

# Whole School Food Policy

Greenvale Primary School



**Reviewed 2023**

# Whole School Food Policy

## Why have a whole school food policy

In the last 30 years we have seen dramatic increases in adult diseases such as obesity, diabetes and heart disease. These diseases have been attributed largely to a poor diet as a result of dietary imbalance. We are now beginning to see children developing symptoms of these diseases whilst still in childhood.

National surveys indicate that children's health is deteriorating and their daily diets are often inadequate or provide insufficient fluid. This, in turn, affects school performance and behaviour due to difficulty in concentration and increased absences from school through ill health.

We also know, from research, that children and young people need a great deal of help and guidance to eat healthily at school. Messages need to be consistent with the sorts of food they see around them. As a result, healthy eating has become a core part of the National Healthy Schools Scheme and in order to fulfil this, healthy schools will be required to have a whole school food policy. This will ensure the school meets the standards for the NHSS, offers consistent messages relating to nutrition that are appropriate to the school and is able to communicate these to the whole school community.

The whole school food policy is compliant with The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007 as amended 2014 and covers all child food related matters throughout the whole school day to 6.00pm.

## What is a whole school food policy

A whole school food policy provides a framework to enable your school to:

- Set out a coordinated approach to food and drink provision across the school day.
- Ensure equality of access for all
- Reinforce appropriate messages relating to food and nutrition, ensuring consistency between the curriculum and food provision
- Provide parents/carers with information on and involvement with aspects of food in school
- Establish effective working partnerships with the local community, for example local procurement
- Make provision for staff training and resources
- Undertake work to contribute towards healthy schools action plans

School Summary	<p>Greenvale is similar in size to many local primary schools being only one form entry which is smaller than many in the local authority. The percentage for pupils for FSM (Free School Meal) is much lower than average. We have a low percentage of pupils from minority ethnic groups and none at the early stages of learning English. Fewer pupils than average have learning difficulties or disabilities. The school has achieved the Quality Mark and Active Mark awards.</p> <p>Our morning break is twenty minutes and our lunch break one hour and fifteen minute. The dining room itself seats 160 pupils comfortably and lunchtimes are staggered. Midday supervisors are on duty at lunchtime. We consult with children and parents on lunch menu choices and this information is disseminated through newsletters with regular updates and special event menus displayed in reception.</p> <p>Children are encouraged to explore all aspects of food through activities linked to curriculum topics throughout the school. This includes such projects as “kitchen garden” to explain and reinforce the healthy eating message in conjunction with our school catering contractors, our “pet shed” where they learn the responsibilities associated with rearing animals and egg production and practical applications of foods and skills from other areas of the world.</p>
Mission/Rationale	<p>This policy, like all others in the school, supports the school’s vision of ‘Succeeding together by loving what we do’ The school has embraced the government’s ‘Every Child Matters’ initiative as detailed in the school’s SEF and the DfES’s Healthy Living Blueprint for schools. The whole school food policy will enable us to develop and maintain a shared philosophy on all aspects of food and drink.</p>
Name of member of SMT responsible for school food	<p>Headteacher (Dan Bowden) has overall responsibility for food in school. The Governing Body is responsible for policy development and for ensuring all providers on school premises are aware of the policy. The Headteacher and Governing Body share responsibility to ensure compliance with this Policy.</p>
People with key responsibilities for food in schools	<ul style="list-style-type: none"> <li>● The Collegiate Trust– responsible for menus, nutritional analysis, food safety standards and hygiene, safe practice, kitchen staff DBS compliance, training and certification as required,</li> <li>● School Cook – responsible for management of the kitchen and kitchen staff.</li> <li>● Governor (Bryony Morris Bullock) – responsible for overseeing and coordinating food issues.</li> </ul>

- Lunchtime Supervisor (Jenny Crier) - responsible for overseeing the team of lunchtime supervisors and behaviour management at lunchtime.
- PSHE Coordinator (Chloe Barnard) – responsible for overseeing and coordinating nutritional education for pupils and training for teaching and LSA staff where required.

Aim of the Whole School Food Policy

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils.

