Bishop Monkton C of E Primary School
WHOLE SCHOOL FOOD POLICY

Document Status		
Date of Next Review	March 2027	*Agreed by Full Governing Body* *Chair: Ashlea Costelloe* *Headteacher: Sally Cowling*
Success Criteria for review completion	Reviewed by HT	
Date of Policy Creation	**Adapted school written model**	
Date of Policy Adoption by Governing Body **14th December 2020** **This Policy was reviewed on the 18th March 2023**		
Method of Communication (e.g Website, Noticeboard, etc) **Email, School website and Policy Folder**		

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, pupils, and our school nurse. (**Include details of any healthy eating working groups and consultation with parents etc.)**

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the 'eatwell plate' (formally the Balance of Good Health (BOGH)

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by: Sally Cowling Headteacher

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

These aims will be addressed through the following areas:

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.

1. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

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 and caterers 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 school has undertaken the Healthy Schools Award

Visitors in the classroom

This school values the contribution made by the school nurse 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.

Resources

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'eatwell plate' where appropriate.
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 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 through SATS.

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

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Food-based Standards exist covering all aspects of school food. (Full details and the document relating to this are available form the School Food Trust)
www.schoolfoodtrust.org.uk

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 operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the food-based standards.
The breakfast menu includes: cereal, yoghurt, toast and cheses.

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. There are three parts, to be phased in by September 2009. 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.

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.
All Children may bring fruit/vegetables or cheese should they feel the need to eat something at morning play.

Reception, Year 1 and 2 are provided with a piece of fruit everyday as part of the government's schools' fruit and vegetable scheme.

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 are used in school.

DRINKING WATER

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

The school agrees with this recommendation and provides a free supply of drinking water.
All children when joining the school in Reception are provided with a school water bottle which is washed and filled daily in school.

4. FOOD AND DRINK BROUGHT INTO SCHOOL

PACKED LUNCHES

Packed lunches prepared by the school caterers 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. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'.

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS - 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 everyday. When necessary the school also provides a vegan option.

SPECIAL DIETS - MEDICAL

Individual 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 e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

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.

7. THE FOOD AND EATING ENVIRONMENT

All school meals and packed lunches are eaten in the school hall, water and milk is available to drink at this time.

MONITORING AND EVALUATION

Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.