



Stanley St Andrew's Church of England Primary School

Whole School Food Policy

As a church school we believe that every person, every child and every adult is unique and special with God given gifts and talents which is our job to nurture and cherish.

Why do we have a food policy?

- because a food policy that promotes healthy eating will make a significant contribution to the health and wellbeing of our students.
- because we believe there is a direct link between healthy eating and effective learning.
- as part of our contribution to promoting a healthier lifestyle in our community.

What do we want to achieve?

- Every pupil having access to high quality, tasty and nutritious food, and an easily available water supply during the school day.
- An increase in the number of pupils who enjoy the food they consume at school.
- To improve the understanding of the terms such as “balanced diet” and “healthy eating” and have more children choosing healthy options.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes an environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

How our Food Policy is Implemented

1. School Ethos
2. Curriculum
3. Birthday/Holiday Gift Food
4. Water
5. Break time

6. Lunchtime
7. Staff and Visitors
8. School Visits and Events
9. Community Involvement
10. Enforcement

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including visits and events. Staff are also encouraged to participate and 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 and effective learning as well as providing a foundation for good health.

All staff are aware of those children with food allergies and any medical plans in place.

Curriculum

PSHEE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education based on the principles shown in “What do we want to achieve?”

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 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, fat and salt will be avoided.

Unhealthy foods are not used as rewards.

Birthday/Holiday Gift Food

The school will not distribute any food deemed as unhealthy brought in by the children following birthdays, holidays etc. However, festive food is allowable as part of the curriculum.

Water

All pupils and staff have water freely available at all times and are able to refill personal 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.

Break Time

At break times our pupils are only allowed to consume fruit and drink water (unless medical plans dictate otherwise e.g. diabetic children). This is to ensure that pupils return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safe for any pupils with an allergy.

Lunchtime

School lunches meet the national guidance. **All** pupils have a choice enabling them to eat healthily. Water is always freely available. Pupils are encouraged to taste and eat new foods.

Staff, time and seating arrangements are sympathetic to a positive social eating environment. Children are encouraged to follow healthy eating guidance. We ask that packed lunches do not contain sweets or any other items which would be deemed unhealthy.

Pupils are advised to use insulated lunch bags and appropriate storage arrangements for the lunch bags are made.

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 visits 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. The local School Meals Coordinator is invited to address parents at the New Parent meeting open to carers and parents of all children about to join Reception class.

Equal Opportunities

Provision is allowed for special diets eg medical, cultural, vegetarian and for appropriate serving.

Those children eligible for 'Free School Meals' will receive a choice of a packed lunch or a cooked lunch. All Free School Meals applications are dealt with in the strictest confidence.

Personnel

The Headteacher is responsible for food in school.

Policy Review

This policy was reviewed and approved for use on 13 December 2021 by the headteacher.

This policy will be reviewed every three years by the headteacher in accordance with our policy review schedule.

We will review this policy earlier than the scheduled review date should there be any change in guidance or legislation related to this policy or if we feel that an earlier review is necessary.