CRANFORD HOUSE
Per Salicem Ad Alta

Whole School Nutrition Policy
(Including EYFS and Out of School Provision)

To be read in conjunction with the School's **'Covid-19 Policy and Procedures'** and Risk Assessments.

Policy Statement:

At Cranford, we provide nutritious, home-made, hot meals for all our pupils and staff. Our aims are to provide pupils with the energy they need to learn and concentrate, and to offer them the opportunity to sample a wide variety of freshly cooked dishes.

We also believe that well-managed mealtimes encourage appropriate social interaction between pupils and staff. We organise meal and snack times so that they are social occasions in which children and staff participate. Lunch for Reception and Years 1 and 2 is a family service with a member of staff serving the food at each table. A self-service system operates for the pupils in the upper Juniors (Years 3 to 6). The member of staff on duty will ensure that any issues with table manners are addressed accordingly. Pupils in the Senior School use a self-service system with a member of the teaching staff on duty in the Willow Court Restaurant over the lunch period.

This policy is available to all interested parties on the website and on request from the School Office. It is reviewed annually, and when events or legislation requires, by the Headmaster and the Director of Finance and Operations.

Key Personnel:

In September 2021, Chartwells took over the School's catering and their staff liaise closely with the SLT and the Headmaster. In the first instance, the pupil's Form Tutor should be approached should there be any problems or questions regarding this policy.

Procedures:

We follow these procedures to promote healthy eating at Cranford House School:

- Before a child starts to attend Cranford House School, we find out from parents about any dietary needs and preferences of the child, including any allergies.

- We request updates from parents on an annual basis to ensure that our records are up-to-date, and parents are encouraged to communicate any changes as they occur.
- We display current photographic information about children's dietary needs so that catering and teaching staff are fully informed. Children with specific dietary requirements are served meals on a red plate.
- We implement systems together with Chartwells, to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We take care not to provide food containing nuts or nut products. Cranford House aims to be a 'nut-free zone'.
- Snacks are carefully chosen to be healthy and nutritious, such as fruit and vegetables, biscuits, milk and water.
- Through discussion with parents and research by staff, we obtain information about the dietary rules of any religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We ensure that staff show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make him or her feel singled out because of his or her diet or allergy.
- In order to protect children with food allergies, children are discouraged from sharing and swapping any food with each other.
- Meal and snack times are used to help children develop independence through making choices, serving food and drink (where appropriate) and feeding themselves.
- Children are provided with utensils that are appropriate to their ages and stages of development and that take into account the eating practices of their cultures where appropriate.
- Fresh drinking water is available for pupils throughout the day. Children are informed of how to access it.
- We provide nutritious food, all meals are made from fresh, natural ingredients. We do not use 'ready-made' ingredients or foods. We always use fresh vegetables, although frozen peas and sweet corn are used, as these are more practical varieties of these vegetables. Fresh vegetables are sourced from local, organic producers, where possible. All our meat is sourced from quality, local butchers. Pupils in all areas of the School receive a choice of fresh fruit or a traditional, home-made pudding or yogurt each day.
- Menus are changed regularly, and dishes are chosen with care to provide a balanced diet, and these are posted on our website for parents to view. Our catering team welcomes any suggestions of dishes popular at home.
- Pupils in Reception and Years 1 and 2 are not given a choice of menu as this is felt to be inappropriate for this age group. Only those registered as being vegetarian are able to take advantage of the vegetarian option.
- Pupils in Years 3 to 6 and in the Senior School are offered one meat and one vegetarian option as well as an additional meat dish and a choice of salad bar, jacket potato or soup each day*. The vegetarian option is available to all pupils.

Health, Safety and Food Hygiene:

Our kitchens and dining room are managed with health, safety and food hygiene as a top priority. All our catering staff are fully trained by both us and Chartwells.

EYFS Key Themes and Commitments:

This policy complies with the following EYFS Key Themes and Commitments:

- A Unique Child (1.2 Inclusive Practice, 1.4 Health and Well-being)
- Positive Relationships (2.1 Respecting Each Other, 2.2 Parents as Partners, 2.4 Key Person)
- Enabling Environments (3.2 Supporting Every Child, 3.4 The Wider Context)
- Learning and Development (4.4 Personal, Social and Emotional Development)

* Subject to any adaptations made for the Government Covid-19 restrictions.

Reviewed: September 2019: Headmaster
Reviewed: September 2020: Headmaster
Reviewed: September 2021: Headmaster
Review Due: September 2022 by Headmaster