



The Whole School Food Policy including Nut Awareness

Aim

To guarantee that all aspects of food and drink at John Chilton School promote the health and well-being of students, staff, and visitors.

The Whole School Food Policy is a living document that is shared by all stakeholders who engage with our school. It expresses a shared view of the ethos, status, and function of food at John Chilton. It promotes the integration of all aspects of food in a clear, coherent, and consistent manner.

Rationale

This policy has been formulated to enable John Chilton School to develop a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.

Our school supports the 'five a day' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling childhood obesity.

Definition

Our school defines healthy eating as providing the body with well-balanced, nutritional food which will ensure good health and well-being. We aim to give children the skills they need to make healthy choices which will stay with them throughout their lives.

Objectives

To ensure:

- All aspects of food and drink in school promote the health and well-being of pupils, staff and visitors.
- Pupils have the basic knowledge to formulate life-long skills eg. cookery classes, workshops on healthy lunchboxes, gardening.
- Our pupils have the information they need to make healthy choices

To promote:

- A well-balanced and healthy lifestyle
- A welcoming eating environment to encourage the positive social interaction of staff and pupils.

The school recognises that sharing food is an excellent opportunity to build relationships and promote good social skills.

- A healthy physical development of all members of our school community.
- The important connection between a healthy, balanced diet and a child's ability to learn effectively.

Specific Aspects of Food in Schools

Water

Pupils are actively encouraged to bring their own bottles for water and are given free access to these, as well as water fountains located around the school. Water is freely available throughout the day to all members of the school community. Regular opportunities are given to drink water and children are regularly reminded and encouraged to drink water at break times.

Nut-Aware school

John Chilton School takes every effort to be a nut-aware school due to the risk to those who have an intolerance to and/or severe allergic reactions to nuts. This is enforced as strictly as feasible in schools by prohibiting the consumption of nuts and nut products for pupils. The practicalities of policing all food on the premises, however, make this extremely challenging.

The school obtains its lunches through Alec Reed Academy and Wood End Primary kitchens, both of which adhere to their own nut awareness policies and identify any allergens in foods each day, to be shared with staff and pupils for choices.

Pupils are not allowed to bring in cakes or food that contains nuts for any treats, snacks or lunches on or off site.

Staff should not be bringing any nuts or known nut-products into the buildings. Staff are asked to be mindful when they eat any items that might have traces of nuts and only do so in the staffroom, washing hands afterwards. Staff are asked to be especially mindful of treats or sweets in the staffroom as these should not contain nuts. These should be eaten in staffroom or away from pupils and hands washed afterwards in case there are traces of nuts.

Staff with nut allergies take responsibility for their own nut awareness but inform SLT and Healthcare Team and relevant staff where their medication is stored.

Pupils with nut allergies have their names displayed on emergency information sheets in classrooms. Relevant medication is stored with Health care team for emergency use, led by them.

Allergy medication (eg Epipen) is taken off site for any relevant pupil on a trip, administered by trained staff.

Some foods in cooking activities or lunches/ snacks might contain traces of nuts despite all efforts to minimise exposure to nuts for relevant staff and pupils.

Allergies

All staff members are conscious of children who have allergies, which are recorded on the 'Allergy sheet'. Those serving hot lunches to children must look to the sheet to ensure that all children are catered for.

School lunches

Alec Reed Academy provides school lunches, and all meals must adhere to the new nutritional government standards for school catering. This is the same for the Wood End Orchard site catering company. All food is prepared fresh everyday on-site.

Dining Environment

To promote the beneficial social interaction of students and teachers, the school is dedicated to offering a welcoming dining space. It is acknowledged that our operation requires multiple sittings due to physical limitations, which reduces the amount of time available for serving and consuming school dinners and packed lunches. Despite this restriction, the school will work to create a calm, organised setting that encourages good manners and pleasant eating.

The school is also committed to:

- Helping children where necessary eg. opening of packets, carrying trays.
- Encouraging children to eat as much of their dinner as is appropriate with a focus on eating their fruit and vegetables before dessert.
- Monitoring wasted food.
- Supervising children having school dinners and packed lunches
- Providing water jugs and clean cups on every table.
- Encouraging children to wash their hands before eating.

