



GIGGLESWICK SCHOOL

Pre and Prep School Food Provision Policy

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Reviewed by	Prep School Deputy Head School Catering Manager
Last review	July 2025
Review frequency	Annually
Next review	July 2026
Policy Type	Non-statutory



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1 INTRODUCTION

Giggleswick School recognises that for children to succeed both academically and pastorally, now and in the future, they must consider their health and wellbeing. This includes ensuring that the children have access to a healthy, nutritious and balanced diet, whilst attending one of the settings. There is provision at School, for pupils to enjoy food provided by our contract caterers during Term Time and for parent provided food during non-term times.

The school follows guidance from our catering provider, and also from the government, including:

School food standards: resources for schools (2025):

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

Standards for school food in England (2023):

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>**Early Years Foundation Stage Nutrition Guidance (2025):**

https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

2 AIM OF THE CURRICULUM

2.1

- to ensure that food provided by the school meets standards for School Food (Updated June 2023).
- to ensure that food provided by parents meets standards for School Food (Updated June 2023).
- to support parents in ensuring that the packed food choices, reflect the variety of food and preparation methods to endure a healthy diet.
- to develop awareness in children, of the importance of a balanced diet, as part of both the curriculum and the mealtime experience.
- to support healthy food practises that can support a lifelong healthy relationship with food.
- to support parents of children with allergies, in understanding the systems in place to minimise exposure and building safe meal options.
- to promote our core values of participation, respect and ambition, to develop pupils who are: curious, skilled, aware, creative, pro-active, passionate, resilient and assured.
- to identify opportunities to promote and embed fundamental British values.



3 HEALTH

The School recognises the importance of children receiving a healthy and balanced diet throughout the day. As children may consume one or two meals during their time at Pre-school, as well as snacks, it is important that these meals provide everything that the children require to nurture good healthy and development. Guidance will be provided to parents and support from the School offered should it be required. Meals will be monitored.

Preschool pupils with allergies will wear an 'Allergy Lanyard', to ensure that all staff are always aware of allergies. This will have the child's name and allergies on the reverse (Allergy Action Plan). This follows practise for Dining Room meals. Pupils in the Prep School will be known to catering staff through our Management Information System which has photographs and information on allergies which are displayed within the office in the Dining Hall. All pupils who require EpiPens bring these to the dining hall for every meal. Prep staff are trained in how to administer EpiPens, and all Prep staff are First Aid trained. Pre and Prep School staff also help identify pupils to our catering staff.

Oral Health will be a focus in the curriculum and during lunch times. This forms a part of the ongoing curriculum opportunities and ongoing teaching.

All Preschool staff who support the children at lunch time will have completed their food hygiene level 2 and their paediatric first aid certificate. Preschool staff supervise children closely, ensuring they are within sight and hearing, with adults ideally facing the children to monitor eating.

Age-appropriate hand washing and toilet facilities are available in the EYFS classroom where the pupils will be dining.

Wipeable tablecloths will be used only for the meals and will be sanitised prior to and post mealtimes, and meals eaten at age-appropriate tables brought in for dining during non-term time.

Pupils in the Preschool will sit on chairs with backs to support safety. Some children will have a booster seat if required.

4 FOOD AS PART OF THE CURRICULUM

It is recognised that food is an important and integral part of the EYFS curriculum (Development Matters 2023). A healthy relationship with food, understanding the purpose, effects on our bodies, balance and variety will be taught throughout the EYFS Curriculum. Pupils are taught how to engage positively with a wide variety of foods, and supported with the sensory aspect of different foods. Children are involved in the preparation of foods as part of the curriculum, as well as the season and sourcing of different foods. It is recognised that food can be used as a positive curriculum stimulus, but also that some pupils can have a negative relationship with food.

Oral Health forms part of the curriculum teaching around food and children will be supported in learning about good oral health practices. Oral Health will be monitored by staff and parents supported if required.

Our school catering provider regularly delivers food workshops, including sessions on nutrition to further enhance food education.

