

# SAWLEY INFANT & NURSERY SCHOOL



## School Food Policy

<b>Approved by:</b>	Academy Governing Body
<b>Date:</b>	05.07.21
<b>Minute no:</b>	16.12.2
<b>Version:</b>	v2
<b>Review cycle:</b>	Every 3 years
<b>Publication:</b>	Internal & public

[illegible]

## Why do we have a food policy?

At Sawley Infant & Nursery School we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Our policy aims to:

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

This policy reflects the School Food Standards.

The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

This policy covers the areas of:

- Breaktimes and snacks
- Drinks (milk and water)
- School Lunches including packed lunches
- Curriculum
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

### Useful documents:

- [School Food Standards](#)
- [School Food Standards Poster](#)
- [School Food Standards - Guidance for governors](#)
- The School Food Plan ["What Works Well" website](#)
- DfE's [Guidance on School Food for Governors](#)
- The [School Food Plan's Headteacher checklist](#)

## What do we want to achieve?

- To ensure that every pupil has access to safe, tasty and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that the provision and consumption of food is an enjoyable and safe experience.

- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects all the requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergy needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.
- To help parents and carers understand the links between food and the relevance to children's mental health, behaviour and learning
- An increase in the take up of school meals is still ongoing and important in achieving our aims
- Schools should keep abreast of fads and cultural changes in the way children and young people use food e.g. 'energy drinks' and respond appropriately including through information sharing, interventions, assemblies, or curriculum adaption, pupil consultation, etc.

## **How our Food Policy is implemented.**

### **School Ethos**

- The importance of a balanced diet is consistently communicated throughout the school day including trips & events. Staff are also encouraged to participate & model healthy eating as a valuable part of daily life.
- It will be made clear that the emphasis placed on a balanced diet is to enable safe & effective learning as well as providing a foundation for good health.
- Parents are regularly updated on water and packed-lunch policies via the school's newsletter and Parentmails.

### **Break time**

- At break times our pupils are only allowed to consume fruit. This is provided free of charge by the fruit for school scheme.
- Water drinking is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared & refreshed for learning.
- This policy helps to limit litter & control the environment to make it safe and hygienic for our pupils.
- Milk is provided for all Nursery children throughout the school year, and for Reception children during the Autumn term

### **Lunchtime**

- Since September 2014 all infant aged children are eligible to receive a hot midday school meal free of charge. Dinners are prepared on site at local schools and served from hot trolleys in the main hall.
- Parents must return the appropriate forms to register for dinners or opt to provide a balanced daily packed lunch. Due to catering arrangements and to avoid food waste there is no option to

mix and match dinners and packed lunch. Arrangements must be made on a termly basis to allow the kitchen to order stock appropriately.

- The kitchen can cater for vegetarian, vegan and special dietary requirements. Please speak to the headteacher or admin team to arrange an appointment.
- Lunches meet/exceed the national guidance. All pupils have a choice enabling them to eat healthily. No fizzy or sugared drinks are provided. Water is always freely available.
- Pupils are encouraged to taste and eat new foods; achieved through 'Theme Days' and taster sessions.
- Staff, timings and seating arrangements are sympathetic to a positive social eating environment for those eating school dinners and those eating a packed meal.
- Packed lunches are monitored and the curriculum encourages healthy sandwiches etc.
- Any alterations to provision will be communicated clearly after a full consultation process has taken place with staff and students.

### **Snacks**

- Each child is offered a free piece of fresh fruit to eat at break each day. This is part of the government's healthy eating campaign. If children choose not to eat fruit no other snacks are allowed between meals.
- Unhealthy foods are not used as rewards.
- Parents sometimes wish to give out birthday food. Children are asked to take this to their parent to ask if/when they can have it.

### **Water in School**

- Children are encouraged to bring a bottle of water into class to drink during the school day.
- Research shows that a high intake of water improves children's concentration and learning.
- Water should be brought from home in a clear sports top bottle each day.
- The bottle should be clearly named.
- Children should bring fresh water only – no juices or flavoured drinks.
- Parents are responsible for washing the bottle and replacing the water every day.
- All pupils & staff have water freely available at all times & are able to refill bottles easily in classrooms.
- Certain classrooms/subjects may wish to manage the intake of water for safety. This is acceptable as long as the principle above is fundamentally upheld.

### **Food for Life Partnership and the School Food Plan**

- Sawley Infant & Nursery School is part of the Food for Life Partnership and is introducing growing and sustainable living to our pupils.
- All classes are involved in planting and harvesting food throughout the year and we have a gardening club which runs on a termly basis.
- Cooking experiences are planned into topics and we have a cooking club which is in high demand

## **Curriculum**

- Children get consistent messages about nutrition in lessons and at lunchtime.
- PSHE, Geography, Science, Design Technology and RE may all contribute to the curriculum delivery of food education
- Cooking and growing is used as an exciting way to teach subjects across the curriculum. Curriculum delivery involves practical food experience delivered by properly trained staff and is adequately resourced.
- It may be appropriate for a wide variety of foods to be prepared and consumed within the curriculum or at a celebration. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our national values, cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. Foods containing high levels of sugar and salt will be avoided.

## **School Visits & Events**

- Food served at events & offered on trips will be consistent with school policy.
- Guidance on packed meals will be given during induction meetings and as required to encourage a healthy balanced choice.

## **Equal Opportunities**

- Provision is made for special diets for medical conditions following appropriate medical verification, ethical and cultural requirements, and for appropriate preparation, presentation and access.

## **Community Involvement**

- At all stages the wider community are 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 is given during induction meetings. The school cook attends induction meetings to answer questions from parents about the provision of school meals, how these contribute to healthy eating and how they can be tailored to meet individual dietary needs.
  - Parents/carers are actively encouraged to help with cooking and gardening clubs.

## **Monitoring and Evaluation**

- The headteacher and Academy Governing Body are responsible for food in school. Responsibility is delegated to teaching staff when planning curriculum activities related to food
- The headteacher will monitor the effectiveness of this policy ensuring that training & resourcing are appropriate & up to date.
- This policy will encompass all school activities. Where members of the school community find that they are unable to work within the policy then school will negotiate on an individual basis.