

**Reviewed: August 2016**

## **Whole School Food Policy**

### **INTRODUCTION**

The school is dedicated to providing an environment that promotes healthy 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.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH).

### **Food Policy Co-ordinator**

This school food policy and healthy eating strategy is co-ordinated by Tom Dexter and Alison Hindhaugh.

### **FOOD POLICY AIMS**

The main aims of our school food policy are:

- to enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- to provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

### **Equal Opportunities**

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

### **Curriculum**

Food and nutrition is taught at an appropriate level throughout the school.

This is addressed through:

### **Teaching methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

## **Leading by example and staff training**

Teachers, caterers and school nurses 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.

## **Visitors in the classroom**

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

## **Evaluation of pupils learning:**

### **Primary**

Aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

### **Secondary**

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning in healthy eating.

These include:

- discussion of the suitability of resources and methodology at team meetings
- questionnaires/worksheets for pupils at the end of a unit of work or at the end of a special event about the suitability of the programme and resources

## **Food and drink provision throughout the school day**

### **Breakfast**

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. The breakfast menu includes:

- toast with suitable spreads and jams, marmalade or honey
- cereals and milk
- water or tea (older students)

## **National Nutritional Standards for School Lunches**

National Nutritional Standards for school Lunches became compulsory in April 2001.

The Government has announced new standards for school food. There are three parts, brought in in September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

The Department for Education has published advice alongside this announcement on the responsibilities of schools and the ways in which the new standards could be implemented.

The new standards came into effect from January 2015.

- 1 or more portions of vegetables or salad as an accompaniment every day

- at least 3 different fruits, and 3 different vegetables each week
- an emphasis on wholegrain foods in place of refined carbohydrates
- an emphasis on making water the drink of choice:
  - limiting fruit juice portions to 150mls
  - restricting the amount of added sugars or honey in other drinks to 5%
- no more than 2 portions a week of food that has been deep fried, batter coated, or breadcrumb coated
- no more than 2 portions of food which include pastry each week

### **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.

### **Food and drink brought into school**

#### **Packed/hot lunches**

Packed and hot lunches prepared by outside caterers adhere to the National Nutritional Standards for Healthy School Lunches.

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 BOGH.

We ask that parents and carers support the work we do by limiting what the pupils bring in to eat as follows:-

- No more than 2 items of high fat, sugar or chocolate items a day
- No more than 1 high fat, high salt crisps and snack a day
- Include fresh fruit where possible
- Drinks are provided by the PRU so we request that no drinks are brought into school

### **Food allergy and intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

### **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 staff undergo appropriate food hygiene training; and that suitable equipment is available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

### **The food and eating environment**

The room set up has different areas and acts as a bridge between home and school. Snack times/break and lunch is an essential part of the Nurture Group experience. Sharing round the table builds social skills and competencies.

### **Monitoring and evaluation**

Parents are invited to contribute to a healthy eating approach where appropriate.

\_\_\_\_\_ **Chair**

\_\_\_\_\_ **Date**