5 FOOD PROVIDED BY SCHOOL CATERERS



The Pre and Prep Schools will access the food at main mealtimes, provided by the Schools Contract Caterers, in line with their policies and procedures, in the dining room. The food provided will be monitored by staff to ensure that the pupils are able to have a balanced and healthy meal, as well as trying a variety of foods and flavours from around the world. Pre and Prep school staff will dine with the pupils, supporting a family atmosphere, supporting children pastorally and guiding their eating habits.

All staff working with our catering company have been trained in accordance with the EYFS Nutrition Guidance 2025, food supply chains have amended products, particularly in relation to low sugar content, to ensure compliance with the guidance.

The school will avoid foods that pose a choking risk (like whole grapes, nuts, and hard raw vegetables) and cut foods into safe sizes, such as quartering grapes or slicing sausages lengthwise.

The school will log any choking incidents and conduct follow-up reviews.

6 FOOD PROVIDED BY PARENTS

We will work closely with parents to ensure that they are supported in providing a varied and healthy, balanced packed meal. Guidance will be sought from a variety of Health Organisations, such as Healthy Schools North Yorkshire, the DFE, NHS and British Nutrition Foundation. Staff will monitor the content of the Packed meal to ensure that it is suitable for the child and if not, that alternatives are provided, along with support for the parents. Giggleswick School understands that providing packed meals for a number of days and mealtimes in the week can be daunting, and so staff will approach all conversations in a supportive and positive manner.

Parents will not receive a 'barred' list of food items (with the exception of specific allergens), however will be expected to follow guidance given, and engage with the School should items be unacceptable.

The School will continue to have a 'No Nut or Nut Based Product' approach to all food in the setting. In addition to this, parents may also be asked not to bring in foods with a specific allergen, should a pupil have a severe allergy to this i.e. Sesame. This will be made clear to all parents and food items will be checked. Pupils with allergies will be monitored as they are during term time, and not seated by children who may have allergens in their lunch box, to avoid accidental transfer. This will follow a similar procedure to the dining room (i.e. mild allergy to baked beans, only if consumed)

The pupils will only eat their food, provided by their parents (or by the setting in emergency cases). There will be no sharing of food during the main mealtimes.

Drinks are not required, all children will have access to fresh drinking water and/or milk.

For non-term time meals, all food brought from home should be contained in a sealed bag/box, clearly labelled with their name. These will be transferred and stored in dedicated cool or fridge areas in the Pre School. The setting will not allow any loose food items. Parents should consider re-usable storage solutions to reduce plastic waste.

Food will be eaten in small, family style groups, with staff, as part of our ongoing curriculum and important pastoral time. Crockery and cutlery will be provided where necessary, to support the good eating habits of the children.



Food will NOT be warmed in the setting. This would require a higher level of facility, training and legal checks to safeguard pupils. Parents are welcome to prepare hot vegetarian food at home and provide in a thermos flask. Staff will check that it is not too hot to consume.

For pupils who can not have a school meal during term time due to a specific dietary requirement (e.g. ARFID), food should be contained within a secure container. This will be taken to the dining hall each morning for safe keeping and stored in a separate fridge. The contents will be provided on a plate by the dining hall staff at lunch time. Snacks will be stored in a fridge at the Prep School.

7 FACILITIES / WASTE / STORAGE

7.1

To ensure that the parents are aware and can monitor the food eaten by their children, the School will, within reason, send any uneaten packed lunch food items back home.

Food waste will be stored in the bins provided, tied up at the end of the food session and will be disposed of by the Facilities team.

7.2

Food sent in by parents will be stored in parent provided packed lunch boxes/bags. These will remain in the Prep School, where food will be eaten, either in cool racking or a fridge dedicated only to Pre-school food items. No loose foods will be stored. All foods must be clearly identifiable to ensure that allergen and health checks can be made by the staff team.

7.3

During Term Time, food will be provided by our Contract Caterers, Holroyd Howe, and will be eaten in the dining room along with the Prep and Senior School pupils.

Non-Term Time food will be eaten on dedicated lunch tables of age-appropriate size, in the Prep School. This will allow food to be stored, eaten and cleaned away from the curriculum areas of the Pre-school. They will continue to be supervised by the Pre-school staff team, as part of the curriculum and Health and Safety arrangements.