

# Whole School Food Policy

## Meadow View Primary School



<b>Approved by:</b>	Head Teacher	<b>Date:</b> May 2018
<b>Written:</b>	May 2018	
<b>Next review due by:</b>	May 2020	

## **Whole School Food Policy**

This document is freely available to the entire school community. It has also been made available in the school newsletter, website and prospectus.

At Meadow View Primary School we believe that healthy eating should be promoted as an enjoyable activity, as well as one that contributes to good health. We believe that it is the school's role to develop pupils' abilities to make informed food choices, in a way which acknowledges and respects the eating habits of individuals and families.

This policy brings together all aspects of food in school to give coherence, clarity and consistency.

This policy applies to all food served throughout the school day and any food provided for trips out of school.

### **Aim**

To ensure that all aspects of food and nutrition in school promote health and well-being, of pupils, staff and visitors to our school. To equip pupils with the knowledge to make informed choices, about food throughout their lives, and to give them the opportunity to apply that knowledge on the school premises.

### **Objectives**

What do we want to achieve?

- Ensure that all food provided by the school complies with the food and nutritional based standards set out by the School Food Trust (2006)
- Review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- Ensure that the lunch break experience contributes positively to the pupil's personal development, through carrying out an assessment of the current dining room, which focuses on the seating and queuing arrangements. To take a whole school approach to this by involving pupils and the whole school community.
- Work with school caterer to run a healthy breakfast club which sells only:

White/brown/wholemeal toast

Spreads to include, margarine,

Non sugar coated cereals, eg weetabix, cornflakes, rice krispies

Fresh/dried fruit

Fresh orange/apple/pineapple juice

Semi-skimmed milk

Water freely available

- Ensure that the school staff preparing and cooking food with or without the pupils has basic food hygiene training.
- Ensure that clean palatable drinking water is available for pupils throughout the school day and pupils understand the importance of keeping hydrated.
- Work with school meal provider to monitor pupil menus.
- Provide guidance so that the messages about food and nutrition are consistent across all the schools activities, including snacks eaten during the day, school meals, packed lunches and the food taken on school trips.
- Agreement that fruit should be the preferred snack at morning break, rather than crisps, sweets or chocolate coated products.
- Whole School Food Policy presented to new parents during reception year open evenings.
- Parents are actively encouraged to be involved in healthy eating activities in school.
- Sharing with parents/carers accurate and up to date nutritional guidance gained from the Food Standards Agency's website ([www.food.gov.uk](http://www.food.gov.uk)) to support them to plan healthy packed lunches for their children.
- Participates in the National School fruit and vegetable Scheme which provides Key Stage 1 pupils with a free piece of fruit or vegetable each day.

#### **How are we going to meet our objectives?/Action to be taken**

- Launch and raise profile of healthy eating in school during Health Week
- Ensure that food in school is regularly on the agenda at school council and staff meetings
- Formal Curriculum: food and diet topics are included within subject areas where possible
- CPD: send member of staff in charge of food on basic food hygiene training.
- Arrange training for lunchtime staff

- Encourage more staff to eat in the dining room, establish a “top table” for pupils who behave well in the dining room
- Regularly invite parents/carers and governors into school for lunch.
- To work with oral health promotion and the 5 A DAY Programme to promote all aspects of healthy eating.
- To consider the installation of water coolers throughout school

### **Monitoring and Evaluation – How do we know our objectives are being met?**

- Ensure that any suggestions or ideas around food in school from the school council are fed back to staff and appropriate action is taken.
- Annual review of whole school food policy to include consultation with pupils and parents/carers
- Formal Curriculum: Appropriate member of staff to review through observation or lesson plans of how food is being taught within the curriculum
- Member of staff responsible for NSFVS to regularly check how the scheme is working in school and to liaise with supplier over deliveries to school tuck shop.

### **Notes**

This policy was produced in consultation with the entire school community, including pupils, parents, school staff, governors, and local Healthy Schools representative.

This school actively supports healthy eating and drinking throughout the whole school day.

Agreed by Governors: 03.02.10 updated Feb 2014, updated Feb 2016, updated Feb 2018