



## Colgate Primary School Food and Allergy Policy

OUR VISION: Working together to be our best

<b>Approved by:</b>	Governing Body	<b>Date:</b> December 2023
<b>Last reviewed on:</b>	December 2023	
<b>Next review due by:</b>	December 2024	

### INTRODUCTION

At Colgate Primary School we understand the importance of healthy eating, oral health and the pupils' education.

### FOOD POLICY AIMS

Food and sharing food are an important part of what we do as a school. Across Year R to Year 6, tables of pupils are supported by an adult who works with the children to help them serve their food, encourage them to eat and help them learn to assist with clearing up after their meal. The menu, which is healthy and nutritionally balanced, is decided and occasionally changed by the School Cook in discussion with the Headteacher and the children. We will of course cater for vegetarians, have a Halal option and further options for medical dietary needs or allergies. We are also very happy to work with you and your child to make sure that they are able to eat the food on offer. We know that some children can be fussy, but we are committed to working with you to help your child enjoy a wider range of foods.

We believe eating is more than just 'refuelling' and should be an informal social situation where children work together, share responsibilities, and make new friends across the school. We are committed to working with you to make lunchtime better for your child, but at Colgate Primary,

lunchtime will always be more to us than just food.

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches and after school clubs.

For more information, please refer to: <http://www.schoolfoodplan.com>

### Snacks

At Colgate Primary we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/or vegetable per day.

Snacks provided for children and staff are always teeth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

### School lunches

Food prepared by the school catering department meets the national school food based standards. We ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The school council make suggestions regularly, which ensure that the meals reflect the needs of the pupils.

In September 2014, the Government introduced universal free school meals for all children from reception to year 2. The school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

### Packed lunches

Parents are encouraged to provide healthy well-balanced packed lunches which include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice

Please note that the school accepts that where allergies and or dietary requirements would necessitate the exclusion of one of these recommended items this will be acceptable. The school would request parents / carers to communicate this to the school.

### Drinks

Water is available for all pupils throughout the day. Milk is available for free for children under 5. Parents can then choose to purchase daily milk for their child.

### Monitoring of the pupils learning

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3.

- We ensure food and nutrition is taught at an appropriate level throughout each key stage
- We identify food and nutrition links to different subject areas
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the

classrooms

### Extracurricular activities

We offer clubs that provide continued learning around leading a healthy lifestyle for example gardening club, football club and multi sports club.

## FOOD ALLERGIES AND INTOLERANCES

Colgate Primary School recognises that although most allergic reactions and food intolerances produce symptoms that are uncomfortable, some people can suffer a severe allergy with more serious consequences and in some instances these may even be life threatening. A number of pupils in the school have severe or moderate allergies to food and amongst the most common are peanut and nut allergies.

Colgate Primary School recognises that it needs to provide a safe environment and aims to ensure that foods provided, brought in or produced in the school do not contain nuts as far as is reasonably possible. We aim to reduce the likelihood of a pupil with a known allergy displaying a severe reaction to their specific known allergen while in school. We will develop an understanding of and a sense of responsibility for the specific needs of the individual members of the school community. The school will inform Parents and Carers via regular newsletters, and the policy will be available on the website. We will undertake any parent meetings as necessary and new parent packs contain information which is also clearly displayed around the school.

The school is committed to pupil safety and therefore has created this policy to reduce the risk of children having allergy related events while in its care.

Parents are required to inform the school of any known food or other allergies that their child has. This information goes to the school office and kept on record.

Parents should update this information if any allergy is suspected or diagnosed at any stage of their child's education.

Parents must advise the school of the action that should be taken if their child develops the symptoms of an allergic reaction while in school.

All members of staff are given the names of children who have specific food allergies through the confidential information sheets issued at the beginning of each school year. Photographs of pupils with severe food allergies are kept in the first aid room and classrooms.

The school will access training to enable staff to recognise the symptoms of an allergic reaction and to respond appropriately. A number of staff have been trained in first aid and the use of an autoinjector should a child with a known allergy go into anaphylaxis.

**We are a peanut, nut and chickpea free school. It is impossible to provide an absolute guarantee that none of these items will be brought onto the premises but we will strive to minimise this as much as we can.**

We ask that all members of the school community manage the day to day application of this policy in the following ways:

- **Parents and carers are requested not to send food to school that contains peanuts, nuts or chickpeas. This includes all types of nuts, peanut butter, Nutella, cereal/chocolate bars, hummus and any other food containing nuts.** This does not include coconuts or food that is made in a factory or kitchen that uses nuts or has them on the premises
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school
- Children and staff that bring in food that does contain peanuts and/or nuts will have the food removed and will be asked to wash their hands. The food item will be disposed of immediately
- Children will be asked not to share food
- Children will, as usual, be encouraged to wash hands before and after eating
- All staff are trained in first aid and understanding and dealing with anaphylaxis (severe allergic reactions)
- School kitchen staff will ensure that all food served at school is chickpea, peanut and nut free

#### SHARING THE POLICY

This policy is available to all staff via a shared drive and to parents and carers through the school website

**HEAD TEACHER: R.Winn**

**CHAIR OF GOVERNING BODY: Miss. A. Calvert**

**DATE:            December 2023**

**REVIEW DATE: December 2024**