

# Alloway Primary School Food in School Policy



## **Introduction**

Our school is a vibrant and ambitious centre where children are encouraged to enjoy success in their learning and where wider achievements are valued.

Pupils have a strong voice in the school and influence the world around them by their involvement in local and global citizenship. We are a Rights Respecting School as well as a Dyslexia Friendly School where our children enjoy and benefit from a wide range of experiences planned by a dedicated and hard working staff who support and challenge pupils to be the best they can be. We are proud of our Burns connections and are involved in lots of activities where our heritage can be celebrated. Parental involvement and working in partnership with parents and the wider community is an important feature in our school life and we actively encourage close parent/staff liaison in a number of ways.

## **Context**

In Alloway Primary School we provide our children with nutritious food during the school day and build knowledge and skills equipping them to make well informed choices in and beyond school. We promote good food choices in an environment that supports all children and young people's health, wellbeing and participation in decision making. We will achieve this by taking a whole school approach to food provision, food education and the food experience of children and young people attending Alloway Primary School. We start this in our Early Years Centre and encourage throughout. We provide food choices throughout the school day that meet the requirements of the Nutritional Regulations (2020) in The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 ('the Act') and ensure that everyone involved in the provision of food at school is presenting a consistent whole school, health promoting approach. We work closely with our school kitchen staff, pupils, families and partners. We ensure our approach is based on current dietary advice to support children to have the knowledge and skills required to make well informed dietary choices. Our whole school food policy is based on a partnership approach that reflects the views of children, parents, school kitchen staff and school staff.

## **Vision and values**

Vision - To create a safe, happy, caring and inclusive school where children, staff, parents and visitors feel valued, are encouraged to succeed, are treated with respect, enjoy learning and actively work together to be the best they can be.

Values - Respect, Co-operation, Equality, Honesty and Responsibility

## **Rights Respecting Schools**

Article 24 - Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.

Article 26 - Governments must provide extra money for the children of families in need.

## **Responsibility for the school food policy**

In Alloway Primary School this policy is relevant to everyone involved with food and drink on our school premises. Everyone has a role to play in supporting our policy and ensuring compliance with the required Nutritional Regulations.

*Breakfast* - A private breakfast club operates in our premises. They are required to meet Care Inspectorate Regulations. Children attending Alloway Primary School and EYC use this service.

*Morning break time* - Children are encouraged to bring a healthy snack with them to school. This information is shared with parents.

*School lunches* - Our school kitchen provides hot meals for children which follow nutritional guidance. We encourage uptake of our school meals. Free meals are offered to all EYC-P5 children. They work closely with South Ayrshire Council Catering Services. Staff are trained using the current nutritional guidance and follow South Ayrshire Council menus. All children eat in the dinner hall and good table manners are encouraged. All children are encouraged to clear up and separate their waste.

*Packed lunches from home* - When bringing a packed lunch, children are encouraged to bring a healthy lunch with them. This information is shared with parents.

[Packed Lunch Puzzle | Food Standards Scotland](https://archive.nutrition.org.uk/healthyliving/helpingyoueatwell/healthypackedlunches.html) and <https://archive.nutrition.org.uk/healthyliving/helpingyoueatwell/healthypackedlunches.html>

*Food brought into school* - When bringing food into school healthy nutritional guidance is encouraged. This information is shared with parents.

*Drinks* - Children are encouraged to drink water throughout the day and this is always readily available to them. Water and milk is offered through our school meal service.

*School day trips* - Children are encouraged to bring a healthy snack/lunch with them to school. Children are encouraged to bring water with them. This information is shared with parents.

## **School lunches**

The Scottish Government introduced changes to the nutritional requirements for food and drink in schools regulations in April 2021. The changes to the regulations are based on the most up to date scientific evidence on diet and health and are designed to support the health of children and young people in the school setting. The food and drink that is provided across the school day is designed to support progress towards the Scottish Dietary Goals. This will help to ensure that children and young people, especially those receiving free school meals, have access to nutritionally balanced school lunches. Parents can access information about menus and school meal nutritional information on the South Ayrshire website - [School meals - South Ayrshire Council \(south-ayrshire.gov.uk\)](https://www.south-ayrshire.gov.uk/school-meals)

Our school lunch service can cater for pupils who have specific dietary requirements including:  
Additional support needs e.g. those with chewing and swallowing difficulties  
Religious, cultural or ethical reasons e.g. individuals from different ethnic origins  
Medically prescribed e.g. due to coeliac disease, food allergy, food intolerance, etc

In providing a specific diet, differing approaches are taken depending on the reason for the diet requested. In respect of a specific diet due to additional support needs or ethical/religious/cultural reasons, the parent/guardian should notify the Head Teacher who will liaise with the Catering Supervisor in respect of the specific diet required.

In respect of a medically prescribed diet or amendment to an existing medically prescribed diet, you are required to make a formal request using the online form - [Medical diet request - My South Ayrshire \(south-ayrshire.gov.uk\)](#)

### **Other aspects of school life**

*Learning and teaching* - Staff follow Curriculum for Excellence guidance and food is taught through our Health and Wellbeing and Technologies Curriculum. Staff make connections between the food and drink provided at school and the food and drink as a context for learning. Children experience practical food experiences and connections are made between food and health.

*Social, cultural or recreational events / School clubs and activities / Rewards and celebrations* - We encourage adherence to the nutritional guidance through our clubs and activities. We want to promote a balanced diet. Healthy food choices are encouraged. Healthy alternatives are provided to encourage children to make healthy choices.

*Consulting with stakeholders* - We consult with children, young people and parents, to ensure they feel listened to and involved in actions and decisions that affect them around food and drink.

### **Monitoring our whole school food policy across the school day and throughout each school term**

*Date written* – January 2023

*Date review is due* – September 2023

*Member of SLT responsible* – Mrs Fiona Meney, Head Teacher

*Reference material* -

- Healthy eating in schools: guidance 2020
- Schools (Health Promotion and Nutrition) Scotland Act: Health promotion guidance for local authorities and schools
- Education Scotland – School Food Policy