



Whole School Food Policy 2017/18

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| Written by | REAch2EAT |
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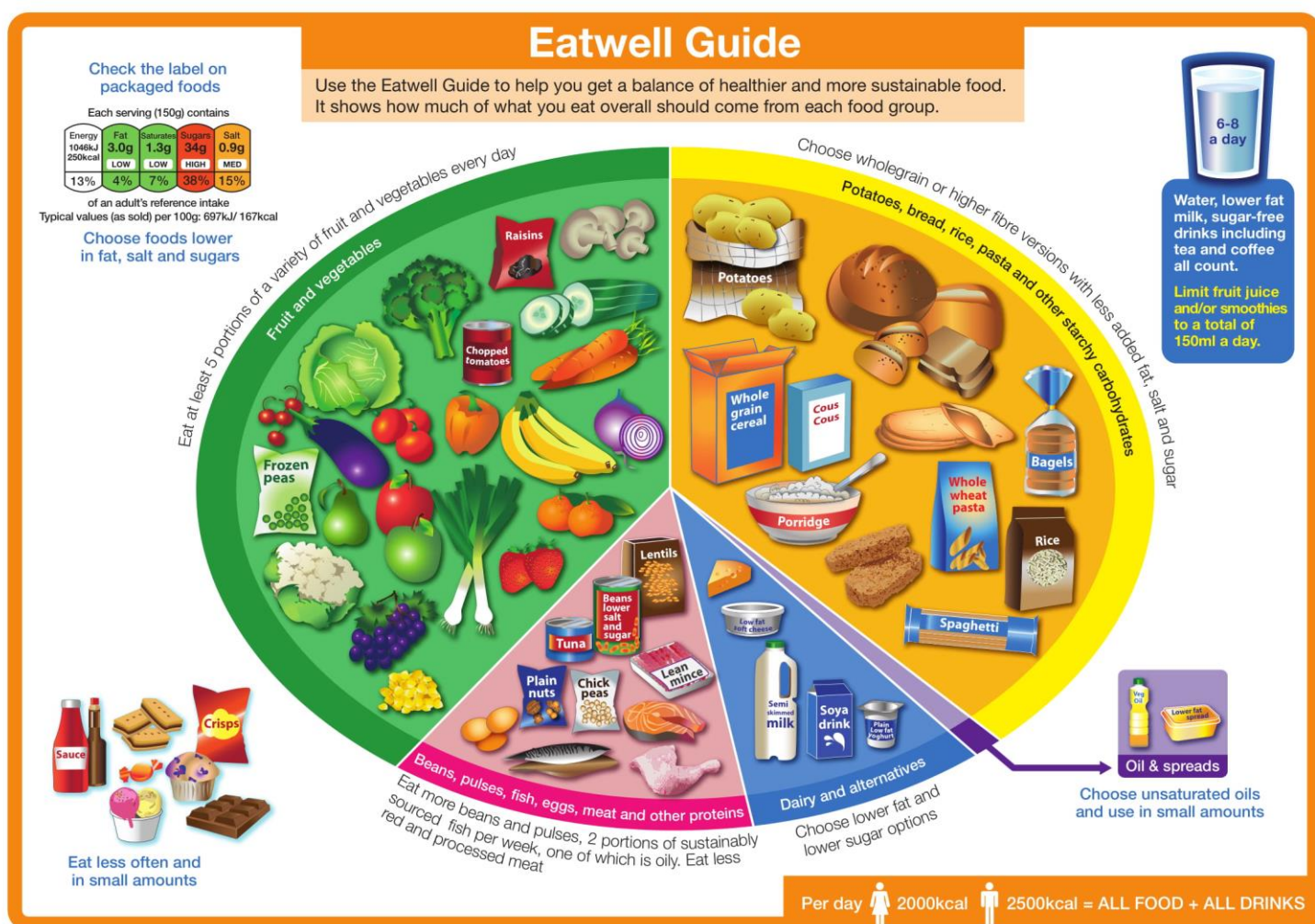
Contents

| | |
|---|---|
| PURPOSE | 3 |
| Aim of the policy | 4 |
| 1. What is a Healthy School? | 5 |
| 2. Water in school | 5 |
| 3. School Lunches..... | 5 |
| 4. Packed Lunches..... | 5 |
| 5. Dining Environment | 6 |
| 6. Special Dietary Requirements..... | 6 |
| 7. Snacks and Tuck | 6 |
| 8. Food in the Curriculum | 7 |
| 9. Food Beyond the Curriculum | 7 |
| 10. Pupil/Parent/Carer Involvement..... | 7 |
| 11. Monitoring and Evaluation..... | 7 |

PURPOSE

REAch2EAT is dedicated to providing an environment that promotes healthy eating and enables children to make informed choices. This will be achieved by the whole-school approach to food provision and food education documented in this policy.

