



## North Stainley CE Primary School

*We are our school, we have our roots and foundation in love*



*Our school is us, we will grow, blossom and flourish.*

# Whole School Food Policy

**Policy agreed: 24/03/21**

**Headteacher:** *LE Wallen* **Louise Wallen**

**Chair of Governors:** *Nathaniel Potts* **Nathaniel Potts**

**Policy to be reviewed:**

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# Whole School Food Policy

## The following organisations were used when developing this policy and curriculum:

- The School Food Trust website contains a range of information including information on the up-to-date nutrient-based standards and the food based standards which are mandatory for all local authority maintained schools/ pupil referral services [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)
- The legal requirements are set out at the Department for Education's advice pages [www.education.gov.uk](http://www.education.gov.uk) under the pages entitled Departmental advice for school food in England
- North Yorkshire Free Schools Meal
- The Independent School Food Plan <http://www.schoolfoodplan.com/standards/>

## The whole-school food policy covers the areas of:

- School meal provision – who is the provider and how are pupils encouraged to eat a healthy school meal.
- Healthy pack lunches- what are the recommendations from the school and how are healthy pack lunches encouraged?
- The breakfast club (if provided)
- The water provision – how is it provided, how are pupils encouraged to drink water.
- Cookery clubs (if provided) – what are the aims of the club?
- Provision of food technology – where in the curriculum and what is covered when
- Healthy snacks- how are parents and pupils informed and how is it encouraged.
- After school clubs – what is provided?

## Where and to whom the policy applies e.g. all staff, pupils, parents/carers, governors and partner agencies working with schools

- Cooking clubs
- School trips / residential trips
- Events held at the school
- Celebrations

## Aims and objectives of the policy

This school actively supports healthy eating and drinking throughout the school day, ensuring that all aspects of food and nutrition in school promotes health and well-being of pupils, staff and visitors to our school. A good diet is important for good health. A healthy and varied diet can help maintain a healthy body weight, enhance general well-being and reduce the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

## The School will;

- Ensure that we are giving consistent messages about food and health
- Ensure that a nut-free environment is maintained
- Have a planned curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and provides opportunities to learn about different food types in the context of a balanced diet (using the balance of good health) and how to plan, budget, prepare and cook meals understanding the need to avoid the



consumption of foods high in salt, sugar and fat and the increase the consumption of fruit and vegetables

- Ensure that the breakfast club, and after school club food meets or exceeds current Government nutritional standards
- Ensure a welcoming eating environment that encourages the positive social interaction of pupils: including display and labelling of food, promoting healthy eating, and adequate time available to purchase and eat their food, non-stigmatisation of FSM pupils.
- Ensure a school lunch service that meets or exceeds current Government Nutritional standards
- Ensure there is easy access to free, clean and palatable drinking water in schools
- Ensure that snacks and lunch time food brought in from home is healthy
- Provide opportunities to enable pupils to learn about how to grow fresh fruit and vegetables
- Provide parents with information about healthy eating

## **Roles and Responsibilities**

### **Governors**

Have a legal responsibility to ensure the food-based and nutrient-based standards are being implemented. As part of their general responsibilities for management of the school, the governors have played a key role in the development of the schools policy for food. They will continue their involvement through regular evaluation of the policy.

### **Headteacher**

The Headteacher takes overall responsibility for a whole school approach to food through co-ordinating the food policy and its implementation and for liaison with the governing body, parents /carers, catering services and appropriate outside agencies. All communications to parents/carers regarding food should be overseen by the Headteacher and be consistent with the policy.

### **Parents / Carers**

Parents are encouraged to support the healthy provision of food within the school programme. The schools plays its part in ensuring that parents are kept up to date in developments regarding healthy food provision. Parents will be provided with information on what is considered healthy options for food provided from home.

### **Pupils**

Pupils have an entitlement to healthy food. They will be actively consulted about the food provision within the school and their views will be central to developing that healthy provision. All pupils will access to a curriculum that teaches them about healthy eating and ensures a range of opportunities to participate in practical cooking.

### **All Staff**

All staff both teaching and non-teaching should be aware of the policy and how it relates to them. Any staff involved in practical food education should have opportunities for relevant training including diet, nutrition, food safety and hygiene.

### **After school provision**

Where visitors and outside agencies are involved, their contribution must have been planned as part of an overall programme of food and healthy lifestyles Education, ensuring that all visitors use current dietary thinking and good practice as the basis for their input i.e. the



balance of good health. It is the school's responsibility to ensure that all relevant visitors are made aware of the school's Food Policy.

