

Heath Farm Whole School Food Policy

September 2021

Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of students, 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 and 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 student has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day
- To ensure that the provision and consumption of food is an enjoyable and safe experience
- To ensure that the whole school community understands that a balanced diet is recommended
- To increase students' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment
- To increase student, parent and 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 students 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

How our Food Policy is implemented.

1. School Ethos
2. Curriculum
3. Birthday/Holiday Gift Food
4. Water
5. Breakfast
6. Break time
7. Lunchtime
8. Staff and Visitors
9. School Visits and Events
10. Community Involvement
11. Enforcement

School Ethos

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

Curriculum

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

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

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. 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 (as depicted by *The Eatwell Plate*) makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

Foods containing high levels of fat, sugar and salt will not be used as rewards.

Birthday/Holiday Gift Food

Parents sometimes wish to give out birthday food or food brought back from a holiday. This is acceptable as long as the principle above is fundamentally upheld.

Water

All students 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.

Breakfast

The food offered is consistent with the school policy, School Food Trust non-lunch standards and monitored by the Head Teacher.

Break time

At break times our students are only allowed to consume fruit or vegetable snacks. Sweets and crisps are not allowed. Water is encouraged at breaks as well as in the classroom. This is to ensure that students return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safe for students with allergies.

Food or drinks provided to the students is consistent with this policy and the government's non-lunch standards. These are no confectionary (e.g. chocolate or sweets, cereal bars, processed fruit bars, yoghurt/chocolate coated fruit), no savory snacks (e.g. crisps, salted/sweetened nuts), and that a variety of fruit and vegetables should be available.

Lunchtime

Lunches meet/exceed the *School Food Trust's* national standards. All students have a choice enabling them to eat healthily. Meeting the government's food-based standards meeting one third of a child's average dietary requirements across a menu cycle.

Students 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.

Packed lunches are monitored and the curriculum encourages a healthy balance. Appropriate storage arrangements are made. If there is no fridge space, students are encouraged to bring insulated bags with freezer blocks. Information is provided to parents on balanced lunchboxes through the Family Liaison Officer and class staff.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff, students and parents/carers.

Children cannot leave the school site at lunchtime.

Staff and 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 and 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 and 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 lunch provision will be handled sensitively.

Students who present with sensory needs will be offered a full range of opportunities to access the school food or packed lunches, however should they not wish to participate they will be managed sensitively and in accordance with medical/therapeutic guidance. The support will be provided in the form of an individual PRA.

Personnel

The Head Teacher is responsible for food in school.

Monitoring and Evaluation

The Head Teacher will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.

Policy Development and Review

This policy document was produced in consultation with the entire school community, including students, parents, school staff and Governors.

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

This policy will be reviewed on a bi annual basis.

Review date- September 2023

Signed.....Head Teacher

Date.....

Policy Links

Nut Free School Policy, PSHE Policy, Science Policy, Design and Technology Policy and Wellbeing Policy.