



# **Food Policy**

## 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 a whole school approach to food and nutrition as set out in this school food policy.

The policy was formulated through consultation between members of staff, governors, parents and our school nurse. Parents will be informed that a draft healthy eating policy has been drawn up and will be invited to a meeting to discuss and comment on it.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 – 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

## Food Policy Aims

The main aims of this 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. (See Appendix 2). 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.

## Leading by example

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. To facilitate this, staff will meet to discuss this draft policy in anticipation of it being adopted. It will then be reviewed in accordance with the school M and E and policy review cycle.

## Visitors in the classroom

This school values the contribution made by the school nurse 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.

## Resources

Resources for the teaching of healthy eating are stored with the school Science resources and we are currently collecting resources to aid the teaching of aspects covered in the QCA Citizenship and PHSCE curricula recently adopted by the school.

## Evaluation of Pupils' Learning

Due to the nature of some of the activities undertaken in PHSCE it is not appropriate to assess everything that the pupils do. Scientific aspects of the work will be assessed in end of year tests or through formative assessment at the beginning of a unit of work to establish baseline levels of knowledge/understanding followed by summative assessment to indicate progress. Other aspects of healthy eating work are evaluated through quizzes, word searches, games and role-play.

### 3. Food and Drink Provision Throughout the School Day

#### National Nutritional Standards for School Lunches

The Government introduced National Nutritional Standards for School Lunches that became compulsory in April 2001. These standards apply to all hot and cold midday meals prepared for pupils during term time, including packed lunches. The standards describe how many servings from each food group of the Balance of Good Health should be available at lunch. Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

## Tuck-shops

The school does not offer a regular sale of snacks to pupils. However, occasional tuck-shops run by pupils themselves in order to raise money for charity are permitted to develop some aspects of Citizenship.

## Snacking

The school understands that snacks can be an important part of the diet of some young people and the right kind of snack can contribute positively towards a balanced diet. Fruit is encouraged and provided free to KS1 pupils through participation in The National Fruit and Vegetable Scheme. Children in KS 2 can bring in fruit to eat at breaktime and also the food support team at the school sell toast at breaktime. Sweets, crisps and chocolate are not allowed for consumption during morning break. Parents are informed of this on the 4+ induction day and it is written into the school prospectus given to parents of pupils new to the school.

## Use of Food as a Reward

The school does not encourage the regular eating of 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 such as stickers, smartpoints, certificates for Best Work and Golden Time.

## Drinking Water

The school recognises the benefits of maintaining adequate levels of hydration. Pupils are encouraged to bring in bottles of water so long as it is of the "no-spill" type and keep them on the table where they are working. This is in addition to provision supplied by standard drinking fountains. In addition to this, milk is sold in each Key Stage (and is available free of charge for under fives and all pupils entitled to FSM).

### 4. Food and Drink brought into School

Snacks for morning break time have been referred to earlier in this policy.

Sweets brought in by pupils to share with others as part of their birthday celebration are distributed at the end of the day for consumption at home.

The school encourages parents and carers to provide children with packed lunches that adhere to the National Nutritional Standards for Healthy School Lunches.

### 5. Special Dietary

#### Requirements Vegetarians

School caterers offer a vegetarian option at lunch-time every day.

## Food allergy and food intolerance

Pupils with food allergies have this recorded in their school record. Details are passed to the next class teacher during a timetabled discussion focussing on transition on the last day of the school year.

Pupils at risk of anaphylactic shock have their EpiPen stored in the school office (clearly labelled). Staff are updated on its use by the School Nurse annually.

### 6. **Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. Posters reminding pupils and adult helpers about aspects of safety when cooking are displayed in the kitchen area used for this purpose. Suitable equipment and protective clothing are available as are hand-washing facilities. Fridges are provided for storing milk for pupils.

### 7. **The Food and Eating Environment**

Surveys are conducted every year, with the help of the School Council, to assess the views of teachers and pupils about the eating environment within the school.