Packed Lunches

Our school offers advice and information on balanced meals with plenty of fruit and vegetables, bread, and protein in addition to encouraging parents and kids to prepare healthy lunchboxes. To let parents know how much has been consumed, leftovers from a packed meal should be sent home.

Morning Snack

During the early break, students are permitted to have a snack. Parents are encouraged to pack fruit or a wholesome snack bar. Crisps, chocolate bars, and sweet beverages should all be avoided and are discouraged. As part of the National School Fruit Scheme, schools provide vegetables and fruits to students in Key Stage 1. All of the other pupils who require it are given milk and bread.

Birthdays

We are aware that some parents like to celebrate their child's birthday in school as well as at home, however, we encourage them to choose healthier options and avoid any items that might contain nuts.

Celebrations and Festivals

The school is aware that eating plays a significant part of various religious and cultural events. Pupils will have the chance to sample foods important to various cultures and beliefs as part of our curriculum.

Food in the Curriculum + Clubs and Café

Our PSHE and whole school curriculum broadens pupils' understanding of food and healthy eating. The curriculum exposes children to food from various countries, historical eras, and cultures while also emphasising the importance of eating a healthy, balanced diet. Every year, children will learn about Healthy Eating and will be encouraged to use what they have learned to make educated decisions about what they consume.

Cooking and nutrition are taught across the curriculum and in all school groups. Maths and English lessons often link theoretical knowledge to real-world abilities like cooking, organising healthful ingredients, and grocery shopping. This is evidenced through both planning and learning walks. Blue Pathways students have a café as a component of their classroom where they can buy and sell healthy snacks. On a biweekly basis, our phase 4 student sells freshly prepared meals from various parts of the world. At a weekly tuck shop, our older Red Pathway students sell fruit. In Phase 2, students take part in weekly cooking classes where a healthy diet is the top priority. In Phases 2, 3, and 4, nutrition is covered in both these cooking courses and the science curriculum.

Values

At John Chilton School we strive to work together as a whole community, sharing our ideas and beliefs and all working for the ultimate good of the children in our care. We aim to show respect for ourselves and each other and this is demonstrated by the empowerment we give to our children from an early age. We aim to give children information so that they are able to make sensible choices over food. We have not banned all sweets, crisps, cakes etc from our school as then the children would not have the opportunity to make informed choices. Our School Council should be

ensuring the children's voices are heard in this regard so that policies like this remain relevant and new ideas are brought forward.

Parents, Carers and other professionals/ specialists

We work closely with families to support a healthy lifestyle for pupils. Therapists or medical specialists such as nursing team, dietician, paediatrician often advise the school on particular pupils' healthy eating/ dietary needs. Key pupils are identified for additional monitoring and support to ensure they can be a healthy weight. Healthy Eating workshops take place from various agencies with pupils across the school where possible.

Roles and Responsibilities

It is extremely important that the whole school is united in providing the children with the correct information about healthy eating. We need to give consistent messages about the importance of a healthy, well-balanced diet and regular exercise, within lessons and extra-curricular activities. Communication with parents ensures that similar messages are reinforced at home. It is assumed that Alec Reed Academy and Wood End Primary support the principles contained in this policy through the provision of high-quality and healthy food; appropriate marketing and literature and well-trained catering staff. The Safety and Community committee will report regularly to the Governing Body about all aspects of food in the school.

Communication of this policy

This document is accessible to the entire school community and can be found on the school website.

Equality statement

John Chilton School is committed to valuing diversity and to equality of opportunity. We aim to create and promote an environment in which pupils, parents and staff are treated fairly and with respect, and feel able to contribute to the best of their abilities. The Governing Board believes that there should be no discrimination on account of someone's gender, marital status, colour, race, nationality, ethnic or national origin, disability, religious beliefs, age or sexual orientation. Full consideration has been given to this during the formulation of the above policy as it is the Governing Board's aim that no-one at John Chilton School should suffer discrimination, either directly or indirectly, harassment or victimisation on any of these grounds.

Policy: L. Cernat 29/9/23

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