



Gedney Hill CoE Primary and Shepeau Stow Primary Schools Federation



Food in School Policy

Introduction

The Federation recognises the importance of a healthy life style and diet, understanding that establishing a balanced diet in childhood helps establish one for life. We help promote healthy eating patterns for our children at school, by taking a pro-active approach to improving the health and well-being of children.

Aims and objectives

- * The key aim is to develop healthy eating and drinking activities within the Federation that benefit pupils, staff and parents and inform others associated with the school and those responsible for promoting health within the Federation.
- * The Federation aims to ensure that pupils are well nourished at school, and provides safe, tasty and nutritious food, with a safe, easily available water supply during the school day.
- * The Federation recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of healthy foods in developing personal well-being.
- * Through effective leadership, the Federation shared ethos and the curriculum; all staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle
- * The Federation is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.
- * The Federation is committed to ensuring that food provision reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- * The Federation is committed to providing training in practical food education for staff including diet, nutrition, food safety and hygiene.
- * The Federation is committed to introduce and promote practices to reinforce these aims, and to remove or discourage practices that negate them.
- * All pupils are welcome to bring a snack such as fruit or vegetables from home for the morning break time. Water or milk may be drunk. Reception, YR1 and YR2 children

receive a free piece of fruit or vegetable every day from the Government Fruit and Vegetable Scheme, which is offered during the morning break.

- * Food containing nuts is actively discouraged, on grounds of health and safety considerations to nut allergic members of the Federation community.
- * Drinking plenty of water has been recognized in improving behaviour and concentration in children, therefore, all pupils have free access to water. Any water bottles should be filled before the start of morning and afternoon lessons. Children should be regularly reminded to drink water throughout the day.
- * Every effort is to be made to ensure that appropriate choices are available for FSM pupils, at lunchtime, from the external caterer.
- * The Food Standards Agency survey of packed lunch boxes showed that many children's lunch boxes contained too much sugar, salt and fat and little fruit and vegetables. The Federation is committed to encouraging parents to provide healthier lunch boxes for children at school. To facilitate this, the Federation will provide guidance to parents based on the Food in Schools recommendations of what constitutes a healthier lunchbox; the guidance should be consistent, realistic, and stress the importance of a balanced and varied diet.
- * The Federation actively encourages some healthy snacks not to include the following:

crisps, sweets & confectionary, chocolate bars, and 'squash' or added-sugar and/or sweetened drinks. Fizzy drinks are not allowed in packed lunches.
- * The Federation recognises that parents provide packed lunches for a variety of reasons, including dietary requirements, food intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches.

All our school meals are provided by a contracted external caterer. They are required to

- * deliver food meeting or exceeding government standards (New Food Standards January 2015)
- * use, wherever possible, local produce, cooked fresh.

They provide vegetarian and non-vegetarian options both of which observe nutritional balance and healthy options and include the delivery of fresh fruit as a choice for the children.

- * The Federation is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff. It is recognised that there are physical constraints such as some children having to eat in classrooms. Despite this constraint, the schools will aim to provide a calm, ordered environment conducive to mutual respect and good behaviour.
- * It is also committed to the following:
 - active help for children (particularly young children) who find the physical process of lunch difficult e.g. opening tins or packets, using cutlery
 - encouraging all children to eat the food they have been provided with
 - equal treatment of children having hot lunches, packed lunches or free school meals, in terms of provision and supervision
 - encouraging children to wash their hands before eating
- * The Federation recognises that food plays an important role in celebration of cultural, personal or community milestones, such as religious festivals, birthdays or the end of term. Food given should form part of a balanced, healthy diet, at an individual staff member's discretion.
- * Curriculum content will focus on:
 - the importance of food groups and the role they play in promoting growth
 - the development of strong healthy bodies
 - what constitutes a balanced diet
 - an understanding of cultural diversity
 - the development of respect and understanding towards the beliefs and attitudes of others
- * During extra-curricular events, e.g. school discos etc. the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.
- * Governors monitor and check that the Federation policy is upheld and are responsible for developing this policy in consultation with the school community.