



Catering and Nutrition Policy Including EYFS and Boarding

Trinity School

Children and young people across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity and other comorbidities in later life. The biggest source of sugar in children's and young people's diets is sugary drinks, followed by sugary snacks. Trinity School therefore endeavors to promote healthy eating where ever possible.

The has a responsibility to help pupils and staff establish and maintain a healthy lifestyle including developing and maintaining healthy eating habits. We adopt a whole-school approach ensuring our food provision offers the best high quality healthy food options and our cooking and nutrition curriculum offers pupils the opportunity to explore healthy eating.

We believe learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. This policy has been written to give clear guidance to staff, outside visitors, parents and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating across our school.

Diet has an important role to play in the well-being of young people, both at school and at home, as lifestyles change and everyday demands increase.

Trinity School aims to:

- To adopt a whole-school approach to promoting and teaching the benefits of healthy eating to staff and pupils.
- To ensure the pupils understand the link between healthy eating and the prevention of diseases caused by poor diet and lifestyle choices.
- To positively influence the health of the pupils and staff through education, increasing their knowledge and awareness of what is a healthy and balanced diet, hygienic food preparation and storage methods.
- Through our curriculum, we endeavour for pupils to become competent and confident in a range of cooking techniques so they are able to cook for themselves and others confidently.
- To ensure that food and drink provision in the school reflects the ethical and medical requirements of staff and pupils and promotes inclusion (e.g. religious, medical, vegetarian and allergenic needs).
- To ensure the school provides an enjoyable, pleasant and safe environment for pupils and staff to consume their food and drink.
- To encourage and teach good manners and courtesy as outlined in our behaviour policy.
- To improve the quality and breadth of the curriculum and extra-curricular offers in Cooking and nutrition.

We have a specification of providing well-balanced, nutritional meals, whilst endeavouring to take into account the popular traditional meals that young people enjoy.

We will ensure that we provide:

- A selection of fresh fruit at breakfast, midday and evening meals
- Fresh vegetables will be offered with all main courses Leaner cuts of meat will be used whenever possible
- A healthier approach to cooking methods, including:
- Baking rather than frying some dishes

- Steaming of vegetables to retain valuable vitamins and minerals
- Batch cooking, leading to retention of nutritional value
- Low salt, sugar and fat. Minimal use of saturated fats and increased fibre
- Where possible, olive oil will be used in cooking in place of butter
- Crème fraîche or natural yoghurt will be used in cooking when possible
- Finishing vegetables or sauces with butter will be kept to the minimum
- Potatoes and vegetables will not be finished with added salt

We will work with our suppliers to ensure that products delivered are reduced in salt, sugar and fats and do not contain harmful additives.

The promotion of healthy eating, cooking and nutrition is delivered via:

- Design and Technology
- Cross curricular links in our curriculum – Health Education, Science,
- Extra-curricular offers during lunch and after school

Food and Drink Provision Throughout the Day

School food provision

We provide breakfast, lunch and dinner at school and it fully complies with the School Food Standards.

Breakfast

Trinity School provides breakfast to all boarding pupils as well as swimmers. The breakfast club runs from 7.30am and is provided in the refectory. On offer is a variety of different fortified low sugar cereals including whole-wheat varieties, bread, eggs, fresh fruits and water. For more information, please see our sample menu.

Snacks

Snacks can play an important part in the diet of children and young people and can contribute positively towards a balanced diet. We ask children in Prep to bring a piece of fruit or vegetables for their snack time. Crackers, breadsticks, chocolate, chocolate coated products, or confectionary (defined as cereal bars, processed fruit bars, non-chocolate confectionery) are not allowed.

The government's guidance on the Portion size and food groups features suitable snacks, for healthy snack ideas for parents, visit Better Health - Healthier snacks. Tips for a snack for under 5-year-olds, please visit, First Step Nutrition Trust, snack for 1-4 year olds.

School lunches

The school lunches meet the statutory school food standards and we have a commitment to not using Ultra Processed Foods (there is an exception on Friday with sausages and chips). Lunch is served at 12pm – 130pm and is provided by our internal team.

