


Food Policy

SCHOOL

1

Headteacher

| Headteacher | Chair of Governors | Review Dates |
|---------------|---|------------------------|
| |  | Last Review: July 2021 |
| Lisa Keighley | Philip Cavalier-Lumley | Next Review: July 2022 |

1. Policy

Blakehill Primary School is committed to promoting all aspects of a healthy lifestyle to staff, pupils and parents. We believe that a healthy diet is essential in order to benefit fully from initiatives aimed at improving the health of the school community. It is important for the school to ensure that we provide information about what constitutes a healthy diet, hygienic food preparation and food storage.

The school *Food Policy* is a key element in demonstrating the steps the school is taking to meet the outcome 'Being healthy – enjoying good physical and mental health and living a healthy lifestyle.'

The Legal Framework

The Food Hygiene (England) Regulations 2005 require the Food Standards Agency (FSA) to ensure that nutritional standards are met by local education authorities. Food Act 1990.

The Governing Body is in a key position to take an overview, involve the whole school, set priorities and monitor developments. It is important for the Governing Body to take strategic ownership of the school food policy, involving a planned curriculum and all aspects of food provision.

2. Purpose

The purpose of this policy is to ensure we give consistent messages about food and health and give and encourage our pupils the information they need to make healthy choices. We want to promote health awareness and contribute to the healthy physical development of all members of our school community

3. Scope

All staff and pupils of Blakehill Primary School.

4. Principles

Blakehill has achieved healthy school status. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We provide a valuable role model to 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 elements of the school day to create an environment, which supports a healthy lifestyle.

This policy was developed in consultation with staff, parents, governors and pupils.

5. Responsibilities

Role of the Governing Body

- Decide policy
- Give strategic guidance
- Monitor and review issues through the Buildings, Finance and Staffing Committee, reporting back to the Full Governing Body.

Role of the Headteacher

- Ensure the policy is implemented
- Promote the aims and objectives of this policy.

Role of the Senior Management Team

- Support the Headteacher in carrying out their duties
- Promote the aims and objectives of this policy.

Role of Staff

- Ensure that they have read and understood this *Food Policy*

Role of the PSHE

- Lead the application of the policy

Role of the Pupils

- Support the aims and objectives of the policy

Role of the Parents/carers

- Support the aims and objectives of the policy

6. Procedures

School Council

The School Council is regularly involved in representing the views of pupils in matters relating to food. Members of the School Council bring suggestions from pupils about school lunches, snacks and tuck shops. The school kitchen manager meets with the School Council at least annually.

Healthy Tuck Shop

At Blakehill we actively encourage children to snack at morning break time to support concentration. Children are encouraged to bring healthy snacks from home for this or bring in money for the healthy tuck shop for KS2. Pupils can bring healthy snacks from home similar to items sold in the tuck shop.

Key Stage 1 and the Reception class receive a snack of pre washed fruit as part of the

National Fruit Scheme

The tuck shop is staffed by a member of the catering team with support from Year 6 pupils. The tuck shop enables pupils to engage in enterprise activities and to make a positive contribution to school life.

School Lunches

For some pupils the school lunch is the only substantial meal they eat in a school day. It is therefore important that the school meal provides a tasty and nutritious meal for all pupils. School lunches are provided by the School Catering Service and approved council suppliers. The contract is monitored by the Council to ensure that nutritional standards are maintained, including the 'Five a Day' aspect. The School Catering Service is pro-active in providing for the cultural, religious and medical needs of children. There is a choice each day which includes a traditional and vegetarian food option. Hot and cold choices of main course and dessert are also provided.

The school brochure advises parents our catering services can accommodate all children's dietary needs.

Parents of pupils with dietary needs are encouraged to meet with the kitchen staff to draw up a food plan and ensure that these needs are met.

The schools food provider/contractor should provide, on an annual basis, the Headteacher an undertaking that they will provide a balanced menu/food option to the pupils of Blakehill Primary School.

Packed Lunches

The school provides facilities for pupils to eat packed lunches brought from home and promotes healthy lunch boxes. Parents are discouraged from providing items that contain high levels of fat, sugar and salt. Sweets, carbonated and canned drinks are not permitted. While we appreciate many food products may contain traces of nuts. Some children can have a severe allergic reaction. We advise parents in the school brochure and regularly in newsletters not to bring in food products such as peanut butter, peanuts etc.

Drinking Water

Drinking water is freely available throughout the school day to all members of the school community. Children are encouraged to drink water regularly. Flavoured water and carbonated drinks are not allowed in the classroom.

Milk

The school provides free milk for children in Reception. This scheme could be withdrawn without notice at any time. It is provided for children in Key Stage 1 at a cost to parents.

Packed Lunches for Educational Visits

Packed lunches provided will be nutritious and comply with the food policy.

Special Dietary Requirements

Any child with specific dietary needs (e.g. medical or religious) should be catered for. The

child's parent / carer should discuss and agree these needs with the School Kitchen Manager.

Food across the Curriculum

In Reception, Key Stage 1 and Key Stage 2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns. These include the practical skills that are needed to understand where food comes from, designing, preparing and cooking food. Hygiene at all levels is maintained when using equipment. Pupils are encouraged to see the benefits of eating a breakfast.

Rewards and Celebrations

Special events such as birthdays, Christmas, Easter allows children to consume reasonable amounts of confectionary. Confectionary is not to be used as a reward in school time. Partnership with parents and carers.

The 'Home-School partnership' is important in shaping how children and young people behave, particularly where health is concerned; each must reinforce the other. Parents and carers are updated on our Food Policy through school newsletters. We ask parents not to send sweets, crisps and carbonated drinks and we remind them that only water may be drunk during the school day, except at lunch and break when children may drink juice or milk.

During out of school 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.

7. Monitoring and Review

This policy is reviewed every twelve months to ensure that it stays relevant and reflects the needs of the both staff and children.

8. Distribution

This policy will be available on the school website, school prospectus for new parents and school newsletters.

9. Contacts

Please contact the Headteacher if you require support or guidance on this policy.

10. Cross Referencing

This policy refers to the following other school policies:

Curriculum Policy