

Farsley Farfield Primary School

Whole School Food Policy



Aims

At Farsley Farfield, we aim for children to have positive, healthy and sustainable attitudes to food and cooking that will last a lifetime. We expect our children to have confidence, knowledge and skills around the sourcing, cooking, eating and growing of food.

Food is valued at Farsley Farfield and we recognise that the cheapest option is often not the best option for health, sustainability and animal welfare.

‘Be healthy’ is one of 6 key ethos themes in the school. Positive messages around food will be introduced within this framework.

Food provision and consumption across the school day



Breakfast club / morning provision

Any regular breakfast that is provided at school will be low sugar and will include the offer of fruit.



Mid-morning break / snacks

Children can bring snacks in for mid-morning which should be fruit or vegetable-based. Younger children will get offered free fruit. Due to severe allergies amongst staff and pupils, please do not send in nuts.



Drinks & access to water

The children are encouraged to drink milk and water regularly. Children in Y1-6 are encouraged to have water bottles in class, and may also use water fountains at break time. Nursery children get free milk and older pupils may have milk if their parents pay for it. Children on Free School Meals or Looked After are offered milk for free.



School meals

Farsley Farfield Primary School employs its own kitchen staff directly.

School meals will meet all government guidelines. Food is provided on a 'family service' set meal basis and menus are published on the school website. There are always vegetarian and halal options where necessary. At least once a week, the entire meal will be vegetarian (as reduced meat consumption is a positive policy goal in terms of children's health, animal welfare and sustainability). Children will be encouraged to eat their entire meal to reduce waste. 'Seconds' will be offered where available. Children and families are encouraged to give feedback on school meals to staff, through School Council or in surveys.

Meat and fish in school meals will be sustainably and locally sourced wherever possible, and eggs will be free range. Where available, the school cook will consider Fair-trade options.

There is always a fruit option with school meals.



Free school meals and Universal infant free school meals

We will encourage and support families to apply for FSM as it will save them over £400 per year. There will be no stigma as regards FSM as no cash is used in the dining hall and Parent Pay allows online payment.

We will encourage all families to take up the UIFSM offer and target at least 90% uptake.



Dining environment / procedures

School meals are 'family service' with younger children served by adults and older children serving themselves with nominated servers on each table. We will enhance the dining room environment with insulated table protectors, wipe-clean tablecloths and home-grown flowers where possible.

Children are encouraged to use a knife and fork properly and this is modelled by other adults. Children will be encouraged to try a range of foods and food consumption will be monitored. Permission will need to be sought to move on to dessert or leave the dining room.



Packed lunches

Our preference is for children to eat a school meal every day; children may, if they wish, bring a packed lunch.

Packed lunches are expected to be balanced and nutritious. Typically, a packed lunch should include a main carbohydrate (e.g. sandwich, wrap, pasta dish) and fruit or vegetables. Solid chocolate bars or confectionery are not permitted. Water can be provided; fizzy drinks are not allowed.

Due to severe allergies amongst staff and pupils, please do not send in nuts.



Cultural, age appropriate, and special diets

There are always vegetarian and halal options where necessary. Children with allergies, intolerances or special diets are highlighted on table plans.



Special occasions, birthdays and rewards

Sweets are not used as a reward at Farfield. Children are not allowed to bring in 'birthday sweets' and staff are not expected to bring in cakes on their birthday.



Monitoring food provision and consumption

We will not provide a bin for children in the packed lunch dining rooms: they will be expected to take home any waste so that their food consumption can be monitored by their parents. We will carry out a survey of children and families about school meals every two years.

Food education and the curriculum



Healthy Eating in the curriculum

Healthy eating and a balanced diet are features of the science curriculum, cooking curriculum and PSHE scheme of work. Lessons are based upon the Eatwell Guide from Y2 upwards.



Cooking in the curriculum

In KS1 and KS2, children learn about food groups and a balanced diet through the science curriculum, working on the school farm **and** a comprehensive food, nutrition and [cooking curriculum](#). Children in KS1 get up to 90 minutes on a food-related lesson each half term (often involving cooking) and the KS2 children get a whole afternoon each half term on their cooking curriculum. These sessions are typically delivered in smaller groups of 10. Where possible, cooking lessons use produce from the school farm. Cooking in the Foundation Stage is led by children's interests, but staff will ensure that cooking activities are not disproportionately sweet.

The comprehensive cooking curriculum provides children with skills to be competent and confident in the kitchen as adults. Children are introduced to knife skills in Year 1 and this is built upon throughout the school. At least two thirds of the food produced in KS1 and KS2 cookery lessons will be savoury and most will be vegetarian. Any meat or fish used in the curriculum will be sourced sustainably and ethically. Eggs will be from Farfield Farm or free range. Parents will be given the opportunity to opt-out of their children using school eggs (as they are not 'lion-marked').



Growing, sustainability, and farming

Children in EY and Y1 visit the [school farm](#) periodically, e.g. to sow seeds or harvest, whilst Y2 work on the farm every half term for one hour and Y3-6¹ work on the farm for a whole afternoon each half term. Children complete whatever seasonal tasks are needed and see the complete growing cycle a number of times. Furthermore, we have a Farm Club after school and children in Y4/5 can have some responsibility for the Access Garden.

The farm is run on close-to-organic principles using peat-free growing media wherever possible. Animals kept on the farm are free range and high welfare.

¹ Y3/4 don't go to the farm in the winter and have an enhanced music curriculum instead



Extra-curricular activities, visitors and PTA events

Food served at PTA events will typically follow the ethos of this school food policy, but we do recognise that many PTA events are 'special' or celebratory therefore we would allow some leeway. Consumption of sweets should be controlled e.g. by pre-packed quantities of sweets on a ticket scheme. There must always be the option of water and children's drinks should be low sugar.

FFPS currently subscribes to, and works in partnership with, The Real Junk Food Project and their 'Fuel for School' campaign to provide families with access to food from supermarkets that would otherwise go to landfill. This food is safe but may be on or beyond its 'Best Before' date. Stalls will be held at least every week and families can take any food that they would like on a 'Pay as you Feel' (not free) basis. Stalls will be supplemented by harvests from Farfield Farm and school eggs that will be available to purchase. Receipts from the food stalls go to sustain Farfield Farm.

Tea and coffee refreshments provided to visitors will generally be fair-trade. We will try to avoid using disposable cups/packaging wherever practicable.



Pupil and parent/carer involvement and communication

Children will have on-going input into food policy and school meals through their school council and participation in surveys every two years.

Parents/carers will have input into food policy through participation in surveys every two years. The school meal menus are always available on the [school website](#).

Policy approved by the governing body: February 2019

To be reviewed: February 2022

