



## **Stedham Primary School Food Policy**

### **Introduction**

At Stedham we value all members of the school community and seek to promote the health and well-being of all members as part of being an enjoyable place to work and learn.

We recognise that food and drink play an important role in our different cultures as well as contributing to our emotional and social well-being.

We are committed to communicating consistent messages across the school about health and well-being, including healthy eating.

### **Aims and outcomes**

This policy aims to:

- deliver a consistent approach to food and drink provision throughout the school
- ensure our pupils learn about food and drink as part of a curriculum that supports health and well-being
- provide suitable social settings for pupils and staff to consume food and drink
- promote sustainability through responsible recycling and disposal of the waste produced by food and drink
- to work in partnership with parents and carers.

### **The Curriculum**

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

In KS1, pupils will focus on the basic principles of a healthy and varied diet to prepare dishes and will understand where food comes from.

In KS2, pupils will understand and apply the principles of a healthy and varied diet, prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques and understand seasonality, knowing where and how a variety of ingredients are grown, reared, caught and processed.

We will also endeavour to make cross curricular links with other subjects so that children can experience a broader range of opportunities within a rich and varied curriculum.

When appropriate and possible, we visit places such as local farms and nurseries, so the children have first hand experience of food growing. We have our school garden so that we can give pupils the opportunity to plant, harvest, prepare, cook and eat the food they grow themselves.

## **Food and Drink Provision**

### School Meals

We have hot meals on site, provided by Chartwells. These meals are balanced and nutritious. We are committed to non-discriminatory procedures to ensure all pupils who are eligible for free school meals take up their entitlement. (further details about free school meals are available from the school office). Currently, all children in Reception and KS1 are entitled to a Universal Free School meal and we as a school encourage take up of this option.

### Packed lunches

Parents/Carers are encouraged to provide healthy, well balanced packed lunches. As a school we will work with parents/carers to enable them to make healthy choices for their children's lunchboxes.

Ideally, a healthy lunchbox should contain an item from each of the following:

- starchy foods e.g. bread, rice or pasta
- protein – including meat, fish, eggs, beans
- a dairy item such as cheese or unsweetened yoghurt
- vegetables or salad
- fruit
- a healthy drink such as water, milk or 100% fruit juice – glass bottles and fizzy drinks are not allowed

We do not permit sweets in lunch boxes.

Parents/carers are encouraged to use reusable or refillable containers for lunchbox food. Children will bring home uneaten food.

### Special dietary needs/allergies

Parents should inform the school of allergies and other diet related medical conditions. The school will support pupils with special dietary needs during the school day, if necessary putting in place a health care plan for the child.

At present, we are not a Nut Free School but if in the future, a child with a severe nut allergy joined the school, it would be immediately reviewed and parents/carers would be notified.

### Drinks

The school recognises the contribution that the consumption of sufficient water makes to learning, positive behaviour and health. The school will meet its legal requirement to provide clean, palatable water available to all pupils and staff throughout the school day. Each child is expected to bring in their own personal drinking bottle which they can refill daily with fresh water. The water bottles are stored in the classrooms (and are taken out for PE) and so are available throughout the day. Cups are also available.

Up to their fifth birthday, children are entitled to a carton of milk each day. After this date, milk can be ordered online – details are available from the school office.

### Celebrations, treats and rewards

The school recognises that food is often an important element of celebrations and will ensure that healthy options are available. However, it is considered that sweets/chocolate are acceptable on special occasions such as Easter and Christmas. Staff will not consume any celebratory food themselves in front of the children.

The school does not allow cake or sweets on children's birthdays in order to support our healthy eating policy, avoid issues with allergies and not put pressure on other parents to reciprocate. The school will only use non-food based rewards.

### Snacks

Pupils in Rabbits and Owls classes receive a piece of fruit during the day. This is supplied under the 5-a-day initiative. KS2 pupils are encouraged to bring a fruit or vegetable snack to eat during the morning break.

### Dining Environment

The school aims that all eating environments are welcoming and encourages the positive social interaction of pupils and staff. Children will eat at tables in the hall in two sittings.

### Breakfast club/after school club

There is a breakfast club each morning and an after school club each afternoon, run by Active8Minds in the school hall. For breakfast, the club provides healthy and tasty foods in accordance with national nutritional standards and ensures food is prepared in healthy and safe conditions by trained staff. Parents provide snacks themselves for after school club in line with the school's expectations for packed lunches.

### School Events

The school and our PTA (FOSS) will encourage the provision of good quality and nutritious food and drink at school events, including healthy options.

## **Continuing Professional Development**

School staff will have access to opportunities for CPD to support the implementation of this policy if needed.

## **Health and safety**

All food preparation will adhere to the school's health and safety policy and be carried out according to good hygiene and preparation standards. Health and safety remains the responsibility of all staff. Wherever possible, food preparation will be carried out in designated areas in the school. The school's risk assessment procedures will include consideration of food hygiene.

## **Implementation**

The implementation of the Food Policy is the responsibility of the Senior Leadership Team, which will consider aspects of healthy eating as part of developments in the school. An action plan for health, nutrition and wellbeing will be written and reviewed annually. When appropriate, steps will be taken to consult with pupils, including via the school council, about food and drink provision at school. Opportunities will be taken to inform parents/carers about the policy and to respond to comments.

## **Monitoring and review**

The annual monitoring of this policy will be the responsibility of the SLT.

Policy Written: March 2019

Date of next review: March 2020