



Deanery C.E. Primary

Whole School Food Policy

July 2026

The Deanery School Christian Ethos
Our School Motto – ‘Ad Majorem Dei Gloriam’
Translated this simply means ‘To the Greater Glory of God’

Vision

At the Deanery, our vision is rooted in the words of Luke 10:27 — to love God with all our heart, soul, strength and mind, and to love our neighbour as ourselves.

This shapes everything we do. We seek to respond faithfully to God’s love by nurturing a community where each person is valued, supported and encouraged to flourish. In every aspect of school life—both the everyday moments and the significant milestones—we aim to reflect God’s love through our actions, relationships and decisions.

Beliefs and Values

We believe that every child is precious to God and created to thrive. As a Christian school, we aim to model the love, compassion, respect and kindness taught by Jesus. Inspired by the call to “love your neighbour,” we seek to build a community marked by peace, hope, joy, grace and mutual care.

We believe that education, strengthened by faith and lived values, enables children to grow in confidence, character and understanding, fulfilling their God-given potential.

School Culture

At the Deanery, we strive to create a learning environment where all members of our community are supported to develop socially, spiritually, creatively and academically. Guided by Luke 10:27, we aim to show love for God and one another in the way we learn, work and live together.

We aim to:

- Foster a school community enriched spiritually, morally, ethically and socially through the Christian faith.
 - Value every child as uniquely created and loved by God, regardless of faith, ability, gender or ethnicity.
 - Nurture children to show respect, kindness and consideration—loving their neighbour as themselves.
 - Provide experiences that develop confidence, resilience, independence and self-esteem.
 - Support each child to fulfil their potential across the whole curriculum.
 - Promote curiosity, knowledge and understanding in a secure, stimulating and enriched environment.
 - Build strong partnerships with staff, governors, parents, the local community, parish churches and the Birmingham Diocese.
 - Encourage each child to develop aspirations for their future and recognise their place in God’s world.
 - Enable all members of our community to understand their responsibility and value within the wider community.
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Introduction

This school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse. This school food policy is co-ordinated by Lisa McIntosh, Head Teacher.

The Whole School Food Policy reflects advice for governing bodies from the Department for Education document 'School food in England: Departmental advice for governing bodies '(January 2015) and the School Food Plan (Appendix 1).

Rationale

At our school we recognise the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively in school. We seek to influence and improve the health of the whole school community by equipping students with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and their environment.

Healthy lifestyles can be promoted through effective leadership, school ethos and a broad and balanced curriculum.

Values and Ethos

- To ensure that all aspects of food and nutrition promote and support the health and well-being of pupils and staff and meet the mandatory standards for school lunches and food served throughout the school day.
 - Our pupils are served tasty and nutritious food at school, with no child going hungry.
 - To equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives.
 - To ensure equal access to healthy food and drink and appropriate nutritional education.
 - Our pupils will know how to feed themselves well, and will enjoy cooking and growing with their families, both at school and at home, embedding a whole school culture of health.
 - To make every reasonable effort to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members (including non-teaching staff e.g. midday assistants) are aware of these.
 - To ensure that the EU Food Information for Consumers Regulation No.1169/2011 requirement for food providers to make information available about allergenic ingredients used in any food and drink served is being met.
 - To raise awareness and promote the eligibility criteria in relation to free school meals for parents and carers, as well as increasing the uptake of school meals.
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Objectives

The governors and staff aim to:

- Take a Whole School Approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.
- Ensure that all aspects of food and nutrition at our school promote the health and wellbeing of the whole school community.
- Encourage pupils to develop healthy diet habits and attitudes - eating more fruit and vegetables, eating less sugar and fat, and drinking more water.
- Enable pupils to make healthy food choices through the provision of information about healthy foods and where food comes from, and the development of appropriate skills, including food preparation.
- Ensure that all adults in our school community are aware of this approach and work towards it.

Food in School

1. Breakfast

At least half a million children in the UK arrive at school each day too hungry to learn. Research has shown a direct link between the breakfast habits of children and their educational attainment, with Year 2 children in primary schools where breakfast is provided achieving on average up to two months 'additional academic progress over the course of a year.

Our school offers National School Breakfast Programme, in partnership with Magic Breakfast and funded by the Department for Education.

The Programme aims to:

- Ensure more children receive a healthy breakfast at the start of their school day.
- Improve educational outcomes for disadvantaged young people
- Share best practices across schools and encourage innovative approaches to school breakfast provision

2. Morning Break

EYFS and Key Stage 1 pupils have fruit and vegetables provided for them by the School Fruit and Vegetable Scheme. KS2 pupils are encouraged to bring a fruit or vegetable snack from home for break time.

KS2 pupils are able to purchase a healthy snack at break time at school.

3. School Meals

The school catering service is managed in-house with the support of a catering consultancy.

Menus are changed on a seasonal basis with input from key personnel within the school.

The menus operate on a three-week menu cycle.

Good procurement practices ensure that the food provided to pupils is nutritious and good quality, to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating principles.

