



FOOD IN SCHOOL POLICY

Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and well being 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 & 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 the provision and consumption of food is enjoyable and a 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 & 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.
- To introduce children to foods from other cultures and countries.

How our Food Policy is implemented

1. School Ethos
2. Curriculum
3. After School Club
4. Break time
5. Lunchtime
6. Staff & Visitors
7. School Visits & Events
8. Community Involvement
9. Enforcement

School Ethos

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

It will be made clear that the emphasis placed on a balanced diet is to enable safe & effective learning as well as providing a foundation for good health.

Curriculum

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

Policy approved.....at a Full Governors Meeting

Date of meeting: 21st January 2015

Minute Number: 5.6

Renewal Frequency: 3 yearly



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

It may be appropriate for a wide variety of foods to be prepared & consumed within the curriculum or at a celebration. 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 makes this entirely appropriate provided everyone's dietary needs are met. Foods containing high levels of sugar & salt will be avoided.

Unhealthy foods will only be used occasionally.

All pupils & staff have water freely available at all times & 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.

Break time

At break times our pupils are only allowed to consume fruit. Fizzy drinks are not allowed. Water is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared & refreshed for learning.

Lunchtime

Lunches meet/exceed the national guidance. **All** pupils have a choice enabling them to eat healthily. No fizzy or sugared drinks are provided. Water is always freely available.

Pupils are encouraged to taste & eat new foods.

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

The school encourages healthy packed lunches through new parent induction meetings and newsletters. The curriculum encourages healthy sandwiches and appropriate storage arrangements are made.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff & students.

Staff & 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 & Events

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

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Community Involvement

At all stages the wider community will be involved in developing & implementing this policy. This will ensure that work is sustainable & 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 eg medical, cultural, vegetarian & for appropriate serving. Free packed & 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 & resourcing are appropriate & up to date.

Policy Development & Review

This policy document was produced in consultation with the entire school community. This document is freely available to the entire school community. It has also been made available in the school newsletter, web-site and prospectus.

This policy will be reviewed on an annual basis.

Policy Links

PSHCE, Science, Food Technology, Design & Technology, RE, Languages, Physical Activity, Behaviour, External Contributors

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