

Food Policy

Aim

To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school.

Why do we have a food policy?

- Because a food policy that promotes healthy eating will make a significant contribution to the health and well-being of our students.
- We believe that healthy eating is important to mental health as well as physical health.
- Because we believe there is a direct link between healthy eating and learning.
- As part of our contribution to promoting a healthier lifestyle in our community.

What do we want to achieve?

- Every pupil having access to high quality, tasty and nutritious food, and an easily available water supply during the school day.
- An increase in the number of pupils who enjoy the food they consume at school.
- Improved understanding of the terms such as “balanced diet” and “healthy eating” and more children choosing healthy options.
- To increase pupils’ knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes an 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 pupils 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.
- Our policy will be updated in line with the dietary needs or allergies of our staff and children.

Food Allergies and dietary requirements

- Parents are responsible for letting school know of any allergies/cultural reasons why certain foods should not be eaten. Details should be emailed to our school email address.
- Parents must complete a form and provide medical evidence to support any allergies.
- Our school catering provider (Derbyshire County Council) requires supporting evidence to make alterations to a child’s diet. Parents should contact the school office for further information.

Nut Free School

- We aim to be a nut free school. We will aim to ensure that all food in school is nut free or has limited traces. We will regularly remind all adults about this.
- If we find that a child has brought food into school that contains nuts, staff will sensitively speak with the child, remove the item and inform parents. The item must be collected from the school office by the adult on the same day. After this, it will be discarded.

School Ethos

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

It will be made clear that the emphasis placed on a balanced diet is to enable safe and effective learning as well as providing a foundation for good health.

Curriculum

PSHE, Geography, Science, Food Technology, RE and Languages 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 wide variety of foods to be prepared and consumed within the curriculum or at a celebration. 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 makes this entirely appropriate provided everyone’s dietary needs are met. Foods containing high levels of sugar and salt will be avoided.

All pupils 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. This is acceptable as long as the principle is fundamentally upheld.

Breaktime

At breaktimes our pupils are allowed to consume a health snack and a drink.

Water is encouraged at breaks as well as in the classroom. There is water available from the water fountain at breaktimes. This is to ensure that pupils return to the classroom prepared and refreshed for learning.

We encourage one snack per child. If we find that a child is bringing excessive amounts of food for snack time, staff will speak directly with parents.

Early Years Foundation Stage and Key Stage One (NEST – Year 2)

A daily snack of a piece of fruit or a vegetable will be provided by school.

Key Stage Two

KS2 children should bring their own healthy snack. Please refer to the list.

All packaging must be discarded into the bins provided.

Lunchtime

Staff, time and seating arrangements are sympathetic to a positive social eating environment for those buying lunches and those eating a packed meal.

School Dinners

Lunches meet the national guidance. **All** pupils have a choice enabling them to eat healthily. No fizzy or sugared drinks are available. Water is freely available.

Pupils are encouraged to taste and eat new foods.

Packed lunches

Staff will monitor the contents of a child's packed lunch. A note will be placed into the child's packed lunch if we find that the child is regularly bringing items that contravene this policy. We are aware that this is an issue to raise with parents, rather than the child.

Appropriate storage arrangements are made.

Consumption

EYFS

EYFS children are supervised closely by an adult whilst eating their snack.

KS1 & KS2

Food should not be consumed on the corridors

During lunchtime, food should be consumed in the hall. Children should not take food outside.

Truly Trusted

Truly Trusted children are allowed to consume food in the courtyard.

Staff and Visitors

Staff will be encouraged to model the food policy.

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.

At our yearly seasonal events such as Harvest and Easter Markets, children will participate in the cooking process and will be taught about the health and safety aspect of food preparation. Children will be expected to wash their hands before and after cooking, and when they are unclean. Children will experience using kitchen utensils safely and know how to prepare food hygienically for others.

Tuckshop

At the request of the children, we offer a school tuckshop. The food offered will include healthy snacks, but may include less healthy 'treats', which are allowed on this day only. The tuck shop is available every Friday from 8.30am – 8.45am. Parents should supervise their children to purchase items from the tuck shop. We ask that parents limit their purchase to no more than 3 items.

The children should bring the items into school in their bag and will be able to eat them during morning playtime. These items are only allowed on 'tuck shop day'.

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 evening as needed.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian and for appropriate serving. Free packed and cooked lunch provision will be handled sensitively.

Monitoring and Evaluation

The Head, PSHE and DT co-ordinator will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up to date.

Policy Development and Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including catering staff, Governors, LEA representatives, school community nurse and local Healthy School Standards representative.

Snack List

This List should act as a guide. It is not exhaustive. Please contact the school office if you have any further queries.

Allowed	Not allowed
Fresh and dried fruit	Nuts
Vegetables	Crisps*
Yogurts	Cereal bars*
Seeds	Sweets
Crackers	Chocolate bars or items containing chocolate i.e. wafers *
Cheese	Fizzy drinks, energy drinks
Fruit Winders (or similar)	Dilute juice is discouraged **
Lunchables (cheese, crackers, ham etc)	Biscuits
Rice cakes	
Fruit juice (as part of a packed lunch)	
Water	

* May be available on tuckshop day. Parents may provide in packed lunches, in limited quantities.

** Dilute Juice is discouraged; however a very small amount is allowed if your child will not drink plain water. This should be discussed with the class teacher.