

# Ashmole Primary School



## Food Policy

Updated on:	Changes made / notes:

Date Created: October 2016

Written by: Adam Hickman

## **Consultation**

Consultations with parents and pupils are ongoing in both a formal and informal way. Parents are given an opportunity to provide feedback on school lunchtime meals at least annually and their feedback is passed on to the meal provider, Caterlink, for consideration during menu development.

## **Introduction and Context for policy**

This policy comes within the overall school policy on PSHCE (Personal, Social and Health Education) working towards the Healthy School Standard.

This policy is available on request for parents.

### **1.0 Aim**

To ensure that pupils at Ashmole Primary School are well nourished in school, develop a positive outlook in relation to healthy food and food provision reflects Government led standards.

### **2.0 Objectives**

Pupils have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.

1. To recognize and acknowledge the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.
2. To ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
3. To ensure that all members of the school community are able to make informed choices about the importance of food and its production.
4. To promote the school's role, as part of the larger community, to promote family health, and sustainable food and farming practices.
5. To ensure that all menus served in school meet statutory Government nutritional guidelines

### **3.0 Strategies to Achieve Objectives - Healthy Eating in School.**

#### **3.1 Food provided during the school day (Breakfast, mid-morning snack and lunch).**

Settings which provide breakfast, snacks and lunch will offer a menu which meets the Education Regulations (Nutritional Standards Requirement for school food) (England) 2007.

Working in conjunction with our lunch provider, Caterlink, the lunch menu will meet the Soil Association's Food for Life Bronze standard for school meals. The Bronze Standard ensures:

- Meals contain no undesirable food additives or hydrogenated fats
- 75% of dishes are freshly prepared
- Meat is from farms which satisfy UK welfare standards
- Eggs are from cage-free hens
- Menus are seasonal
- Training is provided for all catering staff
- No GM ingredients are used
- Free drinking water is prominently available
- No fish are served from the Marine Conservation Society (MCS) 'fish to avoid' list
- Information is on display about food provenance
- All suppliers have been verified to ensure they apply appropriate food safety standards

At breakfast club, pupils have a choice of cereals, toast and fresh fruit. To drink they are provided with milk and water. The sugar and salt content of cereals is monitored and high sugar foods are avoided.

## Food Policy

All pupils in the EYFS and KS1 receive a free piece of fruit at break time.

The promotion of Healthy Packed Lunches is to be carried out annually by providing parents with written information on what to include in a healthy, balanced packed lunch according to the Food Standards Agency Guidelines for a Healthy Packed Lunch and School Food Trust Guidelines. Lunchtime supervisors will monitor discretely the contents of pupils' packed lunches and report any concerns to senior staff, who will meet with the parents / carers to further advise / support as required.

Details of children with allergies and dietary requirements are circulated to all lunchtime serving staff and updated as soon as new information is received.

### **3.2 Water Consumption**

Plentiful drinking of water has been recognised in improving behaviour and concentration. Pupils are encouraged to bring water bottles in each day and are allowed free access to drinking water in class. Water is provided on the tables at lunchtime.

### **3.3 Rewards**

Ashmole Primary School recognises that pupil achievement(s) should be celebrated and rewarded when appropriate, and that food may play a role in such celebration. Any food given will meet the Government Regulations for School Food. Other forms of reward will also be actively promoted e.g. book tokens, trips, special lunchtime events.

When children celebrate birthdays a party bag can be given. This should be taken out of the school so that parents can have an opportunity to see what the child has been given in the party bag and monitor accordingly. Party bag contents should not be consumed on the school site.

### **3.4 The Dining Environment**

Ashmole Primary School is committed to providing a welcoming eating environment that encourages positive social interaction. This is done by staggering and varying the dining times of each year group so that children of different year groups have an opportunity to eat together. Children who bring packed lunch are encouraged to sit with those who do not and vice versa to avoid any feelings of separation.

### **3.5 Food in the curriculum**

Schemes of work will reflect the whole-school emphasis on healthy eating - particular reference will be made in Citizenship, Science and PE.

All pupils will be given the opportunity to take part in a structured programme that promotes healthy eating these are:

- Embedded in the Science curriculum in both KS1 and KS2
- Promoted at least once each term through assemblies

### **3.6 Pupil Consultation**

Young people will be given regular opportunity to be consulted appropriately about their food choices – including school meals and food and drink other than lunch.

Tasting events and consultation with nominated pupil groups, takes place annually and feedback is used to inform menu choices.

### **3.7 Partnership with parents and carers and pupils**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. It is an important part of this policy that this partnership is not compromised by adopting approaches which could be seen as patronising, superior or ignorant of families' situations. Therefore any advice given to parents and carers about how they provide for their children nutritionally needs to be sensitive, collaborative and led by senior staff who are fully aware of any family situations and concerns.

## Food Policy

Parents and carers and pupils must be regularly updated on food policies and guidance. This will be done by written communication and by promotion of this information at parents' evenings and other events.

### **4.0 Monitoring and Evaluation**

This policy is monitored by the governing body and will be reviewed every two years, or before if necessary.