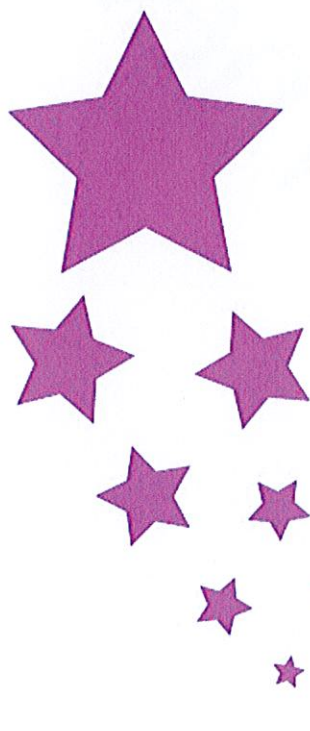


BP 10 Whole School Food Policy



**Mill Ford
School**

Motivating For Success

Date last reviewed: Spring 2018
Date to be reviewed: Spring 2021
Document Version: 5

Policy checklist

- | | |
|---|---|
| Is the policy from a good/outstanding source? | ✓ |
| Does the policy reflect the good practice demonstrated in school? | ✓ |
| Has the policy been cross referenced with up-to-date guidance? | ✓ |
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Amendments:

Policy Document

Mill Ford Community Special School caters for pupils aged 3 – 19 presenting with severe learning disabilities. Some of the pupils also present with additional sensory impairments, physical impairments, disorders within the autistic spectrum and health/dietary needs. Many of the pupils have needs that affect their ability to eat or their enjoyment of a full range of foods. This policy therefore seeks to provide guidelines for healthy eating whilst still acknowledging and accepting the very special individual needs of some of the pupils.

This policy has been produced with input from the teachers, parents/carers and Speech & Language Therapist.

The policy was drawn up using a range of national documents including Food in schools toolkit (Department of Health), Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005) and Food Standards Agency Guidance on allergy and intolerance (2015).

The whole – school food policy covers the areas of:

- Breakfast clubs
- Break time snacks brought from outside school
- Tuck shop
- School lunches
- Packed lunches
- Water
- Curriculum

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school.

Where and to whom the policy applies:

- All staff, pupils, parents/carers, governors and partner agencies working with schools. Also visitors attending: Christmas
- Staff training
- Fairs / parties

Student Council

- The Student Council will be involved in consultation regarding healthy food options.
- It will enable pupils to have a voice.
- The Student Council will work with the catering manager – informing them of the ideas put forward at the council meetings.

Break-time snacks brought from outside school

- Parents/carers will be encouraged to send fruit and / or vegetable snacks into school.
- Staff will model eating fruit and other healthy snacks at break time.
- Parents/carers will be encouraged to send in water or fruit juice for break.
- Pupils on special diets will be given consideration with consultation in accordance with government policy on nutrition.

For those pupils with special diets, to include the needs of pupils with ASC, healthy snacks will be introduced and encouraged on a gradual basis.

School lunches

The School will provide free school meals to all those pupils who are eligible for them, including universal free school meals to foundation and key stage one pupils. All school lunches will be prepared following the government's nutritional guidelines

- There will be a flexible choice of whether to have school dinners or not – no need to book in advance.
- There will be a limited choice to ensure a balanced meal.
- There will be portion control
- Eating arrangements – Pupils will be able to sit with friends.
- Use of available fresh drinking water will be encouraged.
- The School lunch hall will be made as pleasant as possible to encourage good social interaction.
- Pupils with additional needs and requiring a quieter setting will be able to be fed in their classrooms at the discretion of class teachers.
- Dependent feeders will be fed only by staff trained by a suitably qualified Speech and Language Therapist.
- The texture of the school meals will be modified in line with pupils' needs.

Packed lunches

The School will provide facilities for pupils bringing in packed lunches. The School will work with parents/carers to encourage packed lunches that contain healthy options.

These options to include:

- A starch-based carbohydrate – to provide the pupils with energy.
- Pieces of fruit or vegetables.
- Water or fruit juice.
- Any food left in lunchboxes will be sent home so parents/carers are aware what their child has eaten.

Water

The School will encourage pupils to drink at frequent intervals throughout the day. Pupils will have easy access to fresh drinking water throughout the school day.

- Free, fresh water will be available to all pupils throughout the day.
- Water will be freely available at lunchtime.
- After physical activity and during hot weather, pupils will be encouraged to drink more water.

Curriculum

The Whole School Policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the personal, social and health education (PSHE) and science curriculum.

- Pupils will have regular timetabled opportunities to cook and prepare healthy food.
- Pupils will be made aware of the School's promotion of healthy eating.
- Healthy eating messages will be taught as part of 'looking after yourself'.
- Healthy eating will form part of the development plan.
- There will be consistent messages across the curriculum about healthy eating.
- Healthy eating foods will be actively promoted through regular tasting sessions.
- All pupils will be involved in the principles of food hygiene, during cooking and tasting sessions.
- Growing healthy food

- Pupils will have the opportunity to shop for healthy foods

Any food prepared in school by pupils that is sent home will be labelled to indicate if it may contain any of the 14 food allergens as outlined in the Food Standards Agency Guidance on allergy and intolerance.

Staff support and training

Training will be provided for teachers and teaching assistants and meal time assistants, in the areas of:-

- Nutrition
- Food Hygiene
- Health and safety
- The eating process
- Disorders of swallowing
- Offering choices and alternatives
- Special utensils.

Assessment, monitoring, evaluation and reviewing

Healthy eating will be monitored and reviewed in the following ways:

- Feedback from staff about choices pupils are making for snack time, breakfast clubs and at dinner times and lunch times.
- Feedback from teachers, teaching assistants and mealtime assistants about favourite meals provided by the School Kitchen.
- Feedback about changes in health and behaviour will also be sought from parents/carers, class staff and the school nurse.

Referral and external support

The School will link with the school caterer, to ensure high-quality cooked meals, which meet government nutritional standards, are available. The School will seek the support of a range of agencies, including the school nurse, school SLT, and dieticians, to enhance the taught curriculum

Involvement of parents/carers

The school will consult with parents/carers by:

- Asking for comments about the dinner menu.
- Sending a menu home to parents/carers in advance to show them what is on offer.
- Inviting parents/carers in on occasions to share meals e.g. harvest soup lunch.
- Providing healthy alternatives to biscuits at coffee mornings.

- Requesting parents/carers indicate if any foods offered to the school may contain any of the 14 food allergens as outlined in the Food Standards Agency Guidance on allergy and intolerance.

Linked guidelines

- Food technology
- PSHE
- Science
- Dysphagia.

Dissemination of the policy

The policy will be available in the School Staff Room. It will be discussed as part of on-going staff training

Policy Document