Our dining hall offers a clean, sociable environment that is welcoming, promotes social interaction amongst pupils, and encourages good manners at all times. Children are able to sit with their peers who have a packed lunch or school dinners. Staff is also encouraged to eat with pupils in the hall to promote positive role modelling.

We use high-quality ingredients using nominated suppliers. We regularly ask for feedback from pupils and staff to ensure the food served looks appealing and meets the needs of our pupils and School Food standards.

Drinks

Drinking palatable water is available throughout the whole day and children are encouraged to top up their bottles frequently. Fruit juices (150ml) are only available, at breakfast time. No other drinks (e.g. squash, flavored water, soft drinks and fizzy drinks) are allowed for nursery and prep students and only school approved drinks for senior students. Energy Drinks nor other fizzy drinks are allowed at school.

Packed lunches

All students are provided lunch at school and there are several options available. If your child requires an alternative option outside of the offer, please speak to their class teacher.

Students are not allowed to have food deliveries during the school day. Any food delivered outside of the allowed weekend hours for boarders will be confiscated and disposed.

School events, trips, birthdays and special occasions

- Healthy packed lunches are provided for school trips including fresh sandwiches, fresh fruit and water.
- We do not accept sweets, cakes, and biscuits as birthday treats for the class to be consumed at home under parental consent.
- Desserts on our school lunch menu are made on-site daily and at least three of those are made with 50% of fruit as per the School Food Standards.

Special Dietary Requirements and food safety

We are aware of food allergies/intolerances and other dietary requirements of children and young people and have procedures in place to identify and manage these. Parents of a child who has medically evidenced food allergy or intolerance should complete Food allergy and food intolerance management form (available at the school office) prior to ordering school dinners for their child. We offer [halal, vegetarian and vegan options] throughout the menu e.g. [salad bar/sandwiches/hot food].

Although, we do not allow children and staff to bring products containing nuts into the school and our caterers do not use nuts as an ingredient, we cannot guarantee our school is completely nut-free. We try to minimise the risk by adopting a culture of allergy awareness and education. We encourage all staff and parents to access free Food allergy and intolerance online training provided by Food Standard Agency.

We use a variety of age-appropriate resources for children to be allergy aware.

Staff handling food have completed the following training to enable them to manage food allergies, intolerances and dietary requirements and food safety:

- Our staff supervising food provision in school (breakfast, lunch and dinner) have completed their food allergy training/Level 2 food safety and hygiene training, manual handling, fire safety, adrenaline/ anaphylactic shock training.

Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole-school approach to health and wellbeing. It captivates and stimulates pupils' interest and enjoyment of food as well as building self-confidence. The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

Extra-Curricular Activities

- We run several cookery clubs per week.

Climate change consideration

We are committed to establish effective recycling practice across the school. We will continue to educate pupils and staff to use recycling bins provided throughout the school, including correct disposal of compostable food waste. We share the food wastage waste from our plates at lunchtimes during our Friday Assembly.

Our wide curriculum includes food growing projects and learning about the environment, sustainability and our individual responsibility towards taking actions to tackle climate change issues collaboratively. We measure our food waste from plates each day in the hope to reduce the wastage and awareness of what we put on our plates.

Dietary requirements

Trinity School can provide for special dietary requirements whether allergen, religious or personal preference. Confirmation and specific dietary information for allergies will be requested from the student's medical doctor / consultant in conjunction with Trinity leadership team, and subject to discussions with the parents.

Typical special diets include:

- Allergies and intolerances including:
 - Peanuts/Tree Nuts/Nuts/Gluten/Shellfish (including crustaceans and molluscs)/Sesame/Mustard/Milk and milk products/Lactose/Soya/Eggs/Fish/Lupin/Celery/Sulphites
- Religious beliefs
- Vegetarian
- Vegan
- Non red meat

Our menus are produced by professional caterers, guidance from a consultant dietician can be easily accessed ensuring healthy and well-balanced selections of dishes are available each day and at every meal.

Date of review	Position	Name of reviewer	Date of next review
December 2025	Head	Mrs K Unsworth	December 2026
December 2025	Proprietor	Mr A Khan	December 2026