



## **Staverton CE Primary School Whole School Food Policy**

### **Aim**

We aim to ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school. Through effective leadership, the school ethos and curriculum, we aim to create an environment which supports a healthy lifestyle, celebrates cultural diversity and enables pupils to make informed choices about the food they eat.

This policy is adhered to by everyone involved with the teaching / serving / cooking of food / drink in school during the day and our partners that share our school premises. The nutritional principles of this policy are based on current evidence based findings; the 'eatwell guide' is the agreed government advice for ensuring a healthy balanced diet:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/340869/2014-250 - eatwell plate Final version 2014.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/340869/2014-250_-_eatwell_plate_Final_version_2014.pdf)

[www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)

Standards for school food throughout the school day are in place.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/school-food-standards/>

Further information can also be found in the School Food Plan (July 2013) [www.schoolfoodplan.com](http://www.schoolfoodplan.com)

National Nutritional Standards for food in schools became compulsory in June 2014 and changed in January 2015. Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm. (Full details and the documents and guidance relating to this are available from the Children's Food Trust) [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

### **Objectives**

In support of our aim we will:

- Promote health awareness;
- Contribute to the healthy physical development of all members of our school community;
- Give consistent messages about food and health;
- Give our pupils the information they need to make healthy choices;
- Ensure that all aspects of food and nutrition in school promote and improve the health and well being of the whole school community by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet;
- Ensure that every pupil has access to safe, tasty and nutritious food by providing fresh fruit and vegetables for snacks;
- Provide a safe, easily accessible water supply during the school day;
- Ensure that the provision and consumption of food is an enjoyable and safe experience which encourages positive social and cultural interaction whilst reflecting the ethnic, religious, vegetarian and medical needs of pupils and staff.

### **Settings for the School Food Policy**

In accordance with the aim and objectives of this policy, the policy will apply to the following settings in the school:

#### Breakfast Club

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 and complies with the school food standards.

#### Morning Snack

Fresh fruit or vegetable snacks provided for all children at morning breaktime meet the school food standards. Fruit sourced by the school is, where possible, locally obtained. Reception and Key Stage 1 children receive a free piece of fruit or vegetable from the Government Fruit and Vegetable scheme. The school provides fruit to be purchased in Key Stage 2; pupils may alternatively bring in a fruit snack from home.

#### Lunchtime: School Lunches

We will:

- Maintain and/or increase levels of uptake of school lunches through school letters and annual taster sessions;
- Ensure that the food provided is compliant with the standards for school lunch, is of a high quality and promotes health;
- Ensure that the choices provided address cultural, religious and special dietary needs;
- Ensure the school has the capacity to provide a meal for all those who require one. To ensure that school lunches meet the requirements of the whole school community there will be ongoing liaison and consultation with the school lunch provider.

#### Lunchtime: Packed Lunches

We are committed to encouraging parents to provide healthier lunch boxes for children. The school will provide information to parents of what constitutes a healthier lunchbox and this message is reinforced throughout the school. The guidance is consistent, realistic and stresses the importance of a balanced and varied diet. The school actively discourages the following packed lunch foods:

- Sweets and confectionary;
- Fizzy drinks.

The contents of a packed lunch can vary for different reasons, including medical/ dietary requirements or intolerance and religious observance. Due to this we do not allow children to share or exchange foods from packed lunches. Food not eaten in a packed lunch is taken home by the child to ensure that parents are aware of what their child has or has not eaten. Lunchtime supervisors also monitor the contents of lunchboxes and whether or not a child is eating or drinking sufficiently at lunchtime.

#### FOSS Tuck Shop

We will ensure that tuck shop provision is in line with food standards legislation and the whole school food policy, providing a source of healthier food and drink and to be used as a way of educating pupils about healthier snack foods.

#### Water

A plentiful supply of drinking water for children is recognised as improving behaviour and concentration. Drinking water is freely available at lunchtime. Children are encouraged to bring in bottles of water for use throughout the day. They are regularly reminded to drink water especially during warmer weather, to educate about the importance of hydration.

#### Extended Schools

We require that any independent club, e.g. after school club, follows the principals of a healthy lifestyle and that the provision is in line with legislation and the whole school food policy.

### **Food Allergies**

We will ensure that the school has considered the needs of food-allergic pupils and has developed appropriate procedures in all areas of the curriculum and beyond, ensuring that affected children are not unknowingly exposed to food allergens like nuts and seeds. These considerations apply and are promoted to the whole school community.

### **Special Diets: Medical**

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. The school and school caterers (if appropriate) are made aware of any food intolerance/medical diets and requests for these 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 food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school.

### **Eating Environment**

Packed lunches are eaten at dining tables in the hall or in warmer weather on the school field. Hot school meals are eaten at dining tables in the hall and appropriate cutlery is provided. In all situations we aim to provide a calm, ordered environment conducive to mutual respect and good behaviour, promoting social and community cohesion. All table surfaces are well cleaned before any eating commences. The school is also committed to:

- Encouraging children to wash their hands before eating;
- Encouraging all children to eat food they have been provided with;
- Actively helping children who find some aspects of packed lunch difficult, e.g. opening tubs, packets, cartons or bottles.

### **Celebrations and Festivals**

We believe it is important to celebrate cultural, personal and community events and recognise that food has a role in such celebrations. Such celebrations may include religious festivals, national celebrations, house parties or end of term. We believe children should be educated that no food is “bad” but to understand that we should limit the intake of some foods and see them as an infrequent treat.

### **Curriculum**

Food is of vital importance to us all and should be used to enrich the school curriculum. The curriculum can then enrich pupils’ experience of food and healthy eating. Curriculum content will include the following:

- The importance of food groups and the role they play in promoting growth;
- The development of a strong healthy body;
- What constitutes a balanced diet;
- How food is produced;
- An understanding and appreciation of cultural diversity;
- The development of respect and understanding towards the belief and attitudes of others.

### **Beyond the curriculum**

We offer a wide range of extra curricular activities which support a healthy lifestyle and to which the aim and objectives of this food policy apply. We aim to teach children about the importance of taking responsibility for the future of their own environment.

**Partnership with parents and pupils**

The partnership of home and school is vital in shaping how children behave, especially where health is concerned. Information regarding healthy eating is provided on the school website.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

On behalf of the Governing Body