

# Whitwick St. John the Baptist C.E. Primary School



## Whole School Food Policy

Agreed by Staff: **June 2022**  
Agreed by Governors: **June 2022**

Signed (Chair): \_\_\_\_\_ Date: \_\_\_\_\_



## INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils

## FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by the PSHE co-ordinator.

## FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day
3. To educate children in line with the national curriculum about food and nutrition

These aims will be addressed through the following areas:

### 1. EQUAL OPPORTUNITIES

In healthy eating, 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.

### 2. CURRICULUM

Food and nutrition are taught at an appropriate level throughout each key stage in line with the requirements of the National Curriculum September 2014.

(Appendix 1). – National Curriculum 2014 programme of study for Cooking and Nutrition

Our curriculum will cover growing food as well as cooking and will include visits to farms and other food producers. We have our own garden and chickens. Produce from the garden and eggs from the chickens will be used in cooking in school.

### Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

### Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, the most recent guidelines from the School Food Plan and the Children's Food Trust have been shared.

### **Visitors in the classroom**

This school values the contribution made by the school nurse and other health care professionals such as dieticians and dentists, in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

We invite family members in for different events for which the children are involved in preparing food.

### **Resources**

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. Samples from some of these resources are displayed in the PSHE teacher's folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

### **Evaluation of pupils learning**

#### **◆ Primary**

The healthy eating aspects of the National Curriculum are assessed in line with the school's assessment guidelines.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

Our School Nutrition Action Group ( SNAG) will be involved in developing activities.

## **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school provides the opportunity for toast to be purchased at break time. It is offered free of charge to children in receipt of Pupil Premium Grant

### **National Nutritional Standards for School Lunches**

National Nutritional Standards for school Lunches became compulsory in April 2001. The Government has announced new standards for school food in 2014. There are three parts, to be phased in by January 2015. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

This school does not offer a tuck shop or provide vending machines.

## **SNACKING**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time.

Break time snacks are allowed as follows:

- Monday to Thursday fresh or dried fruit, vegetables or toast (25p to buy)
- Friday – sensible choice
- Every day toast is available

## **USE OF FOOD AS A REWARD**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement (house points) are used in school.

## **DRINKING WATER**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water.

- Each class has mains drinking water apart from the Mobile where jugs of water are available.
- Jugs of water are provided on the tables at lunchtime.

## **4. FOOD AND DRINK BROUGHT INTO SCHOOL**

### **PACKED LUNCHES**

Packed lunches prepared by the school caterers for visits adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards. Please see Healthy Lunch box guidelines

## **5. SPECIAL DIETARY REQUIREMENTS**

### **SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS**

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

### **VEGETARIANS AND VEGANS**

School caterers offer a vegetarian option at lunch every day. The school also provides a vegan option on request.

### **FOOD ALLERGY AND INTOLERANCE**

Whitwick St John the Baptist CE Primary School is a nut free school. Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

- A letter from a medical practitioner may be requested if a specific diet is required.
- Parents must inform the school if their child has a food allergy or intolerance.
- Parents are responsible for ensuring any medication is up to date.

## **6. 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 undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Teaching Assistants have completed Food Hygiene training before cooking with children. A freezer has been purchased for quick freezing of produce from the garden or for prepared food.

## **7. THE FOOD AND EATING ENVIRONMENT**

School meals are served in the School Hall. All children eat together. Children eating hot meals will be seated first followed by those with packed lunches. In good weather children with packed lunches may eat outside.

## **MONITORING AND EVALUATION**

The policy and procedures are monitored every year. Parents views are sought through parent questionnaires and parent forums.

**Appendix 1**  
**National Curriculum 2014**

**Cooking and nutrition**

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

**Key stage 1**

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

**Key stage 2**

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.