

Food Policy for Tinto Primary School and Nursery Class



Dated: October 2022
Review Date: October 2024

Introduction

At Tinto Primary School and Nursery, we aim to provide a wide and varied curriculum for all our children that promotes a healthy attitude towards food and nutrition. It is important this message permeates everything we do and that our agreed values relating to the serving of, and the education about, our approach to food standards will ensure a positive impact upon the health and well-being of our children, families, staff and wider school community. It is also important that our policy is inclusive and therefore will make mention of cultural diversity in relation to food. This policy will ensure consistency of approach throughout the school and nursery by making our vision and intentions relating to food standards clear.

In creating this policy, it was ensured that the [Nutritional Requirements for Food and Drink in Schools \(Scotland\) Regulations 2020](#) were discussed with school staff, facilities staff, pupils and the parent council. They were also shared with the wider Parent Forum. The Learning Community was involved in creating and evaluating the policy. This will continue to be the case and the policy will be reviewed and updated as required.

In summary, our aims are to:

- provide our children/young people with nutritious food
- build knowledge and skills enabling our children/young people to make well informed food choices in school and beyond and
- 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 Carnwath Primary School and Nursery by:

- providing food choices throughout the school day that meet the requirements of the [Nutritional Regulations](#) in The Schools (**Health** Promotion and Nutrition) (Scotland) Act 2007 ('the Act')
- ensuring that everyone involved in the provision of food at school, or educating children/young people about food, is presenting a consistent whole school, health promoting approach
- working together with school food providers, pupils, families and partners
- ensuring that our approach is based on current dietary advice to support children/young people 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/young people, parents, school food providers and school staff.

Responsibility for the school food policy

In Tinto Primary School and Nursery, 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.

This policy was created by the Head Teacher. All staff have completed the Learn Online course provided by the Local Authority that details the Nutritional Standards and were part of professional discussions around how these would be adhered to consistently throughout the school. These were also shared and discussed with the Parent and Pupil Councils who disseminated the information to the wider school community and provided feedback to the policy writer.

The Head Teacher will work in partnership with the Cook in Charge to ensure standards are maintained as well as having the overview of food standards and education throughout the rest of the school. Updates will be shared promptly to ensure all stakeholders have an understanding of the current policy. Staff will be trained on how to manage the recording system for food standards. New members of staff will receive a copy of the policy and training on the systems in place as part of their induction.

We will ensure that parent groups organising events for pupils, staff delivering practical food activities, partners working with the school or private providers running clubs in the school are aware of the policy and adhere to the guidance.

Where the school food policy applies throughout the school day

The School and Nursery Food Policy will be adhered to at any point of the day where food or drink is consumed and/or provided.

Breakfast

The school operates a Breakfast Club which starts at 8.15am each morning. This is operated by the Facilities Department and overseen by the Cook in Charge. This service is free to all pupils. They are provided with a choice of cereal or toast to eat and milk or water to drink – everything provided is in line with the Nutritional Standards.

Morning and other break times

The school kitchen can provide fruit at break times if required. Children are actively encouraged to bring healthy snacks from home and this is regularly discussed during Health and Well-Being lessons.

School lunches

School lunches are provided by the Facilities Department and follow the Local Authority Menu plan which has been developed to adhere to the Nutritional Standards. When selecting a school meal, children are actively encouraged to take a variety of options from what is on offer to ensure a balanced meal. They are offered vegetables with a hot meal, and can also

choose what they want from a range of salad and fruit offerings. The current menu can be found here:

[SLC School Lunch Menu](#)

Specific information about allergens and nutritional per meal provided can be found here:

[Allergens and Nutrition](#)

If a child requires a special diet for medical reasons, their parent/carer should complete a 'Special, medically prescribed diet, or intolerance registration form' which can be collected at the school office and send this with an accompanying letter from a medical practitioner or dietician confirming the specific details of the diagnosis to Facilities Services. More information about this can be found here:

[Special Dietary Requirements](#)

Cultural dietary needs including Halal are also catered for and the application for this can be collected from the school office.

Schools in South Lanarkshire operate a cashless system. Families are provided with a Parent Pay account and can pay for school meals and milk via this online system. Children order their lunch when they arrive at school in the morning. This ensures that there is no difference between how children who pay for meals and those who receive free school meals order their lunch. The provision of Free School Meals is available to families who are on low income. These can be applied for here:

[Free School Meal Application](#)

As of January 2022, free school meals are available for all pupils in Nursery and P1-P5. However, there are other advantages to applying for means tested free school meals such as clothing grants and therefore we encourage all families who are entitled to this benefit, to apply for it.

