

Headlands Primary School | School Food Policy

Our intention with this policy is:

- to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school
- to make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a child's ability to learn effectively
- to ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices

For every child, we want to achieve:

- access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day
- an enjoyable and safe experience for children to eat
- the whole school community understanding that a balanced diet is recommended
- a thorough knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment
- an increase in the knowledge and awareness of children, parents and staff of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- a school that reflects the diverse requirements of staff and pupils e.g. cultural, dietary, medical (we are a nut free school)
- a school that reinforce these aims, and that removes or discourages practices that negate them

How our Food Policy is implemented:

1. School Ethos
2. Curriculum
3. Birthday/Holiday Gift Food
4. Water
5. Breakfast Club/ After School Club
6. Break time
7. Lunchtime
8. Staff and Visitors
9. School Visits and Events
10. Community Involvement
11. Enforcement

School Ethos

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

Curriculum

The curriculum will contribute to the delivery of food education.

Curriculum delivery will involve practical food experiences, delivered by properly trained staff and will be adequately resourced.

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. 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 (as depicted by *The Eatwell Plate*) <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

Foods containing high levels of fat, sugar and salt will not be used as rewards.

Birthday/Holiday Gift Food

The school will not distribute sweets brought into school to celebrate birthdays or other occasions. Birthdays are celebrated in assembly for Reception and Key Stage 1 with the birthday song and sticker.

Water

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 above is fundamentally upheld.

School breakfast club/after school club

The food offered is consistent with the school policy, School Food Trust non-lunch standards and monitored by the Head. Food standards in the before/ after school club and holiday club run by an external provider will be the provider's responsibility.

Break time

At break times our pupils are only allowed to consume:-

- F Stage - a piece of fruit provided by the school and snack in the afternoon provided by the school
- Key Stage 1 - a piece of fruit provided by the school or cereal/rice cake sold by the school
- Key Stage 2 - a piece of fruit brought in from home or cereal/rice cake sold by the school

No other items are allowed at break time. Water or milk is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning.

Food or drink sold or provided to the pupils is consistent with this policy and the government's non-lunch standards. These are no confectionery e.g. chocolate, sweets, cereal bars, processed fruit bars, yoghurt/chocolate coated fruit and no savory snacks e.g. crisps, salted/sweetened nuts.

Healthy snacks are served in Reception and the Woodlands Unit.

Lunchtime

Lunches meet *School Food Trust's* national standards. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based standards which meets one third of a child's average dietary requirements across a menu cycle.

Pupils are encouraged to taste and eat new foods.

Cooked food standards are the responsibility of the external provider and overseen by the Head Teacher.

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

Packed lunches are monitored and the curriculum encourages a healthy balance. Appropriate storage arrangements are made. Parents are encouraged to pack their child's lunch in an insulated bag with freezer blocks. Information is provided to parents on balanced lunchboxes through Change 4 Life <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Any drink other than water is not permitted unless there is a valid reason agreed with the school.

The school teaches and promotes healthy lunchboxes and strongly recommends that parents/carers do not pack any product high in salt, sugar or fat such as crisps, chocolate bars, fried food, sweetened fruit.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff, children and parents/carers.

Parents are permitted to take their child home for lunch if they wish.

Staff and Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

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.

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 event or school councils generated healthy snacks list issued by them to parents.

Enforcement

The school has consulted with children, parents/carers about this policy and will do so again over time and if there are significant changes.

The policy relies on the parents/carers supporting the school's intent and we will strongly encourage parents/ carers to adhere to it.

Children will be praised for having a healthy lunchbox.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian/vegan and for appropriate preparation and serving.

On an individual basis, for children with identified special educational needs and disabilities, different arrangements may apply and will be discussed with parents.

Free packed and cooked lunch provision will be handled sensitively.

Personnel

The Head Teacher is responsible for food in school.

Monitoring and Evaluation

The Head Teacher will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.

Policy Development and Review

This policy document was produced in consultation with the entire school community, including children, parents, school staff including the catering staff, Governors and the school community nurse.

This document is freely available to the entire school community. It has also been made available in the school newsletter and school website.

This policy will be reviewed on a bi annual basis.

Review date.....

Signed..... Chair of Governors

Date.....

DRAFT