



Striving for excellence

Whole School Food Policy

Date of Policy: September 2019

Review Date: September 2021

Lead Person: Karen Bramson - Deputy Head

The policy has been formulated following consultation with pupils and staff to develop healthy eating and drinking activities that benefit pupils, staff, parents and others associated with the school. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff and parents. It will continue to be developed in consultation with pupils and parents as the school works towards its aim of achieving (or maintaining) Healthy School Status.

It is recognised that the implementation of this policy will require a change to some of the current practices associated with food policy and provision at the school. Full implementation of this policy should be achieved by January 2020 and it should be reviewed by the Governing Body before the end of the next academic year.

RATIONALE

Ark Oval Primary Academy recognises the importance of a healthy diet and the significance connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school. It is important that Ark Oval Primary Academy considers all elements of work to ensure that awareness of healthy eating is promoted to all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

The policy was formulated through consultation and follows Government advice on planning and providing food in schools as outlined in the document

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/551813/School_food_in_England.pdf

The principles of this policy incorporate those outlined in the School Food Plan

<http://www.schoolfoodplan.com/>

The nutritional principles of this policy are based on the 'eatwell guide '

<https://www.nhs.uk/livewell/goodfood/pages/the-eatwell-guide.aspx> and the School Food Standards

<http://www.schoolfoodplan.com/standards/>

FOOD POLICY AIMS

The main aims of our school food policy are:-

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- To ensure that Government food standards are implemented
- To ensure that the school follows the principles laid out in the School Food Plan, encourages the take up of school meals
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

These aims will be addressed through the following areas:

1. School Food Plan

The School Food Plan <http://www.schoolfoodplan.com/> is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support head teachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by :-

- Adopting a 'whole-school approach': integrating food into the life of the school: treating the dining hall as the hub of the school, where children and teachers eat together; lunch as part of the school day; the cooks as important staff members; and food as part of a rounded education
- The head teacher leading the change
- Concentrating on the things children care about: good food, attractive environment, social life, price and brand
- Encourage take up of school meals to improve school food economics and in particular encourage take up of the new Universal Free School Meals for all EYFS and KS1 children.

The School Food Plan Office closed in April 2016 but the website and all the resources can still be accessed.

2. 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.

3. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage. Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014.

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. Schemes of work at all key stages reflect the whole school approach to healthy eating.

- **Cooking and nutrition**

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from.

- **Cross Curricular**

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to Science and PSHE where appropriate.

- **Staff training**

School staff including teachers, TA's and lunch time supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines.

- **Visitors in the classroom**

This school values the contribution made by outside agencies including the school nurse in supporting class teachers. 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 Guide' where appropriate.

4. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

- **Food Standards**

In January 2015 a new set of standards for all food served in schools came into force and become mandatory in all maintained schools, and new academies and free schools. 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. <http://www.schoolfoodplan.com/standards/>. Checklists for monitoring provision are available from the Children's Food Trust <http://www.childrensfoodtrust.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: **Cereals, toast and fruit. Milk, fruit juice or water.**

- **Lunch**

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. The lunch menu is available on the school website <http://arkovalprimary.org/life-school/school-lunch>

- **Universal Free School Meals**

From September 2014, all children in Reception, Year 1 and Year 2 in state-funded schools in England have been eligible for free school lunches. The School fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

- **Fruit Scheme (KS1 only)**

The School is part of the National Fruit and Vegetable Scheme. Children eat their fruit as part of either circle time or during breaktime.

- **Milk**

The new Food Standards require that milk must be available for drinking at least once per day during school hours. This standard is not met by providing milk at breakfast or after school clubs. The School fulfills this standard by being part of the Cool Milk scheme <https://www.coolmilk.com/>

- **Snacks**

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 only permits **fruit/vegetable based** snacks at break times

The school discourages the consumption of snacks high in fat and sugar at break-time and follows the Government standards for the provision of food other than lunch.

Foods such as cereal bars, chocolate bars, crisps, sweets, cereals, smoothies etc are not permitted as breaktime snacks

<http://www.schoolfoodplan.com/standards/>

- **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 such as Green dojos, certificates of achievement, extra playtime, notes home to parents etc

- **DRINKING WATER**

Drinking water should be available to all pupils, everyday, and free of charge. Children are encouraged to bring in their own labelled water bottles so that water is available to them throughout the day. Children are asked to store their water bottles as requested by the class teacher within the classroom for easy access. The children should be allowed to access their water during appropriate gaps in the delivery of lessons throughout the day. Those children who do not have access to a water bottle from home should be allowed use of the school water fountains which are available in the corridors. Access will be granted during appropriate gaps in the delivery of lessons.

