

# **Gillespie Primary School**



**Food and drink policy  
January 2025**

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Reviewed by Mark Owen (Head teacher)

As Gillespie is a Healthy School we want to ensure that we promote the health and well-being of the whole school community through all aspects of food and nutrition and provide consistent messages to pupils, parents and staff.

## **Whole School Community**

### **Pupils**

- Pupils are involved in decision making related to food provision and education; pupils are encouraged to comment on the food provided.

### **Staff**

- All staff are aware of the policy and understand their role within it ensuring that teaching across the curriculum is consistent with the aims of the food policy. Staff are aware of their role in promoting healthy eating and are consistent in role modelling and their behaviour.
- Teachers are being supported in introducing a cooking lesson per term. Oral health, planning, budgeting and consumer awareness are taught as part of the curriculum in topics such as PSHE, science and maths.
- Gillespie School makes sure that appropriate teaching staff hold Level 2 food safety certification.

### **Parents**

- Parents are informed and aware of what is expected on the food brought in from home and the lunch menu is shared with them.
- Prior to the pandemic, parents were invited to have a lunch with their child once a year. This is something that we intend to reinstate when we feel it is safe to do so. Parents are involved in organising the Winter fayre, Halloween Disco, Summer fayre and International food evening and all parents are invited to attend.

## **Food Provided by the School**

All food served at Gillespie School on a regular basis between 8am and 3.30pm meets the mandatory school food standards and there is a process in place to ensure that the provision is coordinated across all food and drink outlets. School lunches are provided by Caterlink, who ensures the food is compliant. Caterlink has high standards of food quality and provenance and Caterlink menus has achieved the Food for Life Silver Catering Award. Menus are checked by the members of contract monitoring stakeholders

Gillespie School has a daily breakfast club with free places available for families who are eligible for Free School Meals. Breakfast club service is delivered by Anna Di-Sciullo and Sally Langsdon and is fully compliant with the DfE standards for school food other than lunch.

Pupils in Early Years and KS1 receive free fruit as part of National School Fruit and Vegetable Scheme. Pupils in KS2 can bring in a piece of fruit if they wish to. All pupils are expected to bring in a bottle of water and pupils can have access to water throughout the day.

Every classroom has a sink with cold drinking water and pupils are encouraged to drink and learn about the importance of drinking water. There are also taps outside for pupils use during break times.

All pupils can benefit from free school meals. School meal menus are sent home and the menu is also published in the school newsletter and school website.

Only in exceptional cases is food used as a reward, this is due to the needs of the pupils. Staff work with the pupils to enable them to find other rewards that are non-food based and gradually make this switch.

### **Food Provided from Home**

Gillespie School works in partnership with parents to encourage healthier options being included in packed lunches. There is a packed lunch policy for families to follow.

Children are not allowed to have unhealthy snacks on the school premises. Pupils are discouraged from bringing in cakes or treats for birthdays and are encouraged to bring in fruit to share with their classmates.

If we use food to raise funds, we will do this no more than once a half term and there will also be fruit kebabs available.

### **Primary Food and Cooking Skills Education**

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It is a perfect tool to captivate and stimulate pupil's interest and enjoyment of food as well as building self-confidence. Every child in each year group has a termly cooking class and this will be based on progressive cooking skills. Cooking skill lessons will be based appropriately for the age of the children. In KS1 and 2, cooking is taught as either a whole class or in 2 groups of 15 children depending on the food being prepared and in the Early Years small groups of pupils cook together. All Key Stages use recipes from the Cooking Matters Toolkit. The school provides the ingredients for the cooking skills lessons so no pupil will miss out due to not being able to bring in the ingredients.

### **Supporting More Vulnerable pupils**

#### **Supporting pupils from families on a low income**

- All children in the school from Nursery to Year 6 receive a free school meal.
- Our school supports families on low income and helps them to access specific agencies to alleviate poverty. Families who are in need can receive food vouchers from the school for the Islington foodbank. Families are also directed to the nearby Elizabeth House Community Centre who run a Food Hub so local residents experiencing food insecurity can receive weekly food support. They also support local residents to help them start local food co-ops run for and by them, with the aim to reduce food bills and food waste through bulk buying and accessing food surplus.

#### **Supporting pupils with health issues which impact on their food consumption**

- Gillespie School is very aware of allergies and dietary needs and Caterlink is keen to work with families to ensure that children with allergies and other medical conditions can access school food. Parents will need to bring in the relevant letter from the pupil's doctor.
- Any cooking carried out is inclusive and therefore teaching staff will be aware of pupils with allergies and appropriate measures will be in place to reduce the risk of accidental exposure to allergens by allergic children.

### **Other Aspects of School Life**

#### **Extra-curricular activities**

- In the past Gillespie School has run a cooking club to introduce opportunities for parents to learn about healthy eating and develop cooking skills. This has been postponed due to the pandemic and there are plans to restart it when it is safe to do so.  
Pupils can access an after school cooking club at Elizabeth House Community Centre. This is open to any child in the school and is payed for and subsidised in the same way other clubs in the school are.
- Gillespie School holds three fayres a year: The Winter and Summer Fayre, as well as the Halloween Disco, all of which have food stalls selling a variety of savoury and sweet food. We also hold an annual International Food Evening where parents and staff bring a dish from their cultural background or a country they love. The dishes are free of charge and are shared amongst all the attendees. There is a wide selection of savoury and sweet food on offer.

**Breastfeeding**

- Gillespie School is Breastfeeding Welcome.

**Sponsorship and fundraising**

- Gillespie School does not use nutrition education materials with corporate logos or advertising.
- Gillespie School will only accept sponsorship or fundraising or other reward schemes if the company involved promotes healthy lifestyle in line with the school's food policy.