*The food and drink provision at the after-school clubs will be in line with school policy. Fresh fruit, vegetables and bread rolls will be available. Water and juice will be available. When cookery clubs take place they also are in line with school policy.*

- Refreshments to be provided and in accordance with the national food guidelines – no nuts, crisps or confectionary.
- Fresh fruit snacks will be made available.
- Fresh and chilled water will be freely available.

### **Breakfast club**

*A healthy breakfast, in line with government guidelines is provided as part of our before school club. A supervised area with suitable seating and tables will be provided for pupils.*

- Only wholegrain cereals will be available.
- Fresh fruit will be available.
- Wholemeal bread will be used for toast.

### **Break time snacks brought from outside school**

*All snacks brought into school will be restricted to fruit or vegetables.*

- Children can only bring fruit and/or vegetable snacks into school.
- Children on special diets will be given consideration with consultation in accordance with government policy on nutrition.

### **Packed lunches**

*The school will provide facilities for pupils bringing in packed lunches. The school will work with parents to ensure that packed lunches contain healthy options. The school will work with the pupils to provide attractive and appropriate dining room arrangements.*

- The packed lunch is to contain no nuts, chocolate or confectionary items.
- The packed lunch will contain two pieces of fruit or vegetable.
- Children can bring only water or fruit juice.
- Any food left in lunchboxes will be sent home.
- There will be no swapping of food.

### **Provision of Water**

*The school will encourage pupils to drink at frequent intervals throughout the day. Students will be allowed sports bottles on desks unless health and safety rules forbid it. Pupils will have easy access to fresh drinking water throughout the school day.*

- Free, fresh water will be available to all children throughout the day by access to a safe water tap.
- Children are encouraged to have a named, clear bottle of water in class.
- Water will be freely available at lunchtime.



- Hygiene – water bottles will be taken home daily to be washed.
- Water containers/bottles should be renewed frequently.
- After physical activity and during hot weather, children will be encouraged to drink more water.

The clear plastic bottles **must** contain only water – this should not be flavoured water.

### **Provision of Milk**

The school is registered with the Cool Milk Scheme which provides free milk to all pupil under the age of 5 and to those pupils in receipt of free school meals should they require it.

Pupils who are over 5 and not in receipt of free school meals have access to milk through the cool milk scheme at a small weekly charge and all parents are informed about the provision.

[www.coolmilk.com](http://www.coolmilk.com)

### **Curriculum**

*The whole-school policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the personal, social and health education (PSHE) and science curriculum.*

- Children will have regular, timetabled opportunities to cook and prepare food.
- Pupils will be made aware of the healthy eating throughout a range of curriculum opportunities.
- There will be consistent messages across the curriculum about healthy eating.
- Healthy foods will be actively promoted through regular tasting sessions.
- All children will learn and apply the principles of food hygiene.
- Children will learn and apply the principles of a balanced diet and how diet affects health.

### **Parties / charity events**

Please read the guidance for schools for food other than school lunches at [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for up-date-to guidance on these aspects.

The food standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fundraising events
- Rewards for achievement, good behaviour or effort
- Food used in teaching food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch
- Food brought in on an occasional basis by parents or pupils.

### **Staff support and training**

Staff dealing with food on a regular basis will complete the food hygiene certificate

### **School meals**

Menus for school lunches comply with the Government's School Food Standards.



<https://www.gov.uk/government/publications/standards-for-school-food-in-england>

The school will actively promote the free school meal information to all parents

### **North Yorkshire County Catering**

North Yorkshire County Caterers (part of Children and Young Peoples' Service) the caterers will:

- Ensure lunch menus comply with the school lunch nutritional standards
- All other food served in school by our caterers will comply with the school food standards.
- Ensure food used for school catering does not contain additives suspected or known to be a problem for sensitive people, does not contain artificial sweeteners and does not contain hydrogenated fats.
- Not knowingly use any food ingredients that have been Genetically Modified. Contracts with suppliers will stipulate this.
- Cater for special diets, at no additional cost, when requested on medical, cultural or religious reasons.
- Promote and market healthy school meals in our schools, help pupils make healthy choices and attend school councils to discuss school catering when required.

Monitoring: School lunches will be monitored by the NYCC County Caterers to ensure compliance with all regulations.

### **Monitoring and evaluating the policy**

This policy will be formally reviewed every year by the Governing Body, Head Teacher, Pupils, catering staff and school staff. This will include evaluation of teaching and learning activities, staff training and the use (if any) of outside visitors and the monitoring of pupils' menus and food choices to inform policy development and provision.

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