Packed lunches from home

The school does not have specific guidelines for parents who choose to provide their children with a packed lunch from home. However, we do encourage healthy choices when discussing packed lunches and will regularly share guidance that helps with this:

[Healthy Packed Lunch Options 1](#)

[Healthy Packed Lunch Options 2](#)

Food brought into school at lunchtime

This tends not to be an issue in a primary school as children either stay in school for lunch or go home and eat lunch there. However, we would

actively discourage parents from bringing take-away foods into school for their children as this would go against the healthy eating ethos we are working to create and maintain.

Drinks

The school has a water fountain installed and children have unlimited access to this. Children are encouraged to bring their own water bottle to school but cups are provided should they not have one.

Children are permitted to bring water with them to school in a reusable water bottle with a lid. This can only be plain water; diluting juice and flavoured water is not permitted.

Fizzy juices and energy juices are not permitted for pupils at any time.

School day trips

All children who are in receipt of Free School Meals are given the opportunity to order a school packed lunch for day trips. We encourage parents to ensure packed lunches brought from home for these occasions are healthy and balanced.

Nuture Class

The school has a Nurture Base (Treetops). Food provided is specifically chosen so it complies with the Nutritional Standards and is chosen from sections that do not limit the number of times per week or fortnight that children can be offered these foods. Snacks are exclusively selected from the following groups:

- Fruit and vegetables
- Breakfast Cereals
- Savoury Snacks
- Bread
- Yogurts and fromage frais

and will always comply with the nutritional values in the guidance.

Specific dietary requirements

Medical dietary requirements

If a child requires a special diet for medical reasons, their parent/carer should complete a 'Special, medically prescribed diet, or intolerance registration form' which can be collected at the school office and send this with an accompanying letter from a medical practitioner or dietician confirming the specific details of the diagnosis to Facilities Services. More information about this can be found here:

[Special Dietary Requirements](#)

The information regarding the needs of the child will be kept securely in the office. Required information will be made available to any staff who work with the child. This will be routinely shared with any visiting staff who will be working directly with the child.

Other dietary preferences

Cultural dietary needs including Halal are also catered for and the application for this can be collected from the school office.

Other aspects of school life

Social, cultural or recreational events

As food is a large part of most social and cultural activities that the school may participate in, an annual calendar will be updated each time food or drink is supplied out with the normal daily running of the school. This will provide an overview of what the children are being given, along with a rationale for what has been provided.

For example: the school will record what has been supplied during Christmas parties, Easter celebrations, Scottish celebrations and any other events that may take place.

School clubs and activities

Any food or drink provided during school clubs and activities will be in line with the nutritional standards.

Rewards and celebrations

Food and drink is not used as a reward during any activity. Any food and drink provided during annual celebrations will be recorded on our annual overview.

Learning and teaching

Tinto Primary and Nursery actively promote healthy eating and therefore, any food or drink that is provided as part of a lesson will be in line with the National Food Standards and will be provided to allow children to experience a wider range of healthy foods in a bid to help them develop the habit of enjoying a balanced and healthy diet throughout their lives.

Consulting with stakeholders

We will continue to consult with all stakeholders, including 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.

This policy will only be effective when it is applied as intended. It will be shared with all stakeholders and its effectiveness evaluated. Stakeholders will be informed of any updates and a copy of the policy will always be available to view on the school website.

Date written: October 2022

Date review is due: October 2024

Member of SLT responsible: Alex Stark, Head Teacher

Reference material

Links to related articles and further information:

Nutritional Regulations - [Healthy eating in schools: guidance 2020](#)

[Food in schools across Scotland: A self-evaluation resource](#)



[PDF file: Food in Schools sketchnote: Connections \(1.4 MB\)](#)



[PDF file: Food in Schools sketchnote: Contributions \(1.2 MB\)](#)

[Monitoring templates – Food in Schools across Scotland \(glowscotland.org.uk\)](#)

https://www.foodstandards.gov.scot/downloads/Dietary_Goals_for_Scotland.pdf

[Health Promotion Guidance: Nutritional Guidance for Children and Young People in Residential Care Settings - gov.scot \(www.gov.scot\)](#)

[Section 2 Ensuring appropriate food and drink choices for all children and young people - Healthy eating in schools: supplementary guidance - gov.scot \(www.gov.scot\)](#)

[Schools \(Health Promotion and Nutrition\) Scotland Act: Health promotion guidance for local authorities and schools - gov.scot \(www.gov.scot\)](#)

[Health and wellbeing: Experiences and outcomes \(education.gov.scot\)](#)