

## **Pownall Green Primary School**

*Love learning, love life!*

### **School Food Policy**

**Aligned staff: Headteacher**

**Aligned governor: Chair of resources**

**Policy reviewed: December 2022**

**Next Review: December 2024**

#### **Rationale**

Pownall Green Primary School recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively in school. It is important that as a school we consider all elements of work to ensure that awareness of healthy eating is promoted to all members of the school and wider community.

Healthy lifestyles can be promoted through effective leadership, school ethos and a broad and balanced curriculum.

#### **Aims**

- To ensure that all food and drink served is in line with the Government's mandatory standards, is varied, is served in appropriate portion sizes, looks good and tastes good.
- 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 food choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.
- To make every reasonable effort to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members (including non-teaching staff e.g. midday assistants) are aware of these.
- To ensure that all regulatory requirements are fulfilled, specifically in relation to food safety and food labelling (e.g. allergenic ingredients).
- To involve the school community in all aspects of food in schools.
- To make healthier choices quicker, easier and better value for money.

- To ensure that all food and drinks consumed as snacks are healthy for teeth.
- To ensure all staff and volunteers involved in food preparation, other than school lunches, e.g. breakfast clubs, after school clubs, fund raising events and cooking in the classroom, demonstrate good food safety practices.
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.
- To raise awareness and promote the eligibility criteria in relation to free school meals for parents and carers, as well as increasing the uptake of school meals.

## **Food Safety**

The headteacher has the responsibility to ensure that all food produced, prepared or served on the premises is safe. The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by caterers.

## **Break Time**

Break time snacks include both those brought from home, bought on the way to school or provided by school, or our catering provider.

Children in Key Stage One benefit from the National School Fruit and Vegetable Scheme which entitles them to one free piece of fruit or vegetable a day.

Snacks and drinks brought from home are strongly encouraged to be 'tooth friendly' i.e. do not contain added sugar.

No nuts are allowed due to potential risk to any nut allergy sufferers.

## **Lunchtime Provision**

The food environment facilitates a positive eating environment, breaktimes are sufficient to allow children to consume food and drink of an adequate nutrition in a relaxed social setting. The dining area allows children to eat together, regardless of whether the food is a school meal or packed lunch, the design and infrastructure of the dining environment enables the through put of all children in a timely manner and is a welcoming environment. All pupils have adequate choice across the lunch period regardless as to whether they are first or last meal recipient. The system developed by the kitchen staff ensures this occurs without waste.

## **School meals**

The school works in partnership with the catering provider on the food offer to ensure it is appealing, appetizing, healthy, sustainable and is viable. Roles and responsibilities are clear. The lunch service is regularly monitored to check that the offer is to specification, staff and the facilities are adequately resources and management and operations systems are sufficient.

Menus/dishes are appealing, descriptive and the information reflects the food on offer. The food promotes local provenance, seasonality and healthy food choices.

*Halal provision and dietary requirements:*

Lunchtime provision is be compliant with religious guidance. Where Halal meat is not provided/available there is always a suitable vegetarian option available. The vegetarian option, if eaten regularly, ensures that a pupil

will not be nutritionally disadvantaged. Foods should be authentic and certified as appropriate. Kitchen staff should ensure that Halal foods don't have their integrity compromised when labelling, handling and serving.

## **Packed lunches**

The school encourages the content of packed lunches to contain healthy choices in line with the whole school approach to food in schools.

Pupils should not bring hot soup or other hot liquids to school due to the health and safety risk.

Packed lunches are stored safely to avoid food safety risks.

## **Drinks**

The whole-school community has access to free, clean and palatable water throughout the school day.

Pupils have their own clear water bottles/cups which are refilled daily. Children can access these throughout the day

Drinks provided at lunchtime are limited to water and milk.

Children are discouraged from consuming drinks that are unsafe for teeth between meals.

## **After School Clubs**

All food offered by school (both on and off the premises) before 6pm meets the national School Food Standards.

## **Food in the curriculum**

Schemes of work for all key stages will reflect the whole-school approach to healthy eating. The curriculum content:

- promotes how to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- educates pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.
- raises awareness of healthy weight and oral health.

## **Food supplied at school events and celebrations**

The national School Food Standards do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events. However we give consideration as to how the food and prizes supplied at school events reflects the school ethos with regard to food.

We aim to ensure that healthy food and drink options are available at all school events, including parties, celebrations and fund-raising events.

Families are encouraged to provide healthier options to celebrate children's birthdays and special occasions.

## **Rewards**

Pupil achievement should be celebrated and rewarded when appropriate, but foods or drinks high in sugar, such as sweets or squash, should not be being given as a reward. Using food as a reward can encourage children to eat when they are not hungry or to snack inappropriately between meals. It may also lead to a lifetime habit of eating for comfort or rewarding themselves with food.

## **Gardening Club**

The school has a gardening extra-curricular club that aims to help children make connections between the food they see in the supermarket and the land that produces it.

## **Cookery club**

The school has a cookery club that offers the opportunity for children to learn and practice practical food skills building on what pupils learn in the curriculum

## **Sponsorship**

The school does not take part in sporting events and other promotions sponsored by confectionary and fast food companies. This is because we believe that companies are doing this to create brand loyalty rather than to promote health.

## **Role of Governors**

Governing bodies have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos. The governing body is responsible for ensuring that the national school food standards are met. A named Governor has responsibility for ensuring that the school policy is adopted by the whole school community and reviewed bi-annually.

## **Monitoring and review**

The policy will be reviewed bi-annually and take into account any local or national guidance. It is the responsibility of the governing body to ensure that the policy is monitored and reviewed