



Chilvers Coton Community School and Nursery

Healthy School Food Policy

Agreed by the Full Governing Body on 25/3/25

Date for review: March 2026

Chilvers Coton Community School and Nursery: Aims, Purpose, and Responsibility

At **Chilvers Coton Community School and Nursery**, our goal is to foster a Healthy School environment where the well-being of both pupils and staff is a priority. A key component of this mission is encouraging healthy eating and empowering pupils to make informed choices about the food they consume. This is accomplished through our holistic approach to food and nutrition, as outlined in our **Healthy School Food Policy**.

The leadership team at Chilvers Coton takes responsibility for developing, implementing, and maintaining the Healthy Schools Policy, with input from our catering team and teachers who support the curriculum. The policy is regularly reviewed to ensure it aligns with the **National School Food Standards**.

Food and **sharing meals** play an important role in our school culture. We partner with **Educaters Catering Service**, which promises the following:

- Each year group enjoys lunch together, creating a strong sense of community.
- Adults assist pupils in serving food, using proper table manners, encouraging healthy eating, and teaching children to help with meal clean-up.

Our menu is healthy, balanced, and reviewed each term with contributions from the catering service, leadership team, and school council. We value children's feedback and encourage them to be involved in shaping the menu. Additionally, we accommodate a wide range of dietary needs, including vegetarian, vegan, medical, and allergy-related requirements. We work closely with parents to ensure every child can enjoy the food provided. For fussy eaters, we are committed to helping them broaden their food choices and participate in the universal free school meal program.

School Lunches

We are committed to providing healthy, balanced meals that cater to various dietary needs, including cultural, religious, and health-related requirements.

- **Our catering team** prepares meals in accordance with **National School Food Standards**. The menu follows a three-week rotating cycle and is available on the school website or via **Class Dojo**. It is reviewed and updated regularly.
- We offer a **balanced combination** of protein, carbohydrates, dairy, fruit, and vegetables. Vegetarian and vegan options (on request) are available, and we also offer a **deli bag** option and a **self-serve salad bar**.
- As a **NO NUT school**, we ensure the safety of all students by eliminating nuts from our food offerings.

The dining hall is a calm and positive space where pupils practice good social skills, and **excellent manners** are celebrated. Children who display respect are invited to sit at the **golden manners table**, setting a positive example for peers.

We actively encourage children to try new foods, monitor food choices, and promote the **Universal Free School Meal** program for all pupils in Reception to Year 2. School meals are also available for **Nursery children** through payment via **ParentPay**.

Packed Lunches

A healthy packed lunch should be balanced and include foods from the **Eatwell Guide** food groups (see www.eatwell.gov.uk). Parents are encouraged to provide a variety of colorful, tasty foods that appeal to children, helping them develop an interest in healthy food.

What should be included in a healthy packed lunch?

- A portion of starchy food (wholemeal bread, wraps, pitta pockets, pasta, or rice salad).
- A good amount of fruit and vegetables (e.g., apple, satsuma, cherry tomatoes, carrot sticks).
 - **Note:** Round fruits like grapes and cherry tomatoes should be cut in half to prevent choking hazards.
- A **dairy item** (semi-skimmed milk, cheese, or yogurt).
- A **drink**, such as water, semi-skimmed milk, or unsweetened fruit juice.

Foods to limit or avoid in packed lunches:

- Sweets, chocolate, fizzy drinks, and high-sugar drinks.
- Nut products, including Nutella spread, are not allowed (as we are a NO NUT school) due to the potential allergies of children at Chilvers Coton, ensuring their safety and preventing allergic reactions.

Treats can be included, but we encourage healthier options such as lower-sugar biscuits, wafers, or fruit-based snacks.

If a child's packed lunch does not meet the policy guidelines, we will offer an alternative meal from the school kitchen after notifying parents. If there is one item, the removed item will be replaced with a suitable alternative from our policy.

Uneaten food will be sent home so that parents can monitor consumption.

Healthier Drinks Outside of Lunchtime

- Fresh drinking water is available to all children throughout the school day. **Water** is provided in children's water bottles (no juice is permitted).
- **Milk** is provided for all children under 5 at break time, and for children over 5, milk can be purchased through **Cool Milk**.
- All children receive **free fruit** at playtime.

Breakfast Club

Our school offers a **Breakfast Club** with a range of healthy and nutritious options to support children's well-being at the start of the school day. Following the Schools and Wellbeing Bill, we will explore extending this service to all children next year.

Enrichment

For enrichment events or activities, we ensure that dietary needs and preferences are taken into account. We offer suitable alternatives for children with dietary restrictions, such as gluten-free and vegan-friendly ingredients for cooking sessions.

Birthday Treats

We believe that birthdays should be celebrated in a special and inclusive way. To respect dietary needs, we ask that birthday treats be **shop-bought** and remain **unopened** until distribution. The birthday child can hand them out at home time, allowing parents the option to decide whether their child can enjoy the treat.

Treats will not be consumed during school hours.

Special Dietary Requirements or Food Allergies (Medical)

We take **food allergies** and **medical dietary needs** very seriously. Children with diagnosed food allergies, intolerances, or health conditions will be provided with suitable food options.

- Children with specific dietary needs will have an **Individual Health Care Plan** shared with staff. A copy will be kept in the classroom with any necessary medication.
 - We regularly review special diets and allergies, and parents are asked to inform us promptly of any changes.
 - Please refer to the **First Aid Policy** and **Children with Medical Needs Policy** for further details.
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Religious, Cultural, Vegetarian, and Vegan Diets

Our school's menu includes **vegetarian options** and can accommodate **religious, cultural, vegetarian, and vegan diets** (on request). While we do not offer **Halal meat**, we provide a range of vegetarian alternatives.

Parent/Guardian Responsibility

- **Inform the school** of any allergies, intolerances, or dietary needs during the registration process. For medical needs, please provide documentation from a GP or specialist.
- If necessary, parents can meet with the **school and catering supervisor** to discuss menu options, and provide consent for a **school nurse referral** to establish health care plans.

First Aid

All staff are trained annually in **asthma** and **anaphylaxis** procedures, and adequate staff members hold **paediatric first aid** qualifications; as well as Emergency first aid and First Aid at work. (Refer to the **First Aid Policy** for further details.)