

The Federation of the Church Schools of Shalfleet and Yarmouth

Achieving Together for a Brighter Future



Whole School Food Policy

Approved by	FGB
Portfolio	Safeguarding
Approved on	Autumn 2020
Review date	Autumn 2023
Review Cycle	1 Year

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

School Ethos

The importance of a balanced diet is promoted 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

PSHE, 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. The children will have opportunity to share these with their peers- where possible the children will share these at the end of the day with the children having the instruction to take them home to have with parental permission. EYFS/ KS1 - will often share them as a class as part of their curriculum.

Water

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

Breakfast Club/After School Club

The food offered is consistent with the school policy and monitored by the Head.

Break time

For a mid morning snack children are welcome to bring in a snack of fresh fruit / vegetable. This is provided each day free of charge up to Year 2.

As a healthy school, we follow the government guidelines of what constitutes as a healthy mid-morning. These are: Dried Fruit, Rice Cakes, Bread Sticks, Yogurts, Fruit, Healthy Cereal Bars (not chocolate or yogurt based).

NO NUTS OR PRODUCTS CONTAINING NUTS.

On two mornings, a snack of toast or crumpet may be available to purchase from the kitchen.

Lunchtime

Lunches - Every child in Reception, Year 1 and Year 2 are entitled to receive a Universal Free School Meal. Meals are nutritional balanced by the catering company. 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.

Packed lunches are monitored and the curriculum encourages a healthy balance. Appropriate storage arrangements are made. If there is no fridge space, pupils are encouraged to bring insulated bags with freezer blocks. Information is available to parents for ideas on balanced lunchboxes.

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.

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 Headteacher is responsible for food in school.

Monitoring and Evaluation

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

Policy Development and Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors, LA representatives, community dietitian, school community nurse and local Healthy School programme representative.

This document is freely available to the entire school community. It has also been made available in the school newsletter, website and prospectus.

This policy will be reviewed on an annual basis.

Review date.....

Signed.....

Date.....