



Farsley Westroyd Food Policy – Parent Summary (2025 -2026)

Overall Purpose & Values

- The school is committed to promoting healthy eating habits and helping pupils make informed, positive food choices.
- The food policy aligns with national health guidance and aims to make school food consistent, safe, inclusive, and enjoyable.
- All parts of the school community - staff, pupils, parents - are involved in upholding the policy.

Food & Drink Provision During the School Day

- Wraparound / Breakfast / After-School Club provides healthy meals and snacks that meet School Food Standards.
- Breakfast Club (7:30 am start): cereal, toast, fruit, yoghurt, juice/milk.
- After-School Club: light tea such as soup, wraps, or sandwiches with fruit/veg.
- Healthy snacks at playtime include fruit, vegetables, plain rice cakes, dried fruit, or cheese.
- No crisps or chocolate bars are allowed during playtime snacks.

Drinks & Hydration

- Fresh water is always available, children are encouraged to bring water bottles.
- Diluted squash or cordial is allowed (sugar-free and dilute) in a non-transparent bottle.

Lunches & Packed Lunches

- School lunches are provided by Catering Leeds, meeting School Food Standards with fresh cooking, salad bars, and fruit or yoghurt for dessert.
- All children in Reception, Year 1, and Year 2 receive a free school meal daily.
- Packed lunches should be balanced and healthy. Crisps, sweets, and high-sugar items are discouraged.
- Children may receive small rewards for consistently bringing healthy lunches.

Special Occasions, Rewards & Events

- Food policy applies on school trips and events, aiming for healthy options.
- Food is not used regularly as a reward - certificates, stickers, and prizes are preferred.
- Birthday cakes and sweets are not permitted during the school day. Parents may share treats after school in the playground.

Dietary Needs, Safety & Inclusivity

- Farsley Westroyd is a nut-free school to protect children with severe allergies.
- Special diets (religious, cultural, allergies, vegan/vegetarian) are catered for with advance notice.
- Allergy care plans are in place and shared with relevant staff for safety.

Food Education & Curriculum

- Healthy eating is taught through PSHE, Science, DT, and Cooking lessons using the KAPOW scheme.
- Each year group builds food knowledge through practical, age-appropriate cooking projects.

Monitoring & Feedback

- The policy is reviewed annually; full review every 3 years.
- Menus are checked by a qualified nutritionist from Leeds City Council.
- Children's feedback helps shape food provision and lunchtime routines.