



Food Policy including EYFS

Date Reviewed:	20.06.2026
Next Review Date:	20.06.2027
Policy Owner:	Mrs Faye Dance Mr Wai (Steve) Liu Roxann Dowling

Date	Amendment	Staff Member

Mission Statement

We are committed to providing a supportive, enjoyable and family style environment in which every child is nurtured and encouraged to achieve their potential through a broad-based curriculum and opportunities for developing sporting, dramatic, artistic and musical talents.

Statement of Aims & Objectives

- To enable each child to fulfil their own academic and personal potential.
- To instil in every child the importance of developing personal initiative and to foster in them a belief that they can fulfil their potential in any area of school life.
- To provide a broad based academic and extra-curricular education that is delivered in such a way as to satisfy the learning needs of each and every pupil.
- To help each pupil to develop both a set of values and an understanding and appreciation of other religious beliefs.
- To learn the difference between right and wrong and to appreciate that rights and responsibilities are equally balanced.
- To develop and promote a sense of caring and community between the pupils within the school and the wider community as a whole.
- To instil in each pupil a high degree of self-respect and respect for their fellow pupils, teachers and other adults.
- To prepare each child for the transition to the next stage of their education and to be able to take advantage of any opportunities as they present themselves.



Oakhyrst Grange School

Safeguarding

Oakhyrst Grange School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. At this school we respect and value all children and are committed to providing a caring, friendly and safe environment for our pupils so that they can learn in a relaxed and secure atmosphere. We believe that every pupil should be able to participate in all school activities in an enjoyable and safe environment and be protected from harm. This is the responsibility of every adult employed by, or invited to deliver services at Oakhyrst Grange School. We recognise our responsibility to safeguard all who access school and promote the welfare of all of our pupils by protecting them from physical, sexual and emotional abuse, neglect and bullying. This should be read in conjunction with the Safeguarding Policy.

All staff will be asked to complete training annually following KCSIE updates. Further safeguard training will take place throughout the year. All staff must wear their lanyards at all times.

The Safeguarding governor is: Pauline Clark Pauline.clark@oakhyrstgrangeschool.co.uk

DSL: Roxann Dowling (Head of EYFS)

DDSL: Gemma Mitchell (Headteacher)

DDSL: Faye Dance (Deputy Headteacher)

Telephone: 01883 343344

Safeguarding Team: DSL@oakhyrstgrangeschool.co.uk



Oakhyrst Grange School

Introduction

Oakhyrst Grange School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. At this school we respect and value all children and are committed to providing a caring, friendly and safe environment for our pupils so that they can learn in a relaxed and secure atmosphere. We believe that every pupil should be able to participate in all school activities in an enjoyable and safe environment and be protected from harm. This is the responsibility of every adult employed by, or invited to deliver services at Oakhyrst Grange School. We recognise our responsibility to safeguard all who access school and promote the welfare of all of our pupils by protecting them from physical, sexual and emotional abuse, neglect and bullying. The security, safety and protection of our children in all online contexts is equally important.

Oakhyrst Grange School actively promotes democracy, the rule of the law, individual liberty and mutual respect for those with different faiths and beliefs. These are fundamental British Values which underpin all that we offer.

In our school, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of their behaviours, and encourage them to take responsibility for the choices they make. This message is also addressed in their PSHE curriculum lessons.

The school supports the '5-A-DAY' ethos 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 and preventing childhood obesity.

Rationale

Oakhyrst Grange strives to be a healthy school. It is also a 'Tree Nut, Peanut and Sesame Free' school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families about food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle. At Oakhyrst Grange School we aim to ensure that all children in our care learn and develop well and are kept healthy and safe. Adults in school promote positive behaviour and relationships by modelling 'positive behaviour and highlighting exemplary behaviour of children in class, narrating what was kind and considerate about the behaviour.' Development Matters, 2020, Updated September 2023

Aims and Objectives of the Food Policy:

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to eat five pieces of fruit or vegetables each day



Settings for Food Policy

List of 14 common Allergens:

- Wheat
- Milk
- Eggs
- Fish
- Soya
- Peanuts - Banned in school
- Tree nuts - Banned In school
- Sesame – Banned in school
- Molluscs
- Lupin
- Crustaceans
- Mustard
- Celery
- Sulphites

The Oakhyrst Grange School kitchen will provide suitable alternatives for all children, staff members and guests with dietary requirements.

Breakfast Club

The Breakfast Club operates daily in the school and is open to all children. The food offered is healthy and is consistent with a healthy, balanced diet – e.g. toast, bread, low-fat spreads, fruit jam, low-salt/low-sugar fortified cereals and pieces of fruit. Water is readily available for all pupils. The Breakfast Club staff are provided with a list of children who have food allergies and preferences.

Snack Time

All children will be told to wash hands before breakfast, snack, lunch and tea.

All children are permitted to bring in an item of fruit (pre prepared if necessary) for consumption at morning break. Cereal bars, fruit bars or fruit sticks are not permitted as a morning snack. Dried fruit is acceptable eg raisins.

Advice to parents: If your child cannot peel an orange, please cut it into quarters for them and similarly if they cannot peel a satsuma please do it for them until they are able to do it for themselves. A small slit with a knife at the top of a banana is often useful to help them peel it.

