



ALL SAINTS' CHURCH OF ENGLAND PRIMARY SCHOOL

Whole School Food Policy

"Loving to learn; learning to love"

"A new command I give you, Love one another.
As I have loved you, so you must love one another."

John 13;3

RATIFIED BY CURRICULUM AND STANDARDS COMMITTEE: 5TH MARCH 2024

REVIEW DATE: MARCH 2027

Introduction

We are a healthy school. We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE and Drug and Sex & Relationship Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

Rationale

It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To work with the catering team, staff, pupils and parents to monitor and improve meals at lunchtime so that everyone has access to safe, tasty and nutritious food.
- To introduce pupils to new tastes and encourage adventure of choices with fresh fruit and vegetables.
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To promote fruit and water, highlighting that these are accessible at any time for pupils.
- To provide pupils with an understanding of how food is safely prepared and the opportunity to experience cooking.
- To encourage school staff to demonstrate healthy eating in front of pupils to lead by example.
- To provide a happy dining experience throughout the school life
- All staff involved in food services are trained with appropriate levels of skills to comply with legislation and updated regularly.

Food during the school day:

- Following the School Food Standards for the whole school day to day. [School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](#) The guidelines confirm no fizzy drinks, sweets, salt, ketchups, and salad cream.
- Fresh fruit and salad are available daily.
- A choice of two main dishes to include vegetarian & Halal items available daily.
- Local and seasonal vegetables available daily

School lunches

All our school meals are provided by our own independent kitchen that is fully committed to providing a healthy diet. Where possible, this includes the use of fresh fruit and vegetables, locally sourced, each day as a choice for the children. We

provide a vegetarian option and offer a choice of halal meat. Menus are uploaded to the school website and available from the office on request.

Allergies, cultural sensitivities, and personal preferences

All staff involved in providing food on a regular basis to be allergen hygiene trained. A list of medical conditions including food allergies and intolerances is kept in the children's profiles and catering staff are made aware of these.

[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](#) says that children are taught about allergens and why it's important to support friends. The school promotes all cultural and religious practices in relation to food, customs, and celebratory events.

Water for all

Water is freely available throughout the school day to all members of the school community.

Food across the Curriculum

In KS2, there are several opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from.

Literacy provides children with the opportunity to explore poetry, persuasion, argument, and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing, and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion, and the function of different nutrients in contributing to health and how the body responds to exercise. There is a composting bin for fruit cores and peels.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils can discuss issues of interest to young people, eg advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the

world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise, and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres.

Breakfast/Afterschool Club

The school operates a wrap around provision that provides a nutritious choice for pupils before and after school and complies with the 'standards for school food other than lunch'. Staff are trained in (Allergen) Food regulations 2014 and Food Hygiene standards.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers can update themselves on our water and packed lunch guidance through this link. [Healthy packed lunches - British Nutrition Foundation](#)

We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink milk or water.

For special occasions such as birthdays, parents are requested to hand out treats at the end of the day as parents collect children to enable parents to make informed decisions.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has expertise in this area.

Monitoring and review

- Menus are checked regularly for nutritional balance using current government guidelines. •
- Food and services are regularly reviewed through communication groups to include pupils, visitors, and staff.

The Headteacher and PSHE co-ordinator is responsible for supporting colleagues in the delivery of the Food Policy. This policy will be reviewed annually to take account of new developments.