

Policy on School Food

MUGGINTON CofE PRIMARY SCHOOL

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| Reviewed | <i>5th December 2016</i> |
| HT | |
| CoG | |
| Future Review | <i>Summer 2018</i> |

Mugginton CofE Primary School

School Food Policy

This policy has been written in accordance with the Christian ethos of our school, our recognition of British values, an awareness of our position in the Global community and taking account of all current Safeguarding and Child Protection guidance

Why do we have a food policy?

- Because a food policy that promotes healthy eating will make a significant contribution to the health and well-being of our students
- Because we believe there is a direct link between healthy eating and learning
- As part of our contribution to promoting a healthier lifestyle in our community
- To encourage children to question the provenance of their food and the production methods used; to support the British food industry.

What do we want to achieve?

- Every pupil having access to high quality, tasty and nutritious food, and an easily available water supply during the school day.
- Improved understanding of the terms such as “balanced diet” and “healthy eating” and more children choosing healthy options.
- Giving pupils the knowledge and confidence to question what they eat, where it comes from and understand people have different views on what is right and wrong to eat.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To understand the provenance of food and to understand the advantages British produce has over others in respect to welfare, food safety and the environment.
- To increase pupil, parent & staff knowledge and awareness of food issues, including what constitutes an environmentally sustainable diet, understand the importance of the health and welfare of animals, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

How our Food Policy is implemented.

1. School Ethos
2. Curriculum
3. Early Birds Cookery Club
4. Break time
5. Lunchtime
6. Staff & Visitors
7. School Visits & Events
8. Community Involvement
9. Equal Opportunities

1. School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips & events. Staff are also encouraged to participate & model healthy eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe & effective learning as well as providing a foundation for good health.

2. Curriculum

PSHE, Geography, Science, Food Technology, RE & Languages may all contribute to the curriculum delivery of food education based on the principles laid out in: What do we want to achieve?

Curriculum delivery will involve practical food experience delivered by properly trained staff & will be adequately resourced.

It may be appropriate for a wide variety of foods to be prepared & consumed within the curriculum or at a celebration. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. Foods containing high levels of sugar & salt will be avoided.

At Mugginton CofE Primary School we recognise that children must learn to moderate their food and so chocolates are occasionally given as rewards e.g. as a birthday treat. Parents sometimes wish to give out birthday food.

All pupils & staff have water freely available at all times & are able to refill bottles easily.

3. Early Birds Cookery Club

The food offered is consistent with the school policy & monitored by the Headteacher.

4. Break time

At break times our pupils are only allowed to consume fruit (as part of the Free Fruit Scheme for the infants) or juniors bring fruit from home. Water is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning.

5. Lunchtime

Lunches meet/exceed the national guidance. All pupils have a choice enabling them to eat healthily. Water is always freely available.

Pupils are encouraged to taste and eat new foods.

Staff, time and seating arrangements are sympathetic to a positive social eating environment for those buying lunches and those eating a packed meal.

Packed lunches are not monitored but healthy eating is encouraged through the curriculum and by advice to parents. Appropriate storage arrangements are made.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff & students.

6. Staff & Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments in line with the food policy.

Visitors will be encouraged from the local area to discuss British farming and food production.

7. School Visits & Events

Food served at events and offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

A visit is made every year to Brailsford Ploughing match to help the children understand the rural community they live in and the contribution farming makes to the country and the food they eat

8. Community Involvement

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example,

practical healthy lunchbox advice and advice on keeping fit and healthy will be sent home as part of the My Body Science curriculum in KS2 and linked with the IT curriculum.

Questions have been added to the annual questionnaire to parents and pupils concerning healthy lifestyle, food and physical activity.

9. Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian & for appropriate serving.

Free packed & cooked lunch provision will be handled sensitively.

Personnel

The Headteacher is responsible for food in school.

Monitoring and Evaluation

The Headteacher will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up-to-date.

Policy Development & Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors, LEA representatives, community dietician, school community nurse and local Healthy School Standards representative. The policy was reviewed by the curriculum/SEN committee

Policy Links

PSHE

Science

Food and Technology

Design and Technology

RE

Languages

Physical Activity

Behaviour