

Food Policy



Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

Please note that we are a 'no nuts' school.

This school food policy is co-ordinated by Debbie Davies, Headteacher.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
2. To support pupils to make healthy food choices and be better prepared to learn and achieve.
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

Food During the School Day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 8.00am – 8.40am and children are encouraged to bring a healthy breakfast item if required.

School Lunch

School meals are provided by Oxfordshire County Council and served between 12 noon and 1pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. School meals are planned on a 3-week cycle and always contain a meat/fish and vegetarian option. The school meals menu can be found on our school website.

Packed Lunches

The school's packed lunch guidance to parents is developed from information from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. Packed lunches should aim to include: • Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible • 1 portion of fruit and 1 portion of vegetables or salad • Dairy food such as cheese or yoghurt • Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel • Oily fish once every 3 weeks e.g. sardines or salmon.

Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years/KS1, snacks are provided during the morning and include fruit and vegetables. Pupils are allowed to bring their own snacks for break and After Owls and should be 'healthy items'.

Drinks

The school expects that pupils bring only water for drinking during the school day, with the exception of the free milk entitlement. Water is available in classrooms. Children may bring fruit juice/sugar free squash with a packed lunch.

School Trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips; however, these lunches should adhere to the same food and drink guidance described above.

Rewards and Special Occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including house points, stickers and reward cards.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children will receive a sticker and inclusion in the celebration collective worship. Parents are welcome to send in fruit or non-food items eg stickers for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays. For celebration events the school normally provides the food so that it meets the needs of all pupils. However, if parents are asked to contribute then Class teachers will provide families with suggestion lists of celebration food to ensure that we have a wide variety of food choices available. Occasional fund-raising events may include the sale of food such as cakes, but the inclusion of other foods will also be encouraged.

National Curriculum and the Wider Curriculum

Food and nutrition are taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

Special Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is Debbie Davies, Headteacher. Pupil's food allergies are displayed in a sensitive way in the school kitchen.

School Staff and Visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. **This says in the company of pupils so what staff choose in the staff room an adult making a choice.**

Appendix 1 – Eatwell Plate