



Northbourne Park School (including EYFS)

Nutrition Policy

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Owned by: Head of Pre-Prep & Deputy Headteacher

Reviewers: SMT

Approved by: Governing Board

Introduction

At Northbourne Park School, we prioritise the provision of wholesome, homemade meals for both our students and staff. Our goal is to ensure that pupils received the necessary nutrition to support their learning, whilst introducing them to a diverse range of healthy and balanced dishes and snacks. We recognise that well organised mealtimes foster positive social interactions among the pupils and staff. Our dedicated school catering team are committed to delivering nutritious meals. Although not a statutory requirement for independent schools, we aim to follow the guidance set out in the DfE in the guidance publication School food in England - GOV.UK, with adjustments made for a busy boarding school providing three cooked meals per day.

The guiding principles are:

- every main savoury meal should aim to comprise 3 elements:
 - a starchy carbohydrate
 - a protein
 - vegetables or salad
- Menus will aim to comply with the food frequency requirements set out in Appendix 1
- starchy carbohydrates should form the basis of the breakfast offer
- the school food standards do not apply to food provided for celebrations, fundraising events, rewards, cooking activities or food occasionally brought in by parents or pupils

The safety and wellbeing of all children remain paramount during all aspects of food preparation, serving, and consumption, with robust procedures in place to protect every child in our care. We work collaboratively with parents and carers as partners to meet each child's individual dietary needs, recognising that consistency between home and school supports the best outcomes for children.

We view food experiences as valuable opportunities for holistic learning and development, incorporating nutrition education naturally into our curriculum.

Procedures

- On a child's enrolment, parents complete an allergy and dietary requirements form, in line with the schools 'Allergy and Anaphylaxis' policy to ensure that all children's needs are catered for. A photographic information sheet is compiled to ensure the catering team and all staff are informed of each child's requirements.
- Northbourne Park School is an allergy aware school. Menus are created by the catering team on a three weekly rota and updated each term. Menus are agreed with SMT. These are shared via the school website and displayed in the school including in the EYFS classrooms. The School Forum, as well as the boarding prefects' meetings, provides feedback and suggestions to help inform menu planning and development.
- Food plays a crucial role in school celebrations and events, serving as a central element that enhances the festive atmosphere and fosters community spirit.
- If parents wish to provide food for special occasions, this must be shop brought, and ingredients provided where the Class Teacher/ Form Tutor will check for allergens.

Early Years Foundation Stage

Northbourne Park School have regard for the Early Years Foundation Stage Nutrition Guidance, and follows these guidelines unless there are documented reasons for alternative approaches. In the EYFS staff ensure that food and drink provided meets each child's individual needs working with parents/guardians when required. Please see separate Early Years Foundation Stage Policy.

Food Quality and Variety

All food served is carefully selected to meet the comprehensive nutritional requirements necessary for growing children during these critical developmental years. Menus are thoughtfully designed to reflect and celebrate the rich cultural and ethnic diversity of our school community, ensuring that all children see their heritage represented and valued while also being introduced to new flavours and traditions. The children are encouraged to take three kinds of food on their plate: meat or protein, vegetables, and carbohydrates. We prioritise fresh, wholesome ingredients wherever possible, recognising that quality nutrition forms the foundation for optimal physical and cognitive development.

All food is cooked and prepared on site in the school's own kitchen. Throughout all aspects of food preparation, we adhere strictly to relevant health and safety guidelines, maintaining the highest standards to protect the wellbeing of every child in our care.

Pre-Prep

The DfE 'Early Years Foundation Stage nutrition guidance has been considered to ensure the children are being provided with a healthy, balanced and nutritious diet whilst at school and to support positive early eating habits for the children. Food and drink guidelines have been disseminated to the catering team.

At lunchtime the Pre-Prep, children dine in the school hall. Staff members are present to assist the children with their food selections and use of cutlery/table manners. Healthy eating is encouraged, and children receive praise for trying new food types and consuming balanced meals. Staffing for lunchtimes ensures that EYFS ratios are met and at least one member of the team has completed Full Paediatric First Aid qualification.

Snacks are served in the morning and afternoon in classroom settings. Fresh drinking water is available for pupils throughout the day. Children are aware of how to access it.

Prep school

At lunch time, the children take their meal in the Prep School Dining Room. This is supervised by a member of Staff on duty and Staff eating lunch with the children. The children are encouraged to eat a balanced meal, and they are aware to avoid food waste. The nutritional aspect of meals is covered in science lessons, and the importance of balanced diets is discussed in assemblies.

A variety of snacks are provided at morning break time and fruit are available during the afternoon break.

The children are encouraged to have their own water bottle where the children can access water during lessons. Water is made available in the school Servery and school water fountains.

Please refer to the school's separate Allergy Policy for procedures related to allergens.

Boarding

Boarders can bring their own, nut free cereals and spreads to supplement the breakfast provision provided by our catering team.

Weekend lunches and evening meals are supervised by the Boarding Team, and the same processes apply to Boarders with dietary needs as during the day school.

The children can have a small amount of 'tuck' which is kept secure by the Boarding Team, and they are able to access their tuck on specific times during the week.

Each evening, milk, biscuits and or toast is available to each boarder.

Appendix 1 – Non-statutory School Food Standards

[School food standards: practical guide - GOV.UK](#)

Starchy foods

Starchy food is an important source of energy and B vitamins. Flour is fortified with iron and calcium. Wholegrain varieties of bread and pasta are good sources of fibre, which is important for a healthy digestive system.

Starchy foods help children feel full, so they are less likely to snack on foods high in fat, saturated fat, sugar or salt.

We aim to include:

- one or more portions of food from this group every day

- 3 or more different starchy foods each week
- one or more wholegrain varieties of starchy food each week
- Limits on starchy food cooked in fat or oil
- bread – with no added fat or oil – every day

Fruit and vegetables

Getting children to eat more fruit and vegetables is vital for good health. Introducing them to a wide variety of fruit and vegetables establishes healthy eating habits for life, reducing the risk of heart disease, stroke and some cancers.

Fruit and vegetables are a good source of essential vitamins and minerals. They are also often a good source of fibre.

Fruit and vegetables add colour, flavour and variety to meals.

We aim to include:

- one or more portions of vegetables or salad as an accompaniment every day
- one or more portions of fruit every day
- at least 3 different fruits and 3 different vegetables each week

Milk and dairy

Dairy foods are a rich source of energy, protein, calcium, vitamin A and riboflavin.

We aim to include a portion of food from this group every day.

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

Foods from this group provide protein and essential minerals, including iron and zinc.

Oily fish provides omega-3 fatty acids, which are beneficial to health, and vitamins A and D.

We aim to include:

- a portion of food from this group every day
- a portion of meat or poultry on 3 or more days each week
- oily fish once or more every 3 weeks
- a portion of non-dairy protein on 3 or more days each week

Foods high in fat, sugar and salt

Foods from this group are often high in energy (calories) but provide few other nutrients.

Reducing saturated fat intake can help reduce the risk of heart disease. Eating unsaturated fats instead, which are found in foods such as oily fish, nuts and seeds, and sunflower and olive oils, can help lower blood cholesterol.

Too much salt can encourage a taste for salty foods, potentially leading to high blood pressure in later life.

High sugar intake provides unnecessary calories and can lead to weight gain and tooth decay.

We aim to limit the amount of saturated fat and refined sugar in the school diet.

Healthy drinks

Water should be the default drink for every child. The more it is offered, the more readily children and young people will accept it. Sugary or sweetened drinks often have no nutritional value, contribute to weight gain and can cause tooth decay.

Free, fresh drinking water is be available at all times.