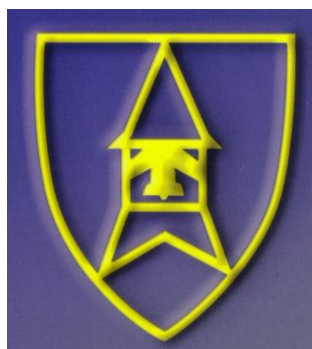




Swinderby All Saints Primary School

Whole School Food Policy

Approved by:	Policy Approval Panel	Date: February 2024
---------------------	-----------------------	----------------------------

Last approved on:	April 2021
--------------------------	------------

Swinderby All Saints Primary School

WHOLE SCHOOL FOOD POLICY

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. Through effective leadership and ethos, we will apply a whole school approach to food and model food and drink choices and healthy living to our children and families.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Food Standards Agency Balance of Good Health (BOGH) .

Cooked School meals are supplied externally by a Healthy Schools Supplier and have been checked several times for compliance of sourcing and quality. This is monitored by Lincolnshire County Council.

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
3. Ensure all aspects of food and nutrition in school – promote the health and nutrition of pupils, staff and visitors
4. Make the healthy choice the easy choice for all

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

In healthy eating, 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.

We ensure food provision reflects the medical/cultural needs of all pupils and staff

2. CURRICULUM and TEACHING

Food and nutrition is taught at an appropriate level throughout each key stage. This is addressed through:

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

The central theme throughout will be a healthy choice and balanced eating.

We believe it is the responsibility of the school 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 school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas.

Cooking and nutrition is part of the Design and Technology part of the curriculum.

Aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. As a school we will provide healthy food choices at regular times during the day.

The school discourages the consumption of snacks high in fat and sugar at break-time. Fruit and vegetables are encouraged but concentrated 'fruit' bars are not allowed due to their high sugar concentration.

USE OF FOOD AS A REWARD

The school 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 are used in school.

DRINKING WATER

The School Food Standards states that drinking water is compulsory and should be available to all pupils at all times. Individual water bottles are supplied by the school. They are washed out weekly. Jugs of water are available on all tables at lunchtimes, there is easy access all day to drinking water and staff model drinking water as preference.

PACKED LUNCHES

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 recommendations made by Lincolnshire County Council, Food Team.

The following information is provided in our regular school newsletters and highlights what should/shouldn't be included in pupil's packed lunches

Lunchboxes

According to NHS choices a balanced lunchbox should contain:

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yogurt
- Vegetables or salad and a portion of fruit

As a school we encourage the above suggestions but also allow a small chocolate bar (i.e. a Penguin/2 finger Kit Kat) or a small piece of cake.

However, there are some items that are **NOT** allowed in school, these include:

- Bags of sweets (of any size)
- Large chocolate bars (Mars, Wispas etc.)
- Nuts or nut based products
- Eggs

All children in Reception to Y2 (inclusive) are entitled to a free school meal. These are called Universal Infant Free School Meals (UIFSM) and could save a family up to £437/year per eligible child as opposed to have a packed lunch.

COOKED MEALS

Hot meals are supplied by an external caterer. The caterer should provide a copy of their menu to LCC who will review and if approved will send a certificate to the catering company confirming that they comply with the mandatory standards. Our Governors monitor compliance and request copies of these certificates.

BEFORE/AFTER SCHOOL CLUB

Children are offered toast with butter or a small amount of jam for breakfast or a bowl of low sugar cereal.

At After School Club children are offered sandwiches with fillings such as tuna, cheese, ham or toast, cereal or a crumpet.

Drinks provided include milk or water.

FUNDRAISING

We strive to ensure that healthy food and drinks are available throughout the whole school day – this includes during any fundraising events or seasonal celebrations.

4. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS

The school can, if required provide food in accordance with pupils' religious beliefs and cultural practices if it is arranged in advance.

VEGETARIANS AND VEGANS

School caterers offer a vegetarian option at lunch every day. When necessary the school can also provide a vegan option if required and arranged in advance.

FOOD ALLERGY AND INTOLERANCE

Individual care plans are created for pupils with food allergies once medical evidence has been received in school. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. Staff are fully allergy trained

6. 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. We consult our local Environmental Health Department about legal requirements.

7. THE FOOD AND EATING ENVIRONMENT

The school hall is used as a dining room and each time of use involves the setting out of tables and chairs. All tables are wiped down with anti-bacterial cleaner before use.

Water is available to all pupils. All tables are set out with water jugs and beakers.

The room is organised to allow free flow of children collecting a hot meal as well as catering for pupils eating their own packed lunches. Key stage 1 pupils sit on designated tables for hot meals. Key stage 2 pupils are allowed to sit with friends and are not separated. As meal time is a social occasion quiet conversations are allowed providing that the overall volume does not become too loud.

The Mid-day staff have their roles and routines that ensure safety and good behaviour whilst eating are maintained.

MONITORING AND EVALUATION

The Head teacher frequently visits the hall during the dining period to monitor the behaviour and noise level. She will also encourage children to use acceptable table manners.

8. APPENDICES

- a. Special Diet Fact Sheet
- b. LACA Food Other Than Lunch
- c. Fussy Eaters Guidance

- d. Fussy Eaters Information Sheet
- e. www.nhs.uk/healthier-families/food-facts/sugar/
- f. Cutlery Skills