

ALL SAINTS' CEVC PRIMARY SCHOOL FOOD POLICY

Inspire

Challenge

Succeed

Reviewing the policy

The school will review this policy every 3 years.

Date of policy:

Policy review date:

This policy was agreed by the Governing Body on _____

Signed on behalf of the Governing Body _____

INTRODUCTION

The school is dedicated to providing an experience that promotes healthy eating, establishes lifelong health promoting habits and enables pupils and their families to make informed choices about the food they eat for the benefit of both themselves and their environment. This will be achieved by taking a whole school approach to food and nutrition which entails not only offering high quality food education but also an excellent food service and ensuring consistency in food messages throughout the school day. The underlying aims and objectives to support this approach are outlined in this food policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Mrs Clare Lamb – Headteacher

FOOD POLICY AIMS

The main aims of our school food policy are:

1. **Food Leadership:** To ensure senior managers and governors facilitate the role the school plays, as part of the larger community, in promoting family health and sustainable food and farming practices
2. **Food quality and Provenance:** To ensure pupils and staff receive nutritious, fresh, local and organic food at lunch and throughout the school day, and that this food is delicious, seasonal, affordable and safe.
3. **Food Education:** To provide a well planned national curriculum course of study that incorporates message about nutrition, food hygiene and sustainable and ethical food production, and which is complemented and reinforced by practical hands on food education like cooking and growing projects and farm links in both curricular and non curricular time

4. **Food Culture and Community Involvement:** To create an enjoyable and sociable dining experience for pupils in school, and a lively food culture within the school and its wider community

These aims will be addressed in the following ways

Food Leadership

Objectives

- To ensure the whole school and community are consulted on school food issues To work with the whole school and community to develop an agreed whole school food policy and action plan
- To ensure the whole school and community are kept informed of key changes in relation to food issues in school
- To build the confidence of parents in the school meal service and improve the take-up of school meals, including free school meals
- To support the provision of healthy packed lunches and snacks
- To ensure key staff and teachers have the necessary skills to educate the whole school on food and nutrition topics

Food Quality and Provenance

Objectives

- To provide food of consistent nutritional quality throughout the school day, ensuring it meets the Governments current regulation
- To seek to achieve the Food for Life targets of 75% freshly prepared, 50% locally sourced and 30% organic ingredients, and to address issues of seasonality, animal welfare and sustainable fishing
- To ensure that all appropriate food safety precautions are taken when handling and storing food including the provision of appropriate training, clothing and facilities
- To ensure that catering staff are involved in the life of the school and given opportunities for continuous professional development
- To take into account the varying religious, cultural and/or special dietary requirements of individual pupils and take steps to provide appropriate dishes
- To ensure pupils have easy access throughout the day to drinking water and that this is separate from the toilet area.

Food Education

Objectives

- To help pupils develop an understanding of the relationship between a healthy diet and physical activity for their short and long-term wellbeing and health
- To give pupils and the wider community the opportunity to acquire basic skills in planning, preparing and cooking healthy meals, and an understanding of basic food hygiene
- To provide pupils and members of the wider community with the opportunity to learn about the growing and farming of food and its impact on the environment
- To provide opportunities for pupils to eat and cook with vegetables that they have grown themselves

- To create opportunities for pupils to connect with local producers and food businesses, to help them become intelligent and responsible food consumers
- To ensure all information provided is consistent, up to date and from a reliable source such as the Food Standards Agency
- To ensure that all educational activities develop understanding and appropriate skills and attitudes and involve debate, discussion and role play.
- To ensure that any visitors used to enhance our educational activities reflect the schools ethos and philosophy and observe our code of practice for visiting speakers
- To ensure teachers lead by example and model healthy eating behaviours themselves

Food Culture and Community Involvement Objectives

- To provide an enjoyable lunchtime experience and environment; ensuring that queuing time is limited, that the area is kept clean and tidy and that pupils are involved in the organisational process
- To ensure parents and guardians are involved with developing a healthy approach to packed lunches and snacks in school
- To ensure any collaboration or sponsorship with businesses further the Food for Life Partnership aims, and any endorsements of brands or products comply with the Government food standards
- To ensure that good behaviour, academic success or other achievements are rewarded/positively reinforced using merit cards, stars, marbles or other non food related systems.
- To promote a good understanding of healthy and sustainable food in families and the wider community through the involvement of parents and community groups in growing and cooking projects and food events
- To share the learning experience on food issues with other schools and community groups

MONITORING AND EVALUATION

We will monitor this policy via the school council and Senior Management Team.

The Head teacher will observe sample lessons

The Head and School Cook/Area Catering Manager will meet regularly to discuss school meal provision.

Parents will be given regular opportunities to sample school lunches and provide feedback.

STATEMENT OF SERVICE

The government has established a set of standards covering all aspects of food provided in school.

Full details and the document relating to the standards are available from the School Food Trust – www.schoolfoodtrust.org.uk)

The standards seek to ensure all children have the opportunity to eat a healthy balanced diet, following guidance produced by the Food Standards Agency (FSA).

If you want to get the balance of your diet right, the FSA recommend using the eatwell plate, reproduced below.

The eatwell plate makes healthy eating easier to understand by showing the types and proportions of foods we need to have a healthy and well balanced diet. We teach these principles to all our pupils during their time at All Saints.



BREAKTIME/SNACKING

Our tuck shop provides a range of snack foods that comply with government regulation and help to contribute to a balanced healthy diet.

The School Council has worked with the School Cook to develop a range of healthy snacks for morning playtime. These include – boxes of raisins, milk, water and savoury biscuits.

The School Cook also prepares the fruit and vegetables from the Fruit and Vegetable Scheme each day for reception/key stage 1 children.

The school discourages the consumption of snacks high in fat and sugar at breaktime. Parents are encouraged to provide fresh fruit, vegetables or dried fruits as snack items for their child.

DRINKING WATER

The school provides a free supply of drinking water throughout the day. Jugs of fresh water are provided on each lunch table. The school also encourages parents to provide their child with a water bottle; these can be purchased from the school office. Children also have access to a water fountain

SCHOOL DINNERS

School dinners are planned to ensure children receive all the necessary nutrition (including micro nutrients) they need as they grow and develop. We encourage and support the eating of a school dinner whenever possible. A vegetarian alternative is always on offer.

PACKED LUNCHES

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches also. Such lunches include sandwiches, fruit, vegetable batons, yoghurt and a small non-savoury snack.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'.

Parents are advised not to send their child to school with sweets or fizzy drinks in their lunch box. Advice and guidance on producing a healthy lunch box is available on request. The school promotes the importance of a healthy diet by awarding stickers to children who have eaten their fruit and vegetables.