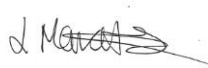





Whole School Food Policy 2017-2019

Review Cycle:-	Annually	Date of Next Review:-	March 2019
Approver:- Chair of Governors	Signed:-  Date:- March 2017	Approver:- Head Teacher	Signed:-  Date:- March 2017

National guidance:

The policy was drawn up using a range of national documents including Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (*National Governors' Council, (NGC) 2005*).

The whole-school food policy covers the areas of:

- The School Council
- School lunches
- Packed lunches
- Water
- Curriculum

Overall aim of the policy:

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

This policy applies to all staff, pupils, parents/carers, governors and partner agencies working with schools.

School councils

The school council will be involved in consultation regarding healthy food options.

It will enable children to have a voice.

The school council will disseminate the healthy eating policy and healthy eating messages to the classes.

The school council will work with the catering manager – inviting them to council meetings

School lunches:

The school can provide a school meal to all children. All school lunches will be prepared following the government's nutritional guidelines.

- There will be a flexible choice of whether to have school dinners or not – no need to book in advance.
- There will be a choice of meat or vegetarian dish for children to make daily, meals will then be cooked to order.
- Children will be able to sit with friends.
- Fresh drinking water will be available.
- Teaching staff will be encouraged to have school dinners and sit with the children as role models.
- The school lunch hall will be made as pleasant as possible to encourage good social interaction.

Packed lunches:

The school insist no nuts are within the pupils packed lunch. The school will provide facilities for pupils bringing in packed lunches. The school will work with parents to ensure that packed lunches contain healthy options. The school will work with the pupils to provide attractive and appropriate dining room arrangements.

- A child's lunch should include only the following:
- A portion of starchy food e.g. bread/roll, pitta bread, crackers, pasta or rice salad.
- Fresh fruit and vegetables.
- A portion of milk or dairy food, e.g. cheese, yoghurt.
- A small portion of lean meat, fish or alternative e.g. ham, chicken, cheese, tuna, egg or hummus.
- A drink – preferably fruit juice, water or milk.

Parents are advised to include an ice-pack as we do not have refrigeration facilities for packed lunches. Food products, prepared and stored in ambient temperatures, can after two to four hours, have increased levels of bacteria in them, which are harmful to your child. The school provides ambient storage facilities and cannot take legal responsibility for foods prepared at home and brought into school.

As a school we insist that parents **do not** include the following items in packed lunches:

- Nuts
- Sweet nut bars.
- Foods containing salted nuts.
- Sweets (including Winders), chocolate, etc.
- Crisps or packets of savoury snacks high in salt and fat.
- Sweet cakes.
- Fizzy or sugary drinks.

Water:

- Free, fresh water will be available to all children throughout the day, including lunchtime.
- Children are encouraged to have a named, clear bottle of water in class.
- Hygiene – water bottles will be taken home daily to be washed.
- After physical activity and during hot weather, children will be encouraged to drink more water.
- The clear plastic bottles **must** contain only water – this should not be flavoured water.

Curriculum:

The whole-school policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the personal, social and health education (PSHE) and science curriculum.

- Pupils will be made aware of the healthy eating policy throughout the curriculum.
- Healthy eating messages will be taught as part of looking after yourself.
- Healthy eating will form part of the development plan.
- There will be consistent messages across the curriculum about healthy eating.
- Healthy foods will be actively promoted through regular tasting sessions.
- All children will learn and apply the principles of food hygiene.
- Children will learn and apply the principles of a balanced diet and how diet affects health at an age appropriate level.

Staff support and training:

Staff will be trained in Health and Safety for Food Technology and Science activities involving food. Staff will have good subject knowledge in all curriculum areas covering food.

Assessment, monitoring, evaluation and reviewing:

The contents of lunch boxes will be monitored before this policy is disseminated and then once a term. Children's choices of school lunches will be monitored and food will be discussed at least termly at School Council meetings. Staff uptake of school lunches and eating with the children will also be monitored.

Referral and external support:

The school will link with the school caterer, HC3S, to ensure high-quality cooked meals, which meet government nutritional standards, are available. The school will seek the support of a range of agencies, including nutritionists, oral health nurses and dieticians, to enhance the taught curriculum.

Dissemination of the policy:

This policy will be made available to parents once ratified by the governors. Copies will then be made available to parents upon request and will be referred to in the Prospectus and newsletters. Staff joining the school after the policy has been ratified will learn about this policy during their induction.