

Scarborough Pupil Referral Service



Whole School Food Policy

Drafted by:	Ratified by Management Committee:	Amendments made:	Review Date:
Emma Allison	01/07/20	Initial Policy	01/07/23
Wendy Chopping	04/10/2023	Information about the curriculum. Updated links to food standards	04/10/2026
Jo Fox	05.03.25	Changes to legislation and guidance	05.03.26
		Print Name	Signature
Head Teacher:		Jo Fox	<i>J. Fox</i>
On behalf of Management Committee:		Rosemary Rayne	<i>Rosemary Rayne</i>

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils. The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18-year olds; the 2011 Dietary Reference Values for Food Energy and Nutrients for the UK, British Nutrition Foundation – Nutrition Requirements 2012 – www.nutrition.org.uk and the Eat Well Guide (2025) NHS.UK

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Jo Fox / Jenny North

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

1. CURRICULUM

Food and the need for a nutritional approach is taught at an appropriate level throughout each key stage as part of the PSHE curriculum and the Food Studies curriculum.

This is addressed through:

Teaching methods

Effective teaching encourages debate on current topics such as 'Veganuary,' discussions around the impact of our religious beliefs on our diet and health such as Eid, understanding how mental health disorders such as bulimia can affect our physical wellbeing and how the current political climate may impact on health, with regard to the decisions around free school meals and increasing cost of food in supermarkets.

The Food Studies lessons also includes learning around budgeting, planning and purchasing, to develop pupils' ability to plan, shop and cook a healthy, nutritiously balanced and economically friendly meal.

Leading by example

Teachers, support staff, and the school cook have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. Staff will sit with pupils at lunch times to develop social skills around meal times but also to encourage discussions around healthy foods and healthy food routines.

Visitors in the classroom

This school appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

Resources

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the Eat Well Guide where appropriate. Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. The PSHE and Food Studies curriculum plans can be found on the school website.

2. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Food-based Standards exist covering all aspects of school food. Full guidance in relation to food standards, allergies, menus, food chains, creating an ethos of healthy eating and portion sizes, can be found here. [School food standards: resources for schools - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/school-food-standards-resources-for-schools)
Updated 2025.

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates an option for breakfast on arrival to school that provides a nutritious meal for pupils before the school day and complies with the food-based standards.

The breakfast menu includes:

Assorted low sugar cereals, porridge, low fat yogurt, selection of fruit, bagels and jams and a range of spreads

Lunch

Food prepared by the school cook must be guided by the School Food Standards Practical Guide (DfE, Feb 2025 [School food standards practical guide - GOV.UK](https://www.gov.uk/government/publications/school-food-standards-practical-guide)

Every day at lunchtime we offer prepared salads, a balanced meal including at least three cooked vegetables; home-made bread or fruit bread, a vegetarian option; home-made sauces, soups and desserts.

Rarely are processed foods served at lunch time, all meals are prepared using the raw ingredients in the school kitchen the school cook. Food is mainly bought from a local supermarket allowing us to only buy what is required, reducing food waste and excessive additional stock.



The desserts are usually 50% fruit; however, there is always a fruit option if the dessert is cake or 'pudding'. Food allergies /intolerances are catered for and individual meals are provided so that they are safe for individuals to eat. This are discussed with parents/carers when a pupil attends the admission meeting and noted on admission documentation and appropriate action taken.

Chips are on the menu once.

No more than two pastry items per week are offered.

Amounts of food are carefully calculated and waste is kept to a minimum. Pupils have a suggestion box and there is a World Food Wednesday each week when pupils are able to experience cuisines from around the globe.

3. SNACKING

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time.

4. USE OF FOOD AS A REWARD

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour, academic or other achievements. Although on occasions this does happen as a treat.

5. DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water.

Fresh water is available at all times during the school day.

Sugar Free Juice is also available

6. PACKED LUNCHES

Packed lunches prepared by the school cook adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards.

7. SPECIAL DIETS – RELIGIOUS AND ETHNIC GROUPS

The school is able to provide food in accordance with pupils' religious beliefs and cultural practices. The school cook offers a vegetarian option at lunch every-day. When necessary, the school will also provide a vegan option or pork free options for Muslim pupils.

8. SPECIAL DIETS - MEDICAL

Individual care plans are created for any pupils with special dietary needs/requirements such as diabetes. These will document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. The



school cook is made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

9. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

10. THE FOOD AND EATING ENVIRONMENT

All pupils and staff eat together in our kitchen area. The environment has been designed to be a warm, welcoming, safe space where pupils and staff are able to enjoy their social times.

11. MONITORING AND EVALUATION

Parents are invited to contribute to a healthy eating approach where appropriate.

Parents are invited to attend different social events throughout the academic year.