

	Aspect Policy No. 26	Version: 2 Pages: 6	Last up-dated: 2016 Last Version:1
	Authorised: Full Governing Body	Date: Feb 2018	Review due: Feb 2020 Reviewed:
Food Policy			

Learning Through Faith

Learning develops independent thinking children
Through exciting challenges expecting success with
Faith at the centre of all we do.

INTRODUCTION

The **academy** is dedicated to providing an environment that promotes healthy food and 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 whole school food policy. This policy covers all aspects of food and drink at school. Staff and pupils have been consulted in the forming of this policy.

The policy is referred to in the school prospectus and is communicated to the entire school community and is readily available on the school website. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence based findings; and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet.

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material

Standards for school food throughout the school day are in place.

www.childrensfoodtrust.org.uk

Further information can also be found in the School Food Plan (July 2013)

www.schoolfoodplan.com

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by **Annette Kerry** and the member of the Senior Management Team that oversees all aspects of food in school is **Louise Freeman**.

FOOD POLICY AIMS

The main aims of our school food policy are for example:

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

Leicestershire Nutrition and Dietetic Service

2. To provide healthy food/drink choices throughout the school day and ensure food brought into school is healthy too
3. To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school

These aims will be addressed through the following areas:

1. CURRICULUM

Things to consider and include in this section:

- How does nutrition fit into your curriculum? **Include where it fits into your curriculum plan** *The EYFS curriculum covers healthy eating and encourages children to think about healthy lunch boxes and the need for a variety of foods in their diet. They are given opportunities to make healthy meals eg fruit salad, healthy sandwiches.*
- Do you offer any extra curricular activities/are a Food Routes School, which complement classroom learning eg cookery/growing clubs – **Gardening club**

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects- science, technology, PSHE, PE and that it remains consistent with the whole school food policy.

There are numerous opportunities in the curriculum for pupils to develop knowledge of health -explore and include them here.

This is addressed through:

TEACHING METHODS/RESOURCES

In this section include:

- Information on your approach to teaching healthy balanced eating/food and nutrition
- Resources used and how you ensure consistency and ensure they are up to date and based around the 'eatwell plate'
- Do you have copies of the Childrens Food Trust food and nutrient guidance documents www.childrensfoodtrust.org.uk
- Relevant information from School Food Plan (July 2013)
- Consider methods used to link classroom activities and learning about food
E.g. do you use 'food a fact of life' or similar programme, organise food tasting, debate food issues, design healthy meals? www.foodafactoflife.org.uk

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for food in schools became compulsory in June 2014. Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch, tuck shops, vending and after-school clubs.

(Full details and the documents and guidance relating to this are available from the Childrens Food Trust) www.childrensfoodtrust.org.uk

BREAKFAST CLUB

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 and complies with the standards.

The breakfast menu includes fruit and healthy choices: **(See *Breakfast club menu of foods available*)**

BREAKTIME SNACKS

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 are informed of the school policy at the Induction meeting, before children start school. They also have an opportunity to sample the meals provided at lunchtime, during this meeting.

We encourage a fruit only policy for break time snacks as this positively enhances the free fruit in key stage 1.

We participate in the National Fruit Scheme.

Every child in EYFS and KS1 have access to a piece of fruit every day. Under 5's, and Pupil Premium children, also have a carton of milk daily if they wish. Parents of other children in the school can order milk, which is delivered to school.

SCHOOL LUNCH

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

As a school we encourage pupils to have a school lunch provided by our catering service and free school meals are provided to all those pupils who are entitled to them ***(please speak to the school office or Headteacher if you require further information on applying for Free School Meals).***

Healthy options are promoted at lunchtime. Children/young people are consulted about food choices ***(this is through discussions, surveys and monitoring of numbers for different menu options).***

PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'eatwell plate'. This will ensure children having packed lunches have a healthy balanced meal.

Leicestershire Nutrition and Dietetic Service

Food safety issues around packed lunches will be conveyed to parents.

The school is a nut free school due to the severity of reactions of some of the members of our school community.

Any items containing nuts may be put away till the end of the day and will be sent home with the child to be eaten at home. Fizzy drinks are actively discouraged from packed lunches as these often contain large amounts of sugar.

USE OF FOOD AS A REWARD/BIRTHDAYS

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.

Children are allowed to bring treats when it is their birthday and occasionally classes have a special party where they might have a biscuit, or Christmas parties, where healthy options are included.

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 and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at the lunchtime meal service. ***(Children may bring their own water bottle into school, if they do not then a jug with fresh water or access in class to drinking water and cups provided for those children without bottles.)***

EYFS have access to drinking water in the classroom. Children who bring their own bottles are encouraged to have water in them.

Squash and fizzy drinks are not part of the National Standards recommendations and the school would not support children consuming these, especially during lesson time.

4. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS

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

VEGETARIAN DIETS/HALAL MEALS

School caterers offer a vegetarian option at lunch everyday.

SPECIAL DIETS - MEDICAL

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. **Individual care plans** need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. The school and school caterers(if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

Parents are given a Medical Diet School Meal Request Form if they have a child who follows a special diet and requires a school meal, available from the relevant school food supplier.

All staff are informed of special dietary requirements. Children are also made aware if classmates have particular needs.

5. 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 safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

All staff involved in preparing food have relevant Food Hygiene Qualifications and training.

6. THE FOOD AND EATING ENVIRONMENT

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

Stickers and certificates are awarded to pupils.

7. LEADING BY EXAMPLE AND STAFF TRAINING

Teachers, caterers and lunchtime supervisors 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.

It is essential that staff are committed to setting an example with food in school.

(Staff are provided with school dinners at no charge when they eat with the children. Staff drink water in the classrooms to model to the children healthy choices.)

8. FOOD RELATED ACTION PLANS

As a school we are aware that we need to ensure healthy and nutritious food is available across the school day. The food agenda in school is part of criteria to be fulfilled for Healthy Schools Enhancement in relation to the healthy weight agenda.

9. CONSULTATION/MONITORING AND EVALUATION

This policy has been developed through wide consultation with the whole school community. The policy and its impact is reviewed on an two yearly cycle.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.

10. REVIEW

Date policy implemented:

Review Date: