

Clipston Endowed VC Primary School

School Food Policy

Based on the policy as recommended by advisors to NCC.



School Food Policy

“Give thanks to the Lord, for He is good” – Chronicles 16:34

Adopted by the Governing Body: November 2019
Proposed Review: Autumn 2021

Signed

Miss Dewinder Birk: Chair of Governors

AIMS OF CLIPSTON SCHOOL

Clipston Endowed Voluntary Controlled Primary School aims to provide every child with high quality teaching and learning. It is the school's philosophy to give our pupils a measure of independence, a high level of self-confidence, a deep sense of self-worth, and an understanding and deeper appreciation of our Christian heritage. To achieve this, we aim to:

- a) Enable all children to achieve their full potential, both academically, socially, personally, and morally in order that children expect the best of themselves.
- b) Promote spiritual development and the ability to grow and flourish as human beings.
- c) Support children in building relationships which reflect Christian values.
- d) Deliver a broad, relevant and challenging education which is of a high standard and appropriate to an individual child's needs.
- e) Promote high standards of behaviour based on mutual trust and respect, developing responsibility and fostering self-discipline.
- f) Promote good citizenship, thus enabling individuals to make valuable contributions to wider society.
- g) Ensure equal opportunities for all.
- h) Provide a welcoming and stimulating learning environment in which everyone feels safe, happy and secure.
- i) Develop a sense of pride in belonging to Clipston Endowed VC Primary School.

To achieve these aims staff and governors will work in partnership with parents, carers and the local community for the benefit of all our pupils

INTRODUCTION

Clipston Endowed VC Primary School is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The policy is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day.

The nutritional principles of this policy are based on current evidence based findings; and the "Eat Well Plate" (Appendix 1) is the agreed model for ensuring a healthy balanced diet.

www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material

Further information can also be found in the School Food Plan:

www.schoolfoodplan.com

FOOD POLICY CO-ORDINATOR

Our School food policy and healthy eating strategy is co-ordinated by **Mrs Emma Mercer**.

FOOD POLICY AIMS

The main aims of our school food policy are:

To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes

To provide healthy food/drink choices throughout the school day

To ensure that food and drink in school promote the health and well being of pupils, staff and visitors to our school

CURRICULUM

It is essential that nutrition education is embedded into the curriculum and that there is consistency across different subjects - science, technology, PSHE & PE - and that it remains consistent with the whole school food policy. There are numerous opportunities in the curriculum for pupils to develop knowledge of health including healthy eating projects, Gardening Club, PSHE, Enrichment Days, DT lessons and PE lessons.

TEACHING METHODS & RESOURCES

- We follow the National Curriculum in order to impart information to children about healthy balanced eating/food and nutrition.
- We provide information based around the 'eatwell plate' and deliver this to the whole school, for example during assemblies and certain lessons where Healthy Living is relevant.
- Staff consider ways in which to link classroom activities to learning about food and the 'food a fact of life' programme is available to all staff www.foodafactoflife.org.uk.
- For parents who do not engage with our Kingswood Catering Menus, we provide information on Healthy Lunchboxes.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for food in schools became compulsory in June 2014.

Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch, tuck shops, vending and before/after-school clubs.

BREAKFAST CLUB

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 standards.

The breakfast menu usually includes a choice of:

Toast (made using 50:50 bread) with a butter-substitute spread and optional jam.

Cereal

Water or milk to drink

A piece of fruit

BREAKTIME 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.

We have adopted a fresh fruit or vegetable only policy for break time snacks across the whole school, as this positively enhances the National Free Fruit scheme in the EYFS and Key Stage 1. Some children with specific needs are an exception to the Breaktime Snack “fruit or vegetable” only policy.

SCHOOL LUNCH

Food prepared by Kingswood Catering meets the National Nutritional Standards for School Lunches. As a school, we encourage pupils to have a school lunch provided by Kingswood catering. Free school meals can be provided to all those pupils who are entitled to them.

PACKED LUNCHES

The school encourages parents and carers who choose not to order their child a Kingswood Lunch, to provide their child with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the ‘eatwell plate’. This will ensure children having packed lunches have a healthy balanced meal. Information about Healthy packed lunches is provided on our websites.

USE OF FOOD AS A REWARD & BIRTHDAY TREATS

The school does not encourage the frequent eating of sweets or other foods high in sugar or fat. However, occasionally treats such as “hot chocolate” may be used with groups of children as one of the methods of positive reinforcement used in school. In addition, we will adhere to parent’s wishes on occasions such as birthday’s if we are requested to distribute treats such as cake or sweets.

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge. The school agrees with this recommendation. We provide a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at lunchtime.

SPECIAL DIETARY REQUIREMENTS

RELIGIOUS AND ETHNIC GROUPS

The school endeavours to provide food in accordance with pupils’ religious beliefs and cultural practices as required.

VEGETARIAN & VEGAN DIETS

School caterers offer a vegetarian option at lunch every day and we would liaise with them to endeavour to meet other requirements such as vegan and Halal meals if required.

SPECIAL DIETS - MEDICAL

We recognise that some pupils may require special diets that do not allow for our food policy to be wholly met. In this case, parents are asked to make us fully aware of their child’s needs. Individual medical care plans will be created for pupils with medical dietary

needs/requirements. The school's caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted as required.

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 in Breakfast Club undertake appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available as required. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school.

THE EATING ENVIRONMENT

The school will provide a clean, sociable environment for pupils to eat their lunch. Lunchtime supervisors will help to ensure a safe, enjoyable experience at lunchtime and will encourage healthy eating.

LEADING BY EXAMPLE

Staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. Staff are committed to setting an example with food in school. For example when on break duty they will consume fruit or vegetables as a healthy snack in front of children.

CONSULTATION & MONITORING

This policy has been shared with the whole school community and families/staff to our school are made aware of its importance. From time to time Governors may carry out monitoring of aspects of this policy such as hot meal uptake, contents of lunchboxes or break time snacks. Staff will not, however, withdraw food from a child or remove unhealthy options from lunchboxes.

APPENDIX 1 – THE EATWELL PLATE