Children in Years 2 and below are given a drink of milk at morning break. This is because milk provides a number of health benefits and social opportunities that ensure children get the most out of their school day See Allergy Policy.

Drinking water is also readily available throughout all school days and children are encourage to bring in their own named water bottles.



School Lunches EYFS to Year 6

All meals are prepared and cooked on the premises by the chef and assistant who will use as much fresh produce as possible. The school is part of the Red Tractor Assurance scheme which guarantees safe, quality food that meets animal welfare standards. Oakhyrst Grange School has also been accredited with the Food for Life Served Here Bronze Award which guarantees the majority of food on the menu will be freshly prepared, it will always be free from undesirable trans fats, sweeteners and additives and use ingredients from sustainable and ethical sources.

All children and staff are to wash their hands before the consumption of any food items whilst on site. Children are expected to arrive promptly and quietly to the lunch dining hall. The Headteacher or Deputy Headteacher leads them in saying Grace. Good manners and correct use of cutlery are promoted by both staff and older pupils who assist younger pupils where necessary.

Children are served at their table by the teacher in charge. The older children may assist in cutting up food or assisting younger pupils with the lunch time. The older children (in Years 5 and 6) clear plates from these tables, thus avoiding congestion at the clearing away area and serving hatch.

Music lessons over lunch time/ extending into lunchtime are discouraged but occasionally children may have to have a lesson which cuts into this time. Any children who have attended music lessons at lunchtime will have their lunch saved by the kitchen and served to them by the kitchen staff. The kitchen staff will supervise these children eating their lunch.

At the beginning of the week, the school provides a 'Meat Free Monday' to support the pupils with an understanding of their environmental and social responsibility (ESR).

The catering team is informed of any allergies or intolerances for pupils by the school office team and this is kept on record, with a visual board by the serving counter for quick checks. All staff serving at a table are provided with this information too. All staff are regularly reminded to check all pupil food allergies and food preferences. (Please see Allergy Awareness Policy)

Water for All

Cooled water is freely available throughout the school day to all members of the school community. Children may drink water at any convenient time and have a water bottle to ensure they are hydrated. In assemblies, the Headteacher frequently reminds the children about the importance of drinking water. The Lead First Aider, Ms Susan Jefferson, reminds pupils, particularly in the summer months, that they should be hydrating themselves. This is also reinforced by the Sports Department and by those staff on duty at breaktimes. Drinking water signs are displayed clearly above taps which can be used to replenish water bottles.

Wrap-Around Care

If a pupil stays at school in ASC from 5pm onwards, they are provided with a cold tea. This consist of: a ham or cheese sandwich, a yogurt, a chocolate bar, a carton of apple juice and a piece of fruit. The children eating this tea are supervised by the ASC member of staff. All children are asked to wash their hands prior to eating the meal.

See Allergy Awareness Policy.



Food Across the Curriculum

Across the school, there are many opportunities for pupils to develop their knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. Some examples, but not limited to, are listed below:

- English provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise. The children also learn about caring for their teeth.
- RS provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- Computing/Form Time/Current Affairs can afford pupils the opportunity to research food issues using the internet and other electronic resources. Explore packaging and adverts to promote healthy food choices, discuss fair trade and understand where their food comes from.
- PSHE encourages our children to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils can discuss issues of interest e.g. advertising and sustainable development.
- Music can explore songs which link to the theme of food.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Sport provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as swimming and walking.
- School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.
- Clubs and Enrichment including sports and forest school sessions.
- Staff support and encourage good manners, choices of food and use of cutlery when they are on lunch serving duty.

Early Years Foundation Pupils

Oakhyrst Grange School follows the statutory requirements from the EYFS Framework, September 2025 regarding nutrition and eating habits for early years providers. Oakhyrst Grange School works hard to provide meals that are healthy, balanced and nutritional thus building positive eating habits from a young age. The school collects all information regarding a pupil's dietary requirements, allergies and intolerances and this information is shared with all staff to ensure safe meal provisions. A paediatric first aid trained member of staff is present during all meal times.

Partnership with Parents

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. We ask parents not to send in fizzy drinks and we



Oakhurst Grange School

remind them that only water may be drunk during the school day. A letter reminding parents of the fact that we are a 'Tree Nut, Peanut and Sesame Free School,' is sent out at the beginning of each academic year, as well as distributed through the new starter and in-year admissions packs.

Occasionally, children are asked to bring in a packed lunch if they are going on a school day trip. A letter would go home in advance to remind parents and carers that the packed lunch must be tree nut, peanut, sesame free and healthy.

Parents are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences when children bring treats into school, we have made the decision that all treats must be pre-packaged containing allergy information and will be sent home for consumption.

All members of staff are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences, staff are asked not to provide treats (cakes, sweets, biscuits, etc.) for children. Staff are able to provide nut and sesame-free treats for colleagues' to be specially consumed within the staff room.

Sometimes, children may be given the choice of completing a cooking activity as part of their topic/project. The teacher leading this activity would work alongside the Headteacher and Lead First Aider to ensure that all ingredients were safe. A risk assessment will be completed if necessary. During out-of-school events, e.g. school discos etc., the school will supply a range of safe refreshments to the children.

Role of The Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has expertise in this area.

This Policy is subject to regular review.