



Ashlands
Church of England
Primary School



Love of Learning, Love of Life, Love of One Another
'Life in all its fullness' John 10:10.

Whole School Food Policy

Policy Review

Review Cycle	Date of this Policy	Author(s) of Current Policy	Review Date
Bi – annual	November 2021	School based	November 2023

Policy Ratification

Role	Name	Signature	Date
Chair of Governors	E. Kading	Held on original	November 2021
Head Teacher	N. Ball	Held on original	November 2021

Details of Policy Updates / Version Control

Date	Details

Whole School Food Policy

Values and Ethos

Ashlands CofE Primary is dedicated to creating an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. Through a well planned and taught curriculum, a variety of enrichment activities and encouragement and guidance with our food and drink provision, we aim to improve the health and wellbeing of children and foster a healthy respect for their bodies. At this school we believe a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills. With this in place we can work towards our vision of 'love of learning, love of life and love of one another'.

Aims of the policy

- To enable pupils to make healthy food choices and the development of appropriate skills and attitudes through cross-curricular learning.
- To provide healthy food choices throughout the school day
- To encourage a positive attitude to healthy eating for later life
- To ensure food education plays a fundamental part in our curriculum
- To develop a positive attitude to healthy lifestyles through all aspects of school life

Roles and Responsibilities

It is the responsibility of the head teacher, lead MSA and named health and safety governor to ensure that both staff and parents are informed about our policy, and that the policy is implemented effectively.

All school staff, especially teachers and MSAs, have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with the healthy eating guidelines. The lead MSA will provide guidance as required.

The DT Food and Nutrition curriculum will be taught by all teaching staff including HLTAs, TA's /1:1s or volunteers under the direct supervision of the class teacher. It is the Art & DT Lead and named H & S governor's responsibility to ensure that all members of staff are given sufficient training so that they can teach effectively.

The lead MSA, head teacher and named governor will monitor this policy on a regular basis and report to the governing body, when requested, on the effectiveness of the policy.

Curriculum Design and Learning

DT Food and Nutrition is taught across our curriculum through multiple teaching methods to provide a rich variety of learning including but not limited to; themed weeks/activities, whole school events, cross-curricular learning (Science, RSE), tasting sessions, food preparation and cooking and group discussion. These methods are taught at an appropriate level throughout each key stage and, 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.

To support the curriculum we will;

- help pupils to understand the importance of a well-balanced diet.
- give pupils the opportunity to plan, prepare and cook healthy, tasty meals.
- give pupils the opportunity to learn about the growing and farming of food and its impact on the environment.
- encouraging pupils to eat and cook with vegetables that they have grown at home and/or within school.

Resources

Ashlands School has a free-standing induction oven with hobs. Misterton and Ashlands both have the capacity to organise cooking areas for food-based activities. These areas can be supported by the facilities available in the fully equipped kitchen of each school. We also have access and links to organisations such as Food A Fact Of Life;

<https://www.foodafactoflife.org.uk/> and The British Nutrition Foundation

<https://www.nutrition.org.uk/>

Both schools have the capacity to provide opportunities to grow their own fruit and vegetables. Each school provides an area to serve hot meals from safety.

Food and drink provision throughout the school day

In 2013 the Government announced new standards for school food which cover all food sold or served in school: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Hot Lunches

Our hot lunches are prepared by Wadham who provide us with their annual certificate stating their food meets the National Nutritional Standards for School Lunches.

Break-Time snacks

EYFS and KS1 are provided with a free healthy snack choice and KS2 have access to a 'Fruit Bowl' as the school understands that snacks can be an important part of the diet of children and can contribute positively towards a balanced diet.

Wrap Around Care

Food provided during wraparound care clubs will be similarly nutritious and of the same high standard as food provided at lunchtimes.

- Our school breakfast consists of one portion of fruit or 100% fruit juice, some form of complex/wholegrain carbohydrate and some dairy produce (low in sugar and salt).
- Our after school snack/tea consists of one portion of fruit and some form of complex/wholegrain carbohydrate, and some dairy produce (low in sugar and salt).
- Pupils will be able to enjoy their breakfast/tea in a pleasant environment seated at a table whilst chatting to their friends.

Use of food as a reward

The school encourages a balanced approach to celebrating with food, ensuring a mix of foods high in sugar or fat with foods that are low in sugar or fat.

Occasions to celebrate

We understand it is important to eat healthily, however there are occasions when ‘treats’ are eaten in moderation and we will support the sharing of food for celebrations. We encourage a balanced approach to celebrating with food, ensuring a mix of foods high in sugar or fat with foods that are low in sugar or fat. *At the beginning of each year we will send out a parent permission form to allow the consumption of treats at school.*

Drinking water

We will ensure that pupils are encouraged to drink healthy drinks throughout the school day to maintain optimum hydration. The school provides a free supply of drinking water through water fountains and classroom sinks.

Pupils are actively encouraged to bring water bottles from home to use at break times and during lessons if needed. The consumption of water is encouraged regularly by classroom staff in classrooms (at least once in the morning and once in the afternoon) and by lunchtime supervisors at lunchtimes.