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



Aim of the policy

The main aims of our REAch2EAT whole-school food policy are:

1. To provide a range of healthy food choices throughout the day in line with the statutory food standards, ensuring that pupils and staff are well nourished at school and that every pupil has access to a safe, tasty and nutritious meal.
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 children staff and parents/carers.
4. We aim to ensure all pupils and staff have access to drinking water throughout the day.
5. All school staff are to be encouraged to create and promote an environment which supports a healthy lifestyle through curriculum topics and acting as role models.
6. The school aims to ensure that it involves pupils and parents in guiding the food policy and practice within the school and will act on feedback provided.
7. The school is committed to providing training for staff which includes diet, food safety, first aid and hygiene.

1. What is a Healthy School?

- A healthy school is one that is successful in helping pupils to do their best and to build on their achievements.
- It is committed to ongoing improvement and development.
- It promotes physical and emotional health by providing accessible and relevant information for children and staff.
- It provides pupils with the skills and attitudes to make informed decisions about their health.
- A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil attainment and improving standards.
- It also recognizes the need to provide a physical and social environment that is conducive to learning.

2. Water in school

Plentiful drinking water is to be actively encouraged and modelled by all staff. All pupils are to be encouraged to bring water to school in a water-bottle; these will be kept nearby, as directed by adults in class.

3. School Lunches

Catering for our school lunches is prepared on site by our dedicated catering teams, using fresh ingredients sourced from local suppliers.

Our three-weekly menu cycle meets the School Food Standards, and on a daily basis our children are offered carbohydrate, protein, vegetables salad and fruit.

Every effort is made to ensure that the pupils make appropriate choices and take all parts of the meal.

Through circle time, curriculum topics, after school clubs and assemblies, all pupils are encouraged to eat a healthy lunch and receive positive feedback and, as necessary, reward stickers to promote a healthy diet.

4. Packed Lunches

REAch2EAT aims to actively encourage parents to provide healthy items to be included in the lunch boxes, and this will support pupils to have a balanced diet and best prepare them for learning in the afternoon.

Packed lunches should aim to include

- Some starchy foods such as bread (sliced bread, pitta, 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, pulses, hummus, falafel.
- Pack lunches should not include crisps or crisp style snacks, e.g. flavoured rice cakes or cheddars, sweets or chocolate bars.

REAch2EAT provides water and/or milk for all pupils at lunch time so there is no requirement for packed lunches to include a drink.

5. Dining Environment

The school is aiming to provide a welcoming eating environment which encourages positive social interaction.

We will ensure the children sit in mixed aged social groups and that older children are encouraged to assist the younger ones with, for example, opening packets, pouring drinks etc.

6. Special Dietary Requirements

REAch2EAT does everything possible to accommodate pupils' dietary requirements, including allergies, intolerances, religious or cultural practices.

Parents can meet with the catering manager to go through the menus and the required adjustments will be made where at all possible.

Individual care plans are created for pupils with food allergies and catering staff are made aware.

Whilst every effort for inclusion is made in some cases, where there is a health and safety issue, the priority is the safeguarding of the child and parents will be asked to provide the meal.

7. Snacks and Tuck

Reception, Year 1 and 2 pupils receive free fruit or vegetables every day from the Government's Fruit & Vegetable Scheme as well as healthy snacks such as dried fruit and bread-based products provided by the school.

No other snacks such as sweets, chewing gum, crisps or fizzy drinks are permitted and foods containing nuts are not permitted due to allergies.

The school runs a healthy tuck shop where compliant foods can be purchased by the pupils at a reasonable cost.

8. Food in the Curriculum

Food, by its very nature, lends itself to many learning opportunities. The school curriculum can be used to enrich pupils' experience of food and healthy eating.

Curriculum content with all pupils will focus on:

- Food groups leading to good health and growth.
- The development of healthy bodies and teeth.
- Food from different cultures and beliefs.
- Producing attractive art / design displays promoting healthy lifestyles.
- Internet research and learning materials to be accessed by pupils.

9. Food Beyond the Curriculum

A 'Gardening Gang'/'Grow It' club has been, or will be, introduced, making good use of a designated area.

Pupils will be introduced to growing and tending fruit, vegetables and herbs which can be used in classroom activities or prepared by the school kitchen.

A healthy meals club will be introduced, assisted by the Catering Manager, with the children having the opportunity to plan healthy menus, learn basic food safety and prepare and taste a variety of meals with emphasis on healthy ingredients.

10. Pupil/Parent/Carer Involvement

As a school we value the opinions and suggestions of pupils and parents.

Information concerning activities and events will be forwarded to parents through our weekly newsletters.

'The Lunch Bunch' will meet half-termly with the school's catering manager, and termly with our REAch2EAT Regional Catering Manager, to review menu choices, hear about special events, give feedback on food quality and to make suggestions as to how we can continually improve our offer.

11. Monitoring and Evaluation.

Evaluation and monitoring in implementing the REAch2EAT Whole-School Food Policy will be made by the Regional Team, along with the Head Teacher, the designated Governor tasked with food and healthy eating, and the Healthy Schools' Coordinator, on a termly basis.