

CHANCERY EDUCATION TRUST

FOOD POLICY

DECEMBER 2024

Next Review Date: December 2027

Staff should make themselves aware of all policies and amendments or updates to policies and adhere to the same, which will be made available on relevant websites and internal data and computer systems.

CHANCERY EDUCATION TRUST

FOOD POLICY

Why do we have a Food Policy?

To ensure that all aspects of food and nutrition within our Academy Schools promote the health and well-being of pupils, staff and visitors.

To make it clear that the Academy Schools within Chancery Education Trust actively support healthy eating throughout the school day because there is an important connection between a balanced diet and a pupil's ability to learn effectively.

This policy applies to all who provide food in our Academy Schools; including Breakfast and After School clubs.

This policy is intended to ensure that:

- Children understand basic food hygiene and safety
- Children and staff are informed about what constitutes a healthy diet so that they can make healthy choices in their diet
- Children and staff with specific dietary requirements, e.g. food related allergies, religious needs and vegetarians are included
- Academy School meals meet nationally agreed Healthy Eating Standards as set out by the Government – [School Meals – Healthy Eating Standards](#)
- Children and staff understand that a healthy diet helps them to learn and stay healthy
- Children understand the consequences of not eating healthily

The Food Policy enhances teaching and learning by:

- Promoting healthy eating in all areas of the curriculum
- Supporting children in being "ready to learn"
- Developing key life skills

Agreed Procedures

- Children all have access to water throughout the school day including school trips
- Healthy options are on offer at children's events and parties etc.
- Children learn appropriate manners and social skills associated with eating
- Healthy eating is built into curriculum planning
- Parents are informed about what constitutes a healthy lunchbox
- Breakfast and after school clubs and the catering providers are responsible for meeting nutritional standards in their settings
- Sweets are not used as treats or rewards by members of staff e.g. for a child's birthday

Chancery Education Trust is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Nut Free Zone

All Academy Schools within the Trust are nut free. We have quite a few children who have severe nut allergies and can be seriously affected by someone else eating, or who may have recently eaten nuts. Even if a child has eaten a product containing nuts, it can have a serious effect on a child or member of staff who has a nut allergy later on in the classroom.

Signage will be placed around the Academy Schools highlighting allergenic foods that children and members of staff must be refrained from bringing in.

Whilst our Academy Schools endeavour as far as possible to be nut free, we cannot fully guarantee this.

Most members of staff in our Academy Schools have received training for Adrenaline Auto-injectors.

School Ethos

Birthday/Holiday Gift Food

Parents sometimes wish to give out birthday sweets, food or food brought back from a holiday. This must be agreed prior with the class teacher and are to be handed out **by the child at the end of the school day, on the playground, as children are handed over by their class teacher to their parent/carer.** Under **NO** circumstances should these food items contain nuts or traces of nuts.

Water

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the fundamental principle above is upheld.

Children are to only drink water during the day, they must not bring in fizzy and/or highly sugary drinks. This is to ensure that pupils return to the classroom prepared and refreshed for learning.

Break time

At break times our pupils are only allowed to consume dried or fresh fruit and vegetables. Under **NO** circumstances should children bring in nuts.

Ideally, children should consume their morning snack whilst seated in the classroom, before or after break time. However, if children do consume their snack whilst they are on the playground, they must be stationary. Children must not be allowed to run around whilst eating, due to the risk of choking.

Lunchtime

Lunches meet or exceed the *School Food Trust's* national standards. All pupils have a choice enabling them to eat healthily.

Our caterers provide excellent nutritionally balanced meals for those children who have a school dinner. They provide a hot meal with a vegetarian option. In addition, there is salad, bread and fresh fruit available every day.

A termly menu for school dinners is available so that parents can prepare their children in advance for the lunchtime choices.

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Packed lunches are monitored. We encourage healthy lunches and request that packed lunches do not contain unhealthy options such as chocolate, sweets or crisps. Children are to only drink water during the day, they must not bring in fizzy and/or highly sugary drinks.

Under **NO** circumstances should children bring in nuts or food items that contain nuts or traces of nuts.

Parents will also be advised of any other allergenic foods that children must be refrained from bringing in.

Appropriate storage arrangements are made for packed lunches. If there is no fridge space, pupils are encouraged to bring insulated bags with freezer blocks.

School Trips and Residentials

During a school trip or residential, when children are off site, they may want to bring a packed lunch on the trip if one is not provided by the school. The same rules apply to packed lunches as they would in school. Under **NO** circumstances should children bring in nuts or food items that contain nuts or traces of nuts.

Parents will also be advised of any other allergenic foods that children must be refrained from bringing in.

Children are expected to have a water bottle with them, containing only water. Fizzy drinks or other drinks with a high sugar content (juices, smoothies) are not permitted. If school is providing a packed lunch for the trip, children will be given a small bottle of water.

Enforcement

As soon as it is brought to the attention of the Academy School that a pupil has a severe allergy to a certain type of food, the Academy School will take immediate action. Staff, parents and head of catering will be made aware.

Any pupil found to have an allergenic food in their packed lunch will have the item taken away. The parent/carer will be called and asked to bring in an alternative.

Whilst our Academy Schools endeavour as far as possible to be free of allergenic foods, we cannot fully guarantee this.

Monitoring and review

The policy is reviewed every three years, although the Trust may vary or amend it periodically to ensure that we fulfil our obligation around the Food Policy. All proposed changes to this policy would be made following the approval from the Committee.

	Name	Date
Policy written by	Headteacher/Principal	December 2024
Review by Committee	Headteacher/Principal	December 2024
Approved by Committee	CET Board	March 2025
Adopted by Governing Board	Local Governing Board	June 2025
To be reviewed every three years		
Review by	December 2027	

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