The menus are compliant with School Food Standards and monitoring of them forms part of the role of the consultancy, using the standard School Food Plan 'Checklist for School Lunches' (Appendix 2), termly audits are carried out by the consultancy.

The pupils choose the lunch they would like from a choice of vegetarian or non-vegetarian hot meal, lighter bites or a 'packed lunch' option.

Lunchtime Supervisors in the dining hall encourage an atmosphere that promotes healthy eating and develops positive social interaction between pupils.

Pupils are encouraged to eat all or at least try to eat most of the food provided.

Lunchtime supervisors will help any pupils who have concerns, or cause concern, during meal time; e.g. pupils who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, skip or do not eat their lunch.

School lunch menus are distributed to parents and are available on the school's website; the week's menu is displayed for pupils by kitchen staff in the dining hall and in the classrooms.

3.1 Special dietary requirements.

Individual care plans are created for pupils with food allergies or intolerances. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details.

Parents of pupils with special dietary needs must request a meeting with Family Support Worker and agree a menu before their pupils can partake of school meals. The school will provide a photograph to enable the kitchen staff to identify pupils with special dietary requirements.

The catering team are also supplied with advisory guidelines provided by our catering consultants.

3.2 Universal Free School Meals.

From September 2014, all pupils in Reception, Year 1 and Year 2 are eligible for free school lunches. The school fully supports this initiative, encouraging pupils to have their free school meal.

3.3 Encouraging take up of school meals.

Through the school newsletters, parents on low incomes will regularly be encouraged to register and take up their entitlement to free school meals for their pupils.

Our catering teams are able to attend the annual open evening or parent evenings to promote the catering provision and the good value the lunch represents.

Opportunities will be given for some parents to eat a school meal with their pupils on special occasions (KS1).

4. Packed Lunches

Although the governors encourage parents to choose a school meal for their child, pupils are permitted to bring a packed lunch from home.

Parents are informed that sweets, chocolate, crisps, chewing gum, fizzy drinks and products containing nuts are not permitted in school.

A school packed lunch guide is available for parents and also on the school website and is shown at Appendix 3.

Pupils are required to eat all or at least try to eat most of the food provided by their parents. All uneaten food from packed lunch boxes is taken home in the packed lunch box to enable parents to monitor as well as school.

5. Water

Pupils are encouraged to bring a water bottle to school. Pupils can bring either water or flavoured water to drink during the day. They are allowed to have cordial at lunchtime. Regular water and brain breaks are built into the school day and curriculum by class teachers.

6. Milk

Milk is an important source of nutrients for growing pupils and the school food standards require lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. (Whole milk can be provided for pupils up to the end of the school year in which they reach age 5).

7. Confectionery

Pupils are not allowed to have sweets, chocolate or chewing gum in school. Pupils are encouraged to bring in something other than sweets for birthday treats.

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

8. Nut Awareness

This school operates a Nut Allergy Awareness Policy throughout the school, as there are pupils with allergies. (Appendix 4).

Food in the Curriculum

The head teacher has a responsibility for preparing the curriculum policy. The governing body's strategic role is to consider, agree, monitor and review the policy and its implementation.

Aims:

- To enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
 - To educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.
 - To ensure schemes of work for all key stages will reflect the whole-school approach to healthy eating.
 - To understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
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Food Safety

Our catering consultancy supply a full food safety management system to ensure we are compliant with current legislation.

The kitchen team receive food safety training and ongoing on the job training and support. Compliance is monitored by our catering consultancy.

Food Information Regulations

Our catering consultancy supply a full allergen management system to ensure we are compliant with The Food Information Regulations 2014.

The Catering Supervisor has been trained to use and manage the allergen system and the kitchen team receive food allergen training and ongoing on the job training and support. Compliance is monitored by our catering consultancy.

Monitoring and review

The policy will be reviewed bi-annually and take into account any local or national guidance. It is the responsibility of the governing body to ensure that the policy is monitored and reviewed

Appendices

- Appendix 1 School Food Standards
- Appendix 2 Checklist for School Lunches
- Appendix 3 Packed Lunch Policy
- Appendix 4 Nut Allergy Policy



The School Food Standards

Eating in school should be a pleasurable experience; time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to www.schoolfoodplan.com/ucwaw to find examples of what other schools are doing to encourage children to eat well.

Buying foods in line with the Government Buying Standards will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



Fruit and vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dessert containing at least 50% fruit two or more times each week

At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week*

No more than two portions of food which include pastry each week*

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat*

Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products*

Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked*

Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful*



Milk and dairy

A portion of food from this group every day

Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours



Meat, fish, eggs, beans and other non-dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools*

Food provided outside lunch

• Fruit and/or vegetables available in all school food outlets

• No savoury crackers and breadsticks

• No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



Starchy food

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day

Three or more different starchy foods each week

Starchy food cooked in fat or oil no more than two days each week*

Bread - with no added fat or oil - must be available every day



Healthier drinks*

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 150 mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk

• Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice



Checklist for school lunches

NAME OF SCHOOL:		DATE OF MENU:		
Food group	Food-based standards for school lunches	Standard met (Y/N)		
		Week 1	Week 2	Week 3
STARCHY FOOD	One or more portions of food from this group every day			
	Three or more different starchy foods each week			
	One or more wholegrain varieties of starchy food each week			
	Starchy food cooked in fat or oil no more than two days each week <i>(applies to food served across the whole school day)</i>			
	Bread - with no added fat or oil - must be available every day			
FRUIT AND VEGETABLES	One or more portions of vegetables or salad as an accompaniment every day			
	One or more portions of fruit every day			
	A dessert containing at least 50% fruit two or more times each week			
	At least three different fruits, and three different vegetables each week			
MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN	A portion of food from this group every day			
	A portion of meat or poultry on three or more days each week			
	Oily fish once or more every three weeks			
	For vegetarians, a portion of non-dairy protein three or more days a week			
	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, <i>(applies across the whole school day)</i>			
MILK AND DAIRY	A portion of food from this group every day			
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours			
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated <i>(applies across the whole school day)</i>			
	No more than two portions of food which include pastry each week <i>(applies across the whole school day)</i>			
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>(applies across the whole school day)</i>			
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food			
	No confectionery, chocolate and chocolate-coated products, <i>(applies across the whole school day)</i>			
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery			
	Salt must not be available to add to food after it has been cooked			
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.			
HEALTHIER DRINKS <i>applies across the whole school day</i>	Free, fresh drinking water at all times			
	The only drinks permitted are: • Plain water (still or carbonated) • Lower fat milk or lactose reduced milk • Fruit or vegetable juice (max 150mls) • Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks • Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated) • Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk • Tea, coffee, hot chocolate Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice			

It is expected that schools will use these checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.

School Packed Lunch Guide



A packed lunch can be a good and healthy meal as long as it is balanced. Choose one food from each of these four groups to plan a balanced packed lunch for your child. The School Food Plan is now a legal requirement for all food served in schools and we would like lunches brought into school to follow our 'Heathly Eating' ethos.

Group 1 Carbohydrate foods

Bread – wholemeal, white, brown
Rolls or bagels
Pizza, pitta bread or wraps
Potatoes, rice, pasta or noodles



Group 2 Protein Foods for fillings and toppings –

Meat & Fish- beef, lamb, ham, pork, bacon, chicken,
turkey, tinned tuna, salmon, mackerel,
sardines, pilchards;
Cheese or cheese portion
Eggs, Pulses, kidney beans/chickpeas in a salad



Group 3 Vegetables/Salad and Fruit

In sandwiches – cucumber, tomato, onions, lettuce etc.
Salad or Coleslaw; Vegetables sticks, cherry
tomatoes, radishes
Vegetables mixed in with other dishes e.g.
in potato or pasta salad
Fresh fruit –apples, satsumas, bananas etc;
Fruit in jelly or small tins; Dried fruit –
apricots, dates, apple slices, raisins



Group 4 Milk and Cheese

Yoghurts or fromage frais
Milk puddings e.g. Muller rice or Ambrosia custard
Grated cheese in sandwiches; cheese portion
or Dairy Lea and cheese biscuits



Group 5 Fatty and Sugary Foods – Chocolate, biscuits etc are all extra and are not an essential part of the diet. Try and include food from the above four groups before you use these foods. **Crisps and sweets are not to be sent as part of a packed lunch in line with our policy to encourage healthy eating in school.**

Drinks- Only water or low calorie still squash or pure fruit juice should be sent as the drink with packed lunches.

NUT ALLERGY AWARENESS POLICY

Purpose

The purpose of this policy is to:

- Raise awareness about allergies to all our school community
- Ensure we provide a safe learning environment for all
- Give assurance to those pupils/families with severe allergies that we take the management of these seriously.

Aim

We are not a nut-free school but we aim to be as nut-free as we can. It is impossible to provide an absolute guarantee that no nuts will be brought onto the premises but we will strive to minimise this as much as we can.

Management

- We ask that all members of the school community manage the day to day application of this policy in the following ways:
- Parents and carers are requested NOT to send food to school that contains nuts. This includes all types of whole nuts, nuts as ingredients and any other food containing nuts.
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school.
- Pupils that DO bring in food that does contain nuts or nut products will be asked to eat that food away from any child with a nut allergy and to wash their hands before going to play.
- Pupils will be asked NOT to share food.
- Some staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and will use this training as the need arises.
- With regard to the kitchen – all products are checked on delivery as part of the Food Information Regulations management system – any product stating “may” contain nuts will be classed as containing nuts. All recipes are nut free as in the actual use of nuts, but some recipe items may have been manufactured in an environment that is not guaranteed nut free.

Promotion

The policy will be promoted by:

- A copy of this policy being made available to all parents and carers.
 - Staff being informed and provided with training opportunities.
 - Pupils being informed via teachers and support staff.
 - Publication of this policy on the school website.
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• **Approved by:** Lisa McIntosh

• **Date:** July 2026

• **Next review
due by:** July 2028

Approved by Lisa McIntosh, Head Teacher

Presented to the Governing Body

A handwritten signature in black ink, appearing to be 'LM', is written over the text 'Presented to the Governing Body'.