



# Paulerspury C.E Primary School

## Whole School Food Policy

Date written:	<i>February 2016</i>
Written by:	<i>Robin Bunting</i>
Reviewed:	<i>February 2021</i>
Next review:	<i>February 2023</i>

**Our policies are written with our School Values in mind. These are:**

1. Care;
2. Courage;
3. Creativity;
4. Forgiveness;
5. Honesty;
6. Hope;
7. Perseverance;
8. Respect;
9. Responsibility;
10. Thankfulness; and,
11. Trust.

Historic

Parent choice

Staff/Governor choice

Pupil choice

# WHOLE SCHOOL FOOD POLICY

## INTRODUCTION

Paulerspury C.E. Primary 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 policy. This policy covers all aspects of food and drink at school and should be read alongside the school's Curriculum, Teaching & Learning Policy, with specific reference to the Design Technology, PE and PSHE sections.

Our school is an accredited 'Enhanced Healthy School', it is therefore important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide valuable role models to our pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all the elements of the school day to create an environment that supports a healthy lifestyle.

This policy is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food and drink in school during the day and our partners that share our school premises.

## REFERENCES

- The nutritional principles of this policy are based on current evidence based findings; and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet.  
[www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)  
[www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material](http://www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material)
- Standards for school food throughout the school day are in place.  
[www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)
- Further information can also be found in the School Food Plan (July 2013)  
[www.schoolfoodplan.com](http://www.schoolfoodplan.com)
- National Diet and Nutrition Survey of 4 to 8 year olds
- Food Standards Agency 'Balance of Good Health' guidance
- 1991 Dietary Reference Values for Food Energy and Nutrients for the UK
- Core competences for children and young people aged 5-16 years - British Nutrition
- National Nutritional Standards for School Lunches 2001
- Northamptonshire County Council School Lunches Policy 2015

## FOOD POLICY CO-ORDINATOR

This policy and healthy eating strategy is co-ordinated by Robin Bunting.

## 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/drink choices throughout the school day and ensure food brought into school is healthy too
3. To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school

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.

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.

## **2. CURRICULUM**

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

### **Teaching methods**

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. These decisions are made at teacher planning meetings.

### **Leading by example and staff training**

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff will be regularly updated through staff meetings, emails/letters and discussions.

### **Visitors in the classroom**

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. The school's code of practice for visiting speakers is adopted.

### **Resources**

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the resource room. Books are available for pupils in the library.

### **Evaluation of pupils learning**

The healthy eating aspects of the National Curriculum are assessed through Teacher assessment.

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

## **3. SNACKING**

Paulerspury C.E. Primary 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 discourages the consumption of snacks high in fat and sugar at break-time but encourage fruit or vegetables to be eaten. Key Stage 1 and Foundation Stage pupils have their fruit or vegetables at morning break.

## **4. 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.

## **5. DRINKING WATER**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water, in their own labelled water bottles. These are made accessible throughout the school day.

## **6. FOOD AND DRINK BROUGHT INTO SCHOOL**

### **MOBILE CATERERS SERVING FOOD ON SCHOOL PREMISES**

To operate on school premises, mobile caterers must demonstrate that their staff have undergone appropriate food hygiene training, that their facilities meet appropriate food safety requirements and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the Food Standards Agency Balance of Good Health guidance.

### **PACKED LUNCHES**

The school encourages parents and carers to provide children with packed lunches that complement these standards. The 'Health and Wellbeing' section of the school website provides the most up-to-date guidance.

## **7. SPECIAL DIETARY REQUIREMENTS**

### **SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

### **FOOD ALLERGY AND INTOLERANCE**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

## **8. 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.