



# Food Policy

Date Approved            4 November 2015

Date of Renewal        4 November 2018

Headteacher             .....

Chair of Governors    .....

## **INTRODUCTION**

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this school food policy. The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH).

## **FOOD POLICY CO-ORDINATOR**

This school food policy and healthy eating strategy is co-ordinated by Mrs Zoe Macefield.

## **FOOD POLICY AIMS**

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

### **1. EQUAL OPPORTUNITIES**

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

### **2. CURRICULUM**

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

#### **Teaching methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers' planning meetings.

#### **Leading by example and staff training**

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

#### **Visitors in the classroom**

This school values the contribution made by the school nurse and school cook in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

#### **Evaluation of pupils learning**

The healthy eating aspects of the National Curriculum are assessed through Teacher Assessment.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

### **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

#### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day.

#### **SNACKING**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time.

Parents' attention to this issue has been raised through the regular weekly school newsletter.

#### **USE OF FOOD AS A REWARD**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school, for example the use of stickers at meal times to encourage healthy choices.

#### **DRINKING WATER**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water.

Children are also encouraged to use the cups provided by school which can be topped up in school as necessary.

### **4. FOOD AND DRINK BROUGHT INTO SCHOOL**

#### **PACKED LUNCHES**

The school encourages parents and carers to provide children with packed lunches that complement nutritional standards.

### **5. SPECIAL DIETARY REQUIREMENTS**

#### **SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

#### **VEGETARIANS AND VEGANS**

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

#### **FOOD ALLERGY AND INTOLERANCE**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

### **6. FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

## **7. THE FOOD AND EATING ENVIRONMENT**

Each half term the school cook, with a class of children, the teacher and the teaching assistant devise a healthy meal together. This is then promoted by the children and prepared by the cook for the school lunch on a particular date.

### **MONITORING AND EVALUATION**

Monitoring is the responsibility of the head teacher and teacher with responsibility for the school food policy.

The school will assess the effectiveness of the aims, content and methods in promoting students' learning by lesson observation, sampling teachers planning, questionnaires to teachers and children and feedback from parents.