



WHOLE SCHOOL FOOD POLICY

Document Control

	Date	By whom?	Summary of any changes made	Date implemented	Date to review
Established	June 2024	SJS		June 2024	June 2028

Why do we have a food policy?

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

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 the provision and consumption of food is an enjoyable and safe experience.
- To ensure that the whole school community understands that a balanced diet is essential.
- 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 allergenic needs.
- To 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, assemblies, or curriculum adaption, pupil consultation, etc.

We are a Nut Free school

How our Food Policy is implemented

1. School Ethos
2. Curriculum
3. Break time
4. Lunchtime
5. Staff and Visitors
6. School Visits and Events
7. Community Involvement
8. Enforcement

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips 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.

Curriculum

We make sure children get consistent messages about nutrition in lessons and at lunchtime.

PSHE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education.

Curriculum delivery will involve practical food experience delivered by properly trained staff and will be adequately resourced. We will use cooking and growing food as an exciting way to teach subjects across the curriculum.

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 discouraged.

Unhealthy foods will not be used as rewards routinely. If parents wish to give out birthday foods, the children will be asked to take this home to eat so that parents can make the decision with regards to giving permission to eat.

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

Breakfast Club

The school run Breakfast Club offers a balanced, healthy breakfast to all children who attend the club which will be consistent with this school policy and monitored by the Headteacher.

Break time

At break times we encourage our pupils to consume fruit, vegetables or healthy snacks. Reception and KS1 children are given fruit daily free of charge and we offer parents of KS2 children the opportunity to also sign their child up for the fruit scheme so that they receive fruit daily. Fizzy drinks and confectionary are not allowed. Water is encouraged at breaks as well as in the classroom. 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 pupil with an allergy.

Lunchtime

Lunches meet/exceed 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, achieved through 'Theme Days' and taster sessions. Staff, time and seating arrangements are sympathetic to a positive

social eating environment for those eating school lunches and those eating a packed lunch. Packed lunches are monitored and the curriculum encourages healthy sandwiches etc.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff and students.

Staff and Visitors

Staff will be encouraged to model the food policy and where possible eat with the students.

The dining hall is an integral part of the school where children and teachers eat lunch as part of the school day. Our cooks and lunchtime supervisors are treated as part of our team. Visitors will be offered healthy refreshments.

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.

Enforcement

Where members of the school community find that they are unable to work within the policy then school will negotiate on an individual basis.

Current guidance

The following are current guidelines

- School Food Standards: <https://www.gov.uk/school-meals-healthy-eating-standards>

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.

Free lunch provision will be handled sensitively and confidentially.

Personnel

The Headteacher and Governing Body purchase Derbyshire County Council Catering Services to provide school lunches for the children at Willington Primary School.

Monitoring and Evaluation

The Headteacher will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up to date.

Policy Development and Review

This document is freely available to the entire school community. It has also been made available, in the school newsletter, the school website and the school prospectus.

This policy will be reviewed on a 4-yearly basis or earlier if new guidelines come into place.