

Highwoods Community Primary School



Food in Schools Policy

Reviewed October 2019

To be reviewed October 2021

This policy has been formulated following consultation with pupils and staff to develop healthy eating and drinking activities that benefit pupils, staff, parents and others associated with the school. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff and parents. It will continue to be developed in consultation with pupils and parents as the school works towards its aim of achieving (or maintaining) Enhanced Healthy Schools Status.

Rationale

Highwoods Community Primary School recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school. It is important that healthy eating is promoted to all members of the school community and also that we consider the role the school can play to promote family health.

FOOD POLICY AIMS

The main aims of our school food policy are:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community;
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices;
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation;
- To ensure that the mandatory food based standards are implemented;
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.

These aims will be addressed through the following areas:

CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage according to the National Curriculum 2014. Theme planning reflects the whole school approach to healthy eating and incorporates the DFE statutory guidelines.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

• Food Standards

National Nutritional Standards for school Lunches became compulsory in 2009.

As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches came into force in January 2015. Together with the existing standards, they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

<http://www.schoolfoodplan.com/standards/> .

• Lunch

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. See the school website for an up-to-date school dinner menu.

- **Universal Free School Meals**

Since September 2014, all children in reception, year 1 and year 2 in state-funded schools in England have been eligible for free school lunches. The School fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour and attainment.

- **Fruit Scheme (KS1 only)**

The School is part of the National Fruit and Vegetable Scheme. Children eat their fruit as part of circle time and are assisted with chopping/ washing as appropriate

- **Milk**

The new Food Standards require that milk must be available for drinking at least once per day during school hours. This standard can be fulfilled by being part of the Cool milk scheme. (EYFS only)

<https://www.coolmilk.com/>

- **Snacks**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school only permits fruit based snacks at break times

The school discourages the consumption of snacks high in fat and sugar at break-time.

- **DRINKING WATER**

Drinking water will be available to all pupils, everyday, and free of charge.

Children are asked to bring in their own sports top bottles which they can refill using the drinking water taps in each classroom.

FOOD AND DRINK BROUGHT INTO SCHOOL

- **PACKED LUNCHES**

Packed lunches prepared by the school caterers adhere to the Government Food Lunch Standards.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'. Recommendations for what constitutes a healthy lunch are set out in our prospectus to new parents and in our Highwoods packed lunches flyer, which was produced by a working party. Our school newsletters also remind parents of what constitutes a healthy packed lunch throughout the year.

SPECIAL DIETARY REQUIREMENTS

- **Cultural and religious diets**

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. The school needs to have a robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time. We have a wristband system which makes it clear if a child has a special dietary requirement.

- **Medical Diets**

Individual care plans are created for pupils with medical dietary needs/requirements. Children wear wristbands for clarity. See Medical Policy.

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 hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

MONITORING AND EVALUATION

This policy is reviewed every two years with the consultation of teachers, children and parents.

REVIEW

Date policy implemented: October 2019

Review Date: October 2021