provide all allergen information through other means, including verbally.

Here at Muscliff Primary all food provided has a clear list of allergens and is available upon request from the Head Chef.