



# The Village Federation of Carsington & Hopton and Kirk Ireton Primary Schools



## School Food Policy

School meals are prepared at Wirksworth Junior School and delivered to Kirk Ireton/Carsington.

We follow the Derbyshire School Dinner menu and provide all infant children with fruit every day (at Kirk Ireton this is also provided for junior pupils).

### Why do we have a food policy?

- Because a food policy that promotes healthy eating will make a significant contribution to the health and well-being of our students.
- Because we believe there is a direct link between healthy eating and learning.
- As part of our contribution to promoting a healthier lifestyle in our community.

### What do we want to achieve?

- Every pupil having access to high quality, tasty and nutritious food, and an easily available water supply during the school day.
- An increase in the number of pupils who enjoy the food they consume at school.
- Improved understanding of the terms such as “balanced diet” and “healthy eating” and more children choosing healthy options.
- To increase pupils' knowledge of food production, farming, 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 an 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 involve parents in promoting healthy eating.

### How our Food Policy is implemented.

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

## **School Ethos**

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff members 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**

Curriculum delivery will involve practical food experience delivered by properly trained staff and 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 and salt will be avoided.

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.

## **Break time**

At break times our pupils are advised to consume fruit or vegetables. Fizzy drinks are not allowed. Water (or milk for children in the EYFS) is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared & refreshed for learning. It will also help us to limit litter and control the environment to make it safe for a pupil with allergies.

## **Lunchtime**

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

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. Adults occasionally eat alongside the children.

Healthy packed lunches are encouraged through the curriculum and by staff. 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 and offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

## **Community Involvement**

At all stages the wider community will be involved in developing & implementing this policy. This will ensure that work is sustainable and 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 e.g. medical, cultural, vegetarian and for appropriate serving.

Free packed and cooked lunch provision will be handled sensitively and confidentially.

## **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 resourcing are appropriate and up to date.

## **Policy Development & Review**

This policy document was produced in consultation with the Federation community, including pupils, parents, school staff including the catering staff, Governors, LA representatives, community dietitian and school community nurse.

This document is freely available to the entire school community. It has also been made available on the school web-site.