



## Food Policy

<b>Approved by:</b>	Curriculum Committee (to be monitored by Resources Committee)	<b>Date:</b> 14 <sup>th</sup> March 2023
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<b>Next review due by:</b>	March 2024
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### Introduction

We are committed to giving our pupils consistent messages about all aspects of health to help them understand the impact of their behaviours and encourage them to take responsibility for the choices they make.

The school supports the '5-A-DAY' ethos to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

### 1 Aims and Objectives

- To ensure that we are giving consistent messages about food and health and dental hygiene
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to eat five pieces of fruit or vegetables each day

### 2 Roles and responsibilities

#### 2.1 The headteacher will ensure that:

- Where necessary, guidance is made available for staff based on the current regulations for nutritional standards for food in schools (The School Food Standards, as set out in The Requirements for School Food Regulations 2014). (see also 'Guide To The Law For School Governors' for the latest information).
- The school lunch provider conforms to the regulations.
- Agreed standards for Universal Infant Free School Meals and benefits based free school meals (where provided) are implemented.
- The content, cost and provision of any meals (where provided) are monitored.
- Any special dietary needs of children and staff are catered for.

#### 2.2 All staff are expected to promote healthy eating in accordance with school guidance

#### 2.3 The governing body will ensure that any school lunch provider:

- Conforms to the standards prescribed in the current legislation.
- Establishes standards for free school meals

### **3 Break-time snacks**

A raw, unprocessed fruit or vegetable snack is provided free of charge for all Reception and Key Stage 1 children through the fruit and veg scheme. Key Stage 2 children are encouraged to bring a break-time snack, which should be in line with that provided in Key Stage 1, i.e. a raw, unprocessed fruit or vegetable snack.

Where snacks are consistently brought in that are considered by staff to be unhealthy then the school will speak to parents involved on an individual basis.

### **4 School lunches and Packed lunches**

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender, with the aim of *“providing healthy, nutritious and exciting food that utilises fresh ingredients that are locally sourced.”* Four options are provided each day, all of which pay regard to nutritional balance. A salad bar is provided and children are encouraged to serve themselves and make healthy choices.

Some children bring a packed lunch to school. Parents are encouraged to provide healthy, well-balanced packed lunches and to ensure that these meals are nutritionally balanced. From time to time, suggestions for healthy lunchbox ideas are sent home to parents and the school will continually strive to work with parents and children to help inform them of healthy options in this respect. We do not allow sweets or fizzy drinks.

### **5 Breakfast Club**

The breakfast club operates daily in the school for all children from age five. We target some children who we know have little or no time for breakfast in the mornings at home. The food offered is healthy and is consistent with a healthy diet – e.g. toast, brown bread, low-fat spreads, low sugar fruit jam, yoghurt and low-salt/low-sugar fortified cereals. Children choose from water and milk to drink.

### **6 Water**

Children are encouraged to bring water into school to drink during the school day. Water should be brought to school in a clear, named, plastic bottle. Bottles will be kept in the children’s classrooms and children will have access to their bottles throughout the school day. If staff notice that a bottle contains anything other than water, it will be washed and replaced with fresh tap water.

To ensure good hygiene, all bottles should be taken home each day to be washed.

Fresh water is available for all children at lunchtimes and throughout the day, upon request.

### **7 Milk**

Low fat milk is available for all children at break times (ordered and paid for by parents via CoolMilk unless children are entitled to benefits-based free school meals).

### **8 Food Across the Curriculum**

Food based activities offered as part of, or as an extension to, the formal curriculum, particularly those that include preparing food, should have an emphasis on savoury food.. If preparing foods that include sugar, it should be consumed at a mealtime, either within school, or taken home.

The school will take account of the dietary needs of children and strive to encourage pupils to exercise balance and moderation in their food choices.

Across the school, there are many opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food

Examples of food across the curriculum:.

**English** - provides children with the opportunity to explore writing genres using food and food-related issues as a stimulus, e.g. writing instructions to make a healthy sandwich or writing to a company to persuade them to use non-GM foods in children's food and drink etc

**Maths** - can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients

**Science** - provides an opportunity to learn about different food groups, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise

**RE** - provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals

**Food Technology** - as part of design technology, provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking

**PSHE** - encourages children to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. ,

**Geography** - provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

**History** - provides insight into changes in diet and food over time.

**Physical Education** - provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Extra-curricular learning includes cookery and gardening clubs from time to time

Growing areas are used across the school to encourage children to grow a range of fruits and vegetables which they then share or use to cook with.

### **9 Birthdays**

To ensure consistent messages around food and health, children are not permitted to bring cakes and sweets to share with their friends for occasions such as birthdays. Birthdays are celebrated by singing happy birthday.

## **10. Hand-washing and Hygiene**

Children are taught about the importance of hand-washing and both adults and children are made aware of NHS handwashing guidance through visual displays at key points around the school, as well as whole school assemblies to reinforce this guidance

Children must wash their hands before eating food, after going to the toilet and after outside/messy play.

Adults should wash hands thoroughly before preparing food, before eating food and after going to the toilet.

## **11. Partnership with Parents**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are reminded about our water, snack and packed-lunch policies through school bulletins or occasional letters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day.

During out-of-school events, e.g. school discos, fetes etc., the school will encourage parents/carers to consider the food policy in the range of refreshments offered for sale to the children.

## **12. Monitoring and Evaluation.**

Where school lunches are provided:

- The governing body will receive annual reports from the head on the extent to which the lunch provider conforms to the School Food Regulations in terms of content, cost and provision, and the number of pupils receiving free school meals and taking up the offer of Universal Infant Free School Meals
- Surveys of pupils and parents will be undertaken at regular intervals to establish the level of satisfaction with the quality of meals offered.

The implementation of this policy and measurement of any success will be monitored by the Governing body's Resources Committee. Any concerns or recommendations will be reported to the Headteacher.