

This policy has been adapted from Derbyshire Children and Young People's Health Promotion Programme Model Policy

Whole School Food Policy



Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices

What do we want to achieve?

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day
- To ensure that the provision and consumption of food is an enjoyable and safe experience
- To ensure that the whole school community understands that a balanced diet is recommended
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them

How our Food Policy is implemented.

1. School Ethos
2. Curriculum

3. Birthday/Holiday Gift Food
4. Water
5. Breakfast Club/ After School Club
6. Break time
7. Lunchtime
8. Staff and Visitors
9. School Visits and Events
10. Community Involvement
11. Enforcement

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

Curriculum

PSHEE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education based on the principles laid out in *What do we want to achieve?*

Curriculum delivery will involve practical food experience delivered by properly trained staff and will be adequately resourced.

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet (as depicted by *The Eatwell Plate*) makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

Foods containing high levels of fat, sugar and salt will not be used as rewards.

Birthday/Holiday Gift Food

Parents sometimes wish to give out birthday food or food brought back from a holiday. As that promotes healthy eating as part of a healthy life-style we need to balance this with the tradition of sharing food for celebration. When children start at our school or there is any food tasting activity is being undertaken eg as part of a topic, then parents are informed and asked to complete permission slips and indicate any food allergies/ intolerances, dietary requirements that we need to be aware of. We have to be mindful of our healthy eating policy and that some children have food allergies/ intolerances. As a school are happy for children to share birthday cake/ buns for their birthdays. However, parents are politely requested to send any cake pre-cut or as individually wrapped pieces, separate buns. Parents are also asked to send individual sweets rather than sticks of rock that need chopping. Any birthday food will be distributed at home-time.

Water

All pupils and staff are encouraged to drink plenty of water. Children are requested and encouraged to bring a re-usable, flip top water bottle to school each day so they have access to water throughout the school day. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable so long as the principle above is fundamentally upheld. Children should be responsible for their own water bottle and re-fill as necessary at break or lunchtimes, not during lesson time. For health reasons water bottles should be taken home each day for washing.

Break time

At break times younger children are offered a free piece of fruit or carrot each day, as part of the government fruit and vegetable scheme. Other pupils are only allowed to consume items purchased from the school-run tuck shop – a variety of fruit, small boxes of raisins and bread sticks. Sweets, chocolate, biscuits and savoury snacks eg crisps, salted/sweetened nuts etc are not allowed. Drinking water is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safe for any pupils with a nut allergy. Once a week there is a 'treat' tuck shop.

Food or drink sold or provided to the pupils is consistent with this policy and the government's non-lunch standards (including vending machines). These are no confectionary (e.g. chocolate, sweets, cereal bars, processed fruit bars, yoghurt/chocolate coated fruit), no savoury snacks (e.g. crisps, salted/sweetened nuts), and that a variety of fruit and vegetables should be available in all school food outlets.

Lunchtime

Lunches meet/exceed the *School Food Trust's* national standards. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based standards meeting one third of a child's average dietary requirements across a menu cycle.

Pupils are encouraged to taste and eat new foods.

Staff, time and seating arrangements are sympathetic to a positive social eating environment for those buying lunches and those eating a packed meal.

Children are able to bring a packed lunch if they wish and the curriculum encourages a healthy balance. No crisps are allowed. Appropriate storage arrangements are made. Pupils are encouraged to bring insulated bags.

Any alterations to provision are communicated clearly through newsletters, website, Parent Hub APP.

Children cannot leave the school site at lunchtime unless they are being collected by an adult to go home for lunch or for a medical appointment.

Staff and Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

School Visits and Events

Food served at events and offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

Community Involvement

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example; practical healthy lunchbox advice at a parent event or school councils generated healthy snacks list issued by them to parents.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian and for appropriate serving.

Free packed and cooked lunch provision will be handled sensitively.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.

Policy Links

PSHEE, Science, Food Technology, Design and Technology, RE, Physical Activity, Behaviour, External Contributors