5. FOOD AND DRINK BROUGHT INTO SCHOOL

- **PACKED LUNCHES**

Packed lunches prepared by the school caterers adhere to the Government Food Standards.

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 guide'.

Further advice including a guide to producing healthy packed lunches can be found on the British Nutrition Foundation Website

<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/healthypackedlunches.html?limit=1>

Parents are reminded to include one of each of these in their children's packed lunch

- Starchy foods like bread, rice, potatoes or pasta.
- Protein foods like meat, fish, eggs or beans.
- A dairy item, like cheese or yogurt.
- Vegetables or salad and a portion of fruit.

Parents are also reminded that packed lunches **should not include** chocolate, sweets, fizzy drinks or sugary drinks and foods of poor nutritional quality such as left-over takeaway food.

6. SPECIAL DIETARY REQUIREMENTS

- **Cultural and religious diets**

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. The school has a robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time.

- **Medical Diets**

Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency.

7. 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.

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.

REVIEW

Date policy implemented:

Review Date:

Behaviour and Discipline Policy: September 2017

Appendix 3 – Commitment to Achieve Agreement

	School	Home	Pupil
Teaching and Learning: Pupils deserve the highest possible standard of teaching and support to help them learn.	Our school will: <ul style="list-style-type: none"> Place an emphasis on English and mathematics to ensure mastery Provide an enriched curriculum which challenges and motivates Use regular assessment to track pupil progress To ensure early prevention for those children experiencing difficulties 	Home will: <ul style="list-style-type: none"> Take an interest in what their child is learning Support the school's philosophy of high expectations for all Participate, where possible, in class activities and off-site visits 	Pupils will: <ul style="list-style-type: none"> Come to school ready to learn Work hard in all lessons Complete their homework everyday
Attendance: Pupils have the right to education and parents have a legal responsibility to make sure children attend regularly.	Our school will: <ul style="list-style-type: none"> Contact parents on the first day of unknown absence Contact parents of children who regularly arrive late for school 	Home will: <ul style="list-style-type: none"> Make every effort to make sure that their child will attend school everyday and on time Inform the school as soon as possible about any absence and the reason for it Wherever possible, avoid taking children on holiday during term time 	Pupils will: <ul style="list-style-type: none"> Attend school everyday and arrive on time
Behaviour and Attitude: Pupils learn best in an orderly environment where everyone knows what is expected of them.	Our school will: <ul style="list-style-type: none"> Have a code of behaviour which creates a safe and caring environment for everyone Make sure that all staff, pupils and parents know what behaviour is expected Consistently implement the code of behaviour, sanctions and rewards Encourage staff and pupils to have a positive attitude to learning and caring 	Home will: <ul style="list-style-type: none"> Give praise at home for good behaviour and attitude at school Work with the school to find solutions in cases of unacceptable behaviour Consistently behave in an exemplary fashion when in and around the school 	Pupils will: <ul style="list-style-type: none"> Keep school and class rules Have a positive attitude to learning and school
Homework: Learning at home has an important part to play in helping pupils to achieve.	Our school will: <ul style="list-style-type: none"> Keep parents informed about the homework schedule Provide suitable materials and advice on home based activities and how to help Mark homework promptly and give constructive feedback 	Home will: <ul style="list-style-type: none"> Encourage their child in homework and sign the school diary everyday Encourage their child to read everyday 	Pupils will: <ul style="list-style-type: none"> Complete all homework set and return it to school on time Read everyday Practice their instrument everyday
Communication: Good communication between home and school is essential to make sure that pupils get the support they need.	Our school will: <ul style="list-style-type: none"> Be opening and welcoming at all times and offer opportunities for parents to become involved in school life Make sure that parents have information about their child's progress, behaviour and general school matters Make sure that parents are informed about what their child is learning Arrange for parents to discuss and set targets for their child Make sure they listen to parent's concerns and do their best to help 	Home will: <ul style="list-style-type: none"> Tell school about anything that may affect their child's work or behaviour Attend parent evenings Raise concerns promptly and directly with the school We will do whatever it takes to ensure all monies owed to the academy are paid in full and on time 	Pupils will: <ul style="list-style-type: none"> Take letters home, notes and reports from school and give them to their parents Talk with parents and teachers about any worries in school
Preparedness: Being prepared for learning is essential to learning and is a valuable life skill	Our school will: <ul style="list-style-type: none"> Ensure that our teachers plan all lessons they teach Have the material and resources available for rich learning to take place 	Home will: <ul style="list-style-type: none"> Make sure their child wears the correct uniform everyday Make sure their child comes to school with the necessary equipment and books 	Pupils will: <ul style="list-style-type: none"> Wear the correct uniform everyday Come to school with the correct equipment and books