**School Food Audit**

Children regularly use the school council to raise issues around food and school meals. Parents are encouraged to raise any concerns regarding school meals or lunch boxes with the school.

Objectives (including responsibilities)

*Nutrition in the curriculum*

Nutrition is part of the PSHE programme and encourages them to make healthy food 'choices'. In science, pupils study 'health and growth' in year 2, 'teeth and eating' in year 3, 'keeping healthy' in year 5. In R.E. where other religions are considered attitudes to particular foods are studied. In design and technology, pupils are involved in designing food such as packed lunches, fruit drinks and milkshakes.

*The eating environment*

The school provides a welcoming eating environment that is appropriate to the children and young people who use it. This includes:

- Appropriate tables, chairs and cutlery are used for pupils comfort.
- Positive social interaction and behaviour is fostered by adult supervisors.
- Adequate time is allocated to enable all pupils to eat and digest their meal. Music is used to create a calming atmosphere.
- Adults are aware of the influence of positive role modelling and encouraging good manners. This is further reinforced by the presence of staff in the hall participating in the dining experience with the children.
- Children are permitted to sit in friendship groups for their meals and are not separated by choice of school or packed lunch.

### School food and drink provision

- School dinners meet standards set out by the School Food Trust (SFT) in accordance with The Education(Nutritional Standards and Requirements for School Food) (England) Regulations 2007 as amended 2011, regulation 6, schedule 3
- School food other than lunch (eg breakfast club, after school care) meet standards set out in regulation 7, schedule 4 of the above Regulations.
- The provision of drinks in school is compliant with regulation 9, 10 and 11 of the above Regulations
- Fresh drinking water is provided at all times
- Menus are available to pupils and parents on line and a paper copy is sent home from the catering company when menus change. Posters are also on display in the reception area.
- Packed lunches are stored on lunch box trolleys in each classroom. Parents are encouraged to use ice packs. Contents of packed lunches are the responsibility of parents/carers however we would encourage healthy nutritious items. We do not allow crisps, chocolate bars, nuts, peanut butter or fizzy drinks. Healthy packed lunch menu suggestions are provided on our website.  
**The only exception is that pupils are allowed one item, such as a packet of crisps or a chocolate coated biscuit on a Friday.**
- Those providing food at events are made aware of the school's food policy and the goal of healthy eating.
- The only exceptions to the above Regulations are:-
  - a. Food at parties or celebrations to mark religious or cultural occasions
  - b. Food at occasional fundraising events
  - c. Food for use in teaching food preparation and cookery skills, provided that any food prepared is not served to pupils as part of the school lunch
  - d. On an occasional basis by parents or pupils

### Communication

Consultation with parents, pupils and governors occurs through informal and formal meetings, phone calls, questionnaires, curriculum evenings, display boards, newsletters etc.

### Quality assurance

- Staff offering practical cookery skills sessions have basic food hygiene training on an annual basis.
- Staff teaching nutrition receive training annually to ensure a consistent approach and baseline knowledge of healthy eating.
- Outside visitors are made aware of the policy and ethos of the school towards healthy eating before planning their sessions.

Involvement of parents and carers	Parents and carers feedback of the Food Policy is sought via questionnaires, newsletters and consultations periodically. If pupils are noted to consistently choose/bring unhealthy packed lunches, concerns are discussed with parents informally to encourage other options.
Meeting the needs of pupils with special dietary needs	Our school is a nut-free zone. When pupils are enrolled, dietary requirements and any medical restrictions are requested via a questionnaire and catering are informed as appropriate. Pupils with cultural and religious dietary requirements are also made known to catering staff. In this way, catering staff can encourage appropriate meals and not exclude pupils in any way.
Links to other policies	<ul style="list-style-type: none"> <li>Child Protection and Safeguarding Policy</li> <li>Accessibility Policy</li> <li>All Curriculum Policies</li> <li>Behaviour and Discipline Policy</li> <li>Equalities Policy</li> <li>Health and Safety Policy</li> <li>Home School Agreement</li> <li>Looked after Children Policy</li> <li>Pupil Premium Policy</li> <li>School Aim</li> <li>SEN Policy</li> </ul>