When other drinks are provided by school, they should be fruit or vegetable juices, milk or milk/yoghurt based drinks. Drinks provided by school should not contain added sugars or sweeteners. Occasionally Hot Chocolate is offered as part of Forest School Activity.

We do not permit fizzy and/or energy drinks, fruit juice and cordial are not permitted in class. During lunch times water is freely available with children using school provided drinking cups.

Food and drink brought into school

Break-Time Snacks

We advise parents to send children with a healthy snack. This should ideally be a piece of fruit or vegetable. Snacks high in sugar, saturated fat and salt such as chocolate bars and crisps are not actively encouraged. **Nut products are not permitted.**

Packed Lunches

The school encourages parents and carers to provide children with packed lunches that complement the food standards. This is achieved by promoting healthy packed lunch options.

Parents are advised that pack lunches should include:

- At least one portion of fruit and one portion of vegetables everyday
- Meat, fish or other source of non-dairy protein everyday
- Oily fish such as salmon, at least once every three weeks
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes everyday
- Dairy food such as milk, cheese, yoghurt everyday
- Healthy drink option
- **Nut products are not permitted.**

Advice for parents on healthy packed lunches can be found at <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

School Trips

Pupils will be encouraged to bring a healthy packed lunch on school trips. Where appropriate a brief reminder of what constitutes a healthy packed lunch will be included in the school trip letter.

Our Eating Environment

The school hall is used for hot school meals and packed lunches at lunchtimes, some packed lunches are also eaten within the classrooms. It is our belief that meal times are social occasions and that pupils can talk and enjoy these times with their friends. Appropriate crockery and utensils are provided for all hot meals and appropriate table manners and knife and fork skills are practised and adhered to.

Special dietary requirements

- **Religious and Ethnic groups**

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

- **Vegetarians and Vegans**

Our hot meal provider offers a daily vegetarian option to order from on the online system. Any vegan requests are managed individually.

Restricted Income

We understand that healthy choices can be a more expensive option and low-income families may feel forced to make different choices based on their budget. In such instances the school will ensure that the children will be given additional access to fruit and support the family in their choices.

Medical

Individual Health Care Plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements. School caterers are made aware of allergies/food intolerances/ medical diets and requests for these diets are submitted according to an agreed process.

The school office keep an up-to-date allergy list and send to all staff members regularly to make sure staff are aware of any religious requirements, allergies or intolerances within their classroom which can be referred to at any time especially when planning the DT Food and Nutrition curriculum.

Our school has a '**No Nuts Policy**' in place. This means we will make sure that nuts are not used in class recipes, advise parents of alternatives to nuts, make sure our hot meal provider does not provide nuts in any of our meals. Staff regularly check pupil's lunch boxes to ensure they are compliant with our '**No Nuts Policy**'

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 have guidance on food hygiene; and that suitable equipment and protective clothing are available. Temperature of hot meals are recorded on dispatch and before they are served. Any food safety hazards are identified and controlled.

Monitoring and evaluation

This policy will be monitored by the head teacher and catering staff. It will be reviewed every other year. If you would like to make any comments about the policy please feel free to contact us via the school office.

Appendix A

Happy Healthy Lunchtimes

- Have a seat whilst you're eating at the dining table. Take your time, enjoy your food and eat as much as you can.
- Enjoy a chat with your friends but please don't shout.
- A knife and fork should be used to eat school dinners and a spoon to eat puddings.
- Try to eat one portion of fruit and one portion of vegetables every lunch time to help you to be healthy and to reach your 'five a day'.
- Make sure you have a drink every lunch time. Never pour water back in the jugs.
- Be kind and polite to everyone. Always remember to say "please" and "thank you".
- Try to keep the hall a nice place to be. Eat carefully to avoid food falling on the floor and let the dinner ladies know if this does happen and they will help you.
- Put your rubbish back in your lunch box.
- Try to be patient and think of others when you are queuing up.

Appendix B

Packed Lunch Guidance

Introduction

To grow and stay healthy children need to eat a nutritionally well balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

Aim

To ensure that packed lunches (brought in from home) reflect the new standards for school meals.

Rationale

The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals. The contents of lunchboxes in some schools can be extremely unhealthy; recent audits of lunchboxes have shown that in the main they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables.

The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning. The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Children's packed lunches should include items from the 5 main food groups:

- 1) Bread, rice, potatoes, pasta. These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions eg pasta salad and sandwich.
- 2) Fruit and vegetables. These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, e.g. carrot/cucumber sticks, cherry tomatoes and a piece of fruit.
- 3) Milk and dairy foods. These foods provide calcium for healthy bones and teeth. Lunches should include 1 portion at lunch e.g. yoghurt, fromage frais, milk.
- 4) Meat, fish, eggs, beans. These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, mixed bean salad.
- 5) Drinks – any drinks provided in lunch boxes should be either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice or fruit or dairy based smoothies.

Please support us by not including these items in a packed lunch

- Fizzy Pop/Fruit shoots
- Sweets
- Chocolate bars
- Foods and drinks high in fat /and or sugar

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes.

A choice of only **one** of the following should be included per day:

- A cake bar
- Packet of crisps
- Biscuit

Waste and Disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.