



Gedney Church End and Lutton St Nicholas Federated Primary Schools

Food Policy

Contents:

- Introduction
- Food Policy Aims
- Teaching Methods
- Resources
- Evaluation
- Food and Drink Provision Throughout the School Day
 - Breakfast
 - National Fruit and Vegetables for Schools
 - National Nutritional Standards for School Lunches
 - Use of Food as a Reward
 - Drinking Water
 - Food and Drink Brought into School
 - Growing Food
- Special Dietary Requirements
- Food Safety
- The Food and Eating Environment
- Confidentiality
- Monitoring and Evaluation
- Appendix A: The School Food Standards Poster

Gedney Church End and Lutton St. Nicholas Federated Primary Schools

Introduction

Gedney Church End and Lutton St Nicholas Federated Primary Schools are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by a whole Federation approach to food and nutrition documented in this Federation Food Policy.

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

Food Policy Aims

The main aims of our school food policy are:

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

These aims will be addressed through the following areas:

1. Equal Opportunities. In food and nutrition education, 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.
2. Curriculum. Food and nutrition is taught at an appropriate level throughout each key stage by cross-curricular teaching. The preparation of food in the classroom (Cooking and Nutrition) now comes under the auspices of the Design and Technology National Curriculum, effective from September 2014. Curriculum guidance is contained within the Design and Technology Policy (2015) and it is thus recommended that this policy is read in conjunction with the aforementioned Design and Technology Policy.

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 will offer a rich variety of opportunities for participatory learning and may include debating issues, group discussions and role-play.

We will lead by example and staff training. Teachers, caterers (Ideal HSM) and the school nurse have a key role in influencing pupil's knowledge, skills and attitudes about food, and therefore it is important that they are familiar with healthy eating guidelines.

We will use the services of visitors in the classroom. The Federation 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 Federation 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 Federation will always be checked, ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

Resources

Resources for the teaching of nutrition education in PSHE will be selected to complement the delivery of the curriculum in other subject areas. Books and other related resources will be available for pupils in the library and classrooms. Additionally, volunteers are used in the classroom to support pupils with Cooking and Nutrition and both schools contain comprehensive cooking apparatus and equipment that conform with local and national safety requirements.

Evaluation

Aspects of healthy eating work will be evaluated and assessed through activities as part of the Federation's planning and assessment process. Medium Term Planning in Art and Design is evaluated every half-term and subject to review by the Head Teacher on a termly basis.

Food and Drink Provision Throughout the School Day

Breakfast:

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral intake. Children will be encouraged to eat breakfast before they come to school and this will be promoted through the curriculum work.

For those that do not have breakfast at home, both schools operate Breakfast Provision, which starts at 8.15 and concludes at 8.45. Qualified staff run and manage this provision and healthy eating and lifestyle choices are promoted accordingly.

National fruit and vegetables for schools:

All Key Stage 1 children will be provided with a free piece of fruit daily. Older pupils will be allowed to purchase a piece of fruit for 20p daily.

National nutritional standards for school lunches:

The Government introduced compulsory national nutritional standards for school lunches in April 2001 with further minimum standards in September 2006. New food standards were established to take effect in all schools from January 2015 (see Appendix A). These standards apply to all hot and cold midday meals prepared for pupils during term time, including packed lunches. The standards recommend meat or poultry as well as regular servings of oily fish with 2 portions of fruit and vegetables, fresh water, milk or fruit juice. Bread will also be provided daily. There

will be no chocolate confectionary, savoury snacks or salt, and restricted amounts of fried foods and manufactured meat products.

Use of food as a reward:

The Federation does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement will be used throughout the Federation. It is, however, acknowledged, that at certain times of the year e.g. Easter and Christmas, confectionary can be appropriate.

Drinking water:

The national nutritional standards for healthy school lunches recommend that drinking water should be available to all pupils, every day, and free of charge. The Federation agrees with this recommendation and will provide a free supply of drinking water. All children will be provided with individual water bottles. They will have access to fresh drinking water all day and will be encouraged to take advantage of this.

Food and drink brought into school:

- Snacking. The Federation understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Young people, parents and carers will be encouraged to bring healthier options to school as snacks. The Federation will discourage the consumption of snacks high in fat and sugar, crisps or chocolate confectionery, particularly at play-time.
- Packed lunches brought to school by pupils. The Federation will encourage parents and carers to provide children with packed lunches that adhere to these standards. This will be achieved by promoting healthy packed lunch options using the principles of the Balance of Good Health.

Growing food

The Federation believes that giving young people the opportunity to grow food and learn about how food is produced is an important part of a whole Federation approach to food and nutrition. The Federation will provide opportunities for children to get involved in growing food. This will help them to discuss issues about how and where food is produced, as well as the importance of fruit and vegetables as part of a healthy and balanced diet.

Special Dietary Requirements

Special diets for religious and ethnic groups, vegetarians and vegans:

- The Federation will provide food in accordance with pupils' religious beliefs and cultural practices.

Food allergy and food intolerance:

- On admission to school parents will be asked to complete a questionnaire about their children with respect to food allergies and/or preferences. Symptoms and adverse reactions to particular foods will be noted and actions to be taken in an emergency, and emergency contact details will be recorded for all members of staff. School caterers will be made aware of any food allergies/food intolerance and requests for special diets will be submitted according to an agreed process.

Food Safety

Appropriate food safety precautions will be taken when food is prepared or stored. These will vary depending on the food on offer and will include: ensuring that adequate storage and washing facilities are available; that refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. To this end, it is recommended that this policy is read in conjunction with the Federation's Fridge Policy (2015).

Any food safety hazards will be identified and controlled. We will consult our local Environmental Health Department about legal requirements where necessary. Food hygiene training will be undertaken by the relevant staff including Midday Supervisors and Breakfast Club Leaders.

The Food and Eating Environment

The dining areas will be cleaned before and after eating, in accordance with food hygiene recommendations and the views of teachers and pupils about the eating environment within the Federation will be assessed regularly.

Confidentiality

All matters regarding food allergies, preferences and eligibility for free school meals, for any child, will be treated in confidence.

Monitoring and Evaluation

The Food Policy will be reviewed on an annual basis in consultation with pupils, staff, catering service, school nurse and parents.

Schemes of work across the curriculum will be evaluated by staff and monitored by all teaching staff as part of the 2 year cycle of foundation subject leadership, thus ensuring the implementation of the Federation's Food Policy guidelines.

Regular consultation will take place with the Schools' Catering Service to evaluate services provided.

Interviews with children will be regularly held to evaluate the opportunities provided to promote Healthy Eating.

Signed by Head Teacher:

Ratified by Governors: May 2012

Last Updated: November 2015

**Appendix A: The School Food Standards
(January 2015)**

Copy provided