



Whole School Food Policy

This policy document sets out the school's aims, principles and strategies for the delivery of its whole school food policy.

INTRODUCTION

St. Nicholas VC Primary School is dedicated to providing an environment that promotes healthy 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 policy. This policy covers all aspects of food and drink at school.

Our school has previously achieved Wiltshire Healthy Schools accreditation and it is therefore 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 valuable role models to our 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 the elements of the school day to create an environment that supports a healthy lifestyle.

This policy was formulated through consultation between members of staff, governors, caterers, parents/carers, children [in particular our school council].

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

REFERENCES

The nutritional principles of this policy are based on current evidence based findings and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet.

<http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

Further information can also be found in the School Food Standards document that our Headteacher and catering staff work towards. <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

FOOD POLICY CO-ORDINATOR

This policy and healthy eating strategy is co-ordinated by the Head Teacher.

FOOD POLICY AIMS The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food/drink choices throughout the school day and ensure food brought into school is healthy too.
3. To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school.

These aims will be addressed through the following areas:



“Love your neighbour as yourself” | Matthew 22:37-39

1. **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.

2. **CURRICULUM.** Food and nutrition is taught at an appropriate level throughout each key stage.

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. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. At St. Nicholas School we follow the Kapow PSHE scheme which covers healthy eating across key stages.

Leading by example and staff training: Teachers, caterers and all support staff (including MDAs) 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. To facilitate this staff will be regularly updated through staff meetings and informal discussions.

Visitors in the classroom: We believe 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. Visiting chefs are an example of visitors who have helped support our whole school food policy at St Nicholas.

Resources: Resources for the teaching of healthy eating in PSHE are available through the Kapow scheme. Additional resources can be ordered from Wiltshire and Swindon Learning Resources (WSLR).

Evaluation of pupils learning: The healthy eating aspects of the National Curriculum are assessed through Teacher assessment.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

3. **SNACKING:** At St Nicholas VC Primary School we understand that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school discourages the consumption of snacks high in fat and sugar at break-time but encourages fruit or vegetables to be eaten. Key Stage 1 and Foundation Stage pupils have their fruit or vegetables at morning break.

4. **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.

5. **DRINKING WATER.** The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides access to drinking water in classrooms. Children may have their own drinks bottles easily accessible in their classrooms – they are encouraged to drink water only.

6. **FOOD AND DRINK BROUGHT INTO SCHOOL**



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CATERERS SERVING FOOD ON SCHOOL PREMISES: Caterers/servers must demonstrate that they have undergone appropriate food hygiene training, that the kitchen meets appropriate food safety requirements and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the Food Standards Agency Balance of Good Health guidance.

PACKED LUNCHES: The school encourages parents and carers to provide children with packed lunches that complement these standards.

7. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS. The school provides food in accordance with pupils’ religious beliefs and cultural practices.

FOOD ALLERGY AND INTOLERANCE. Individual care plans can be created for pupils with diagnosed food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

8. 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.

Date of issue:	September 2024
Review Date	September 2026
To be reviewed	Headteacher, Staff and Governors
Authorised by	Headteacher and Governors