



STANWICK PRIMARY ACADEMY

Policy Document Name: Whole School Food Policy

Person(s) Responsible for Document: Mrs Chloe Neild

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1 Aim

1.1 We aim to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school. Through effective leadership, the school ethos and curriculum, we aim to create an environment which supports a healthy lifestyle because there is an important connection between a balanced diet and student's ability to learn effectively. We also aim to ensure the school plays its part in the larger community by helping to promote family health and the awareness of cultural diversity.

2 Objectives

2.1 In support of our aim we will:

- promote health awareness
- contribute to the healthy physical development of all members of our school community
- give consistent messages about food and health
- give our pupils the information they need to make healthy choices
- ensure that all aspects of food and nutrition in school promote and improve the health and well-being of the whole school community by helping to influence their eating habits through increasing their knowledge and awareness of food issues. This includes what constitutes a healthy and environmentally sustainable diet
- ensure that every pupil has access to safe, tasty and nutritious food by using fresh fruit and vegetables for snack in Key Stage One
- provide a safe, easily accessible water supply during the school day
- Ensure that the provision and consumption of food is an enjoyable and safe experience, which encourages positive social and cultural interaction whilst reflecting the ethnic, religious, vegetarian and medical needs of pupils and staff
- to increase pupil's knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment.

3 Settings for the School Food Policy

3.1 In accordance with the aim and objectives of this policy, the policy will apply to the following settings in the school:

4 Snack

4.1 Reception and Key Stage 1 children receive a free piece of fruit or vegetable from the Government Fruit and Vegetable scheme which they consume during the morning session or afternoon session. If children in both key stage 1 and 2 wish to bring a snack for breaktime, we allow them to bring a piece of fruit, vegetable or other healthy alternative.

5 Food Allergy

- 5.1 We ensure that the school has considered the needs of food-allergic pupils and has developed appropriate procedures in all areas of the curriculum and beyond, ensuring that affected children are not knowingly exposed to food allergens like nuts and seeds during school hours (see notes within Section 8 Packed Lunches). These considerations apply and are promoted to the whole school community.

6 Water

- 6.1 A plentiful supply of drinking water for children is recognised as improving behaviour and concentration. Drinking water is freely available and pupils can fill their own drink bottle for use throughout the day. Children are regularly reminded to drink water especially during warmer weather, to educate about the importance of hydration.

7 School Lunches

- 7.1 We will:
- Raise awareness of availability of school lunches and potential benefits of the nutritional value they bring
 - Inform that the hot meals are cooked and prepared in house, predominantly from the kitchen pod at Stanwick or the Manor Sports College kitchen, who are responsible for the nutritional value of the food
 - Ensure the school has the capacity to provide a meal for all those who require one

8 Packed Lunches

- 8.1 We are committed to encouraging parents to provide healthier lunchboxes for children. When children enter Reception, the school provides a recommendation to parents of what constitutes a healthier lunchbox and this message is reinforced throughout the school. The guidance is consistent, realistic and stresses the importance of a balanced and varied diet.

To ensure consistency and to keep packed lunches in line with food standards for school meals, parents will be informed that packed lunches **should not** contain the following:

- Chocolate bars (products which are predominantly biscuit based with a chocolate coating are acceptable)
- Sweets
- Chewing gum
- Sugared/toffee and salted popcorn
- Snacks high in salt and fat
- No products containing peanuts (see Section 5 Food Allergy)
- Salted nuts

8.2 The contents of a packed lunch can vary for different reasons, including dietary requirements or intolerance and religious observance. Due to this we do not allow children to share or exchange food from their packed lunches. Food not eaten in a packed lunch is taken home by the child to ensure that parents are aware of what their child has or has not eaten. Lunchtime Supervisors also monitor the contents of lunchboxes and whether or not a child is eating and drinking sufficiently at lunchtime.

9 Milk

The Government Food Plan, milk scheme is available to all pupils. The cost of school milk is subsidised for pupils aged five or older.

Children who are registered for Free School Meals will have his/her milk paid for by school.

Cool Milk at School Limited operates the scheme on behalf of Stanwick Primary. Each pupil that registers with Cool Milk will receive a 189ml portion of semi-skimmed milk every day, which is delivered fresh and chilled to the classroom. Their school milk will not only provide them with essential nutrients, but as it is rehydrating and energy boosting it also bridges the gap between breakfast and lunch to help children stay focused.

10 Eating Environment

10.1 Packed lunches are eaten at dining tables in the school hall. In all situations we aim to provide calm, ordered environment conducive to mutual respect and good behaviour, promoting social and community cohesion. All table surfaces are disinfected before any eating commences. The school is also committed to:

- encouraging children to wash their hands before eating
- encouraging all children to eat the food that has been provided for them
- actively helping children who find some aspects of packed lunch difficult, e.g. opening tubs, packets, cartons or bottles

11 Celebrations and Festivals

11.1 We believe it is important to celebrate cultural, personal or community events and recognise that food has a role in such celebrations as birthdays, religious festivals, or end of term. Any food provided at such events should comply with this policy.

12 Curriculum

12.1 PSHE, Geography, Science, Design Technology, RE and Languages may all contribute to the curriculum delivery of food education as food is of vital importance to us all and should be used to enrich the school curriculum. The curriculum can then enrich pupils' experience of food and healthy eating. Curriculum content will include the following:

- the importance of food groups and the role they play in promoting growth

- the development of a strong healthy body
- that constitutes a balanced diet
- how food is produced
- an understanding and appreciation of cultural diversity
- the development of respect and understanding towards the beliefs and attitudes of others

12.2 It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. 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.

12.3 Visits by outside agencies such as the Life Education Mobile also promote health awareness. In addition, whole school and class assemblies are an opportunity to explore health and food related issues.

13 Beyond the Curriculum

13.1 We offer a wide range of extra-curricular activities which support a healthy lifestyle and to which the aim and objectives of this Food Policy apply.

14 Sports Clubs

14.1 Sports clubs take place at various times throughout the academic year. These include team sports, athletics, gymnastics and dancing and aim to contribute to the healthy physical development of pupils. Any food offered will be consistent with the food policy and will be monitored by the Principal.

15 Partnership with parents and pupils

15.1 The partnership of home and school is vital in shaping how children behave, especially where health is concerned. Parents and carers are requested to inform the school of any health or food requirement their child has; parents, carers and pupils are regularly updated on events and issues relating to health and food.

16 School Councils

16.1 This provides a mechanism for consulting pupils at all stages of developing the school food policy and allows pupils to take responsibility for ongoing aspects of the school food policy.

17 Monitoring and Review

17.1 The Principal is responsible for monitoring that we meet our objectives as detailed in this Food Policy. The School Council Co-ordinator meets with the School Council to gather feedback from the pupils on aspects of food and nutrition where relevant. The Principal is responsible for supporting staff in the delivery of the Food

policy. The Governing body monitors that the policy is upheld. The Principal and Governing body monitors maintaining National Healthy School status.