

Date	Minute number	Amendment	Signed
22/11/2021		Curriculum changes Natasha's law	



School Food Policy

Aims

- 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.
- To make it clear that this school actively supports healthy eating throughout the school day because there is an 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 farm 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.
- 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 recommended.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils, e.g. religious, ethnic, medical and allergenic needs.

How our food policy is implemented

1. School ethos
2. Curriculum
3. Playtime
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 have currently redesigned our curriculum into integrated topics. There are four topics where food education will be taught, however our new curriculum is designed to encourage flexibility and creativity. We use the PSHE Matters Scheme which highlights Healthy Eating. This is progressive throughout the school. Pupils gain an understanding of a balanced diet as part of the Science Curriculum and thinking about designing healthy recipes in design and technology.

Curriculum delivery will involve practical experience delivered by properly trained staff and will be adequately resourced. Children will have the opportunity to taste, cook, sort and classify foods.

Foods containing high levels of sugar and salt will be avoided.

Alternatives will be provided for children with food allergies.

Children are allowed to share treats if they have been on holiday or if it's their birthday. All treats are given out at the end of the day for the children to take home to eat.

All pupils and staff have water available in their classrooms.

Playtime

At playtimes children have a piece of fruit to eat.

Lunchtime

Pupils are encouraged to taste and eat new foods. All pupils have a choice enabling them to eat healthily. We ask that no fizzy or sugared drinks are bought into school. Water is always freely available.

Children sit in their class groups at dinnertime and we promote a positive social eating environment. Midday supervisors promote positive eating behaviour and there are targets each week to promote this.

Packed lunches are monitored and the curriculum encourages healthy sandwiches. 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. Visitors will be offered healthy refreshment choices.

School visits and events

Following the implementation of Natasha's Law in 2021, all children with food allergies are required to provide a packed lunch from home for school trips.

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. Practical healthy lunchtime leaflets are included with the school brochure and the school council is involved in promoting healthy lunches.

Enforcement

Our school motto is "Try it twice, it might be nice". All children are encouraged to try new foods, starting with smelling, licking and proceeding to tasting. Children are encouraged to increase the amount of fruit or vegetables they eat over a period of time. Weekly Hogwarts Table Rewards celebrate successful behaviour.

Equal opportunities

Provision is allowed for special diets, e.g. medical, cultural and vegetarian and for appropriate servings. Free packed and cooked lunch will be handled sensitively.

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 policy was produced in consultation with the entire school community, including pupils, parents, and school staff including the catering staff, Governors and local Healthy school standards representative.

This policy will be reviewed in two years.
Next review – November 2023