



Whole School Food Policy

Date reviewed	Date ratified/ adopted	Owner (committee/ board)	Date of next review	Published
November 2022	January 2018	K Lee	As required in response to legislative or Govt changes	Google Drive Website

Rationale

At Withycombe Raleigh C of E Primary School we recognise the importance of a healthy lifestyle and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning.

Our vision for our pupils is that they are 'Growing, Happy, Caring Hearts and Minds' and includes our aspiration for all children to be healthy and active. We are a caring school, whose GRACE values are built on mutual trust and respect for all. This policy is designed to ensure that all members of the school community are aware of our healthy school aims and targets.

Whole School Food Mission Statement

To influence and improve the health of the whole school community by providing pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and the environment. This will be accomplished by providing high quality food education and ensuring we deliver a consistent message with regard to food and a healthy lifestyle throughout the school day.

Aims and Objectives

At Withycombe Raleigh C of E Primary we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically;
- To give our children, parents and staff the information they need to make healthy choices;
- To ensure that we are giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet;
- To ensure that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience;
- To build the confidence of parents and pupils in the school meal service;
- To support the provision of healthy packed lunches and snacks;
- To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, eg catering for religious groups and vegetarians and people with food-related allergies.

The Curriculum

The school will enrich children's experience of food, physical exercise and healthy balanced diets through its Science, RSHE, PE and DT curriculum (and the EYFS provision). A range of skills and understanding will be developed through a range of teaching approaches and resources. 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 and the proportions advocated by the 'balance of good health' model;
- An understanding of cultural diversity;
- The development of respect and understanding towards the beliefs and attitudes of others;
- The sustainability of our food supply and the effect on our planet.

Theme weeks, reward schemes and collective worships/assemblies will also be used to explore health and food-related issues as and when they arise.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.

Eating in school should be a pleasurable experience. These school food standards are designed to help children develop healthy eating habits, and ensure that they have the energy and nutrition they need to get the most from their whole school day. It's important to cook food that looks good and tastes delicious. Staff should talk to children about what is on offer, and recommend dishes, to reduce queuing time. Food should be served in a pleasant environment where children can eat with their friends.

It is also committed to the following:

- Help for children (particularly young children) who find the physical process of school dinners or packed lunches difficult – for example, carrying trays, opening tubs or packets;
- Encouraging all children to eat the food they have been provided with;
- Provision of water jugs, containing clean water and beakers;
- Encouraging children to wash their hands before eating.

School Meal Provision and Packed Lunches

Children in the EYFS and Key Stage 1 have a school meal as part of the Universal Free School Meals provision.

Children in Key Stage 2 have the choice of purchasing a school meal or school packed lunch or bringing a packed lunch from home.

We are committed to:

- Creating a sociable dining environment and encouraging the development of good table manners.
- Encouraging children to take their time to eat their dinner and to eat what has been provided.
- Providing a balanced menu that is compliant with the Government's standards for school lunches.
- Ensuring that the service is accessible to all pupils and that their dietary needs, due to medical, cultural or religious reasons are catered for appropriately.
- Using feedback from parents and pupils, via survey monkey, the school council and taster sessions to develop menus that are nutritionally sound and provide choices that children want to eat.
- Monitoring and evaluating the food provision and seeking feedback from parents and children.

There is no government guidance on packed school lunches. The Department for Education allows individual schools in England to decide what their policy is on food brought in from home. To promote the health and well-being of its pupils, some schools may take a strict approach to their policy. Parents of Key Stage 2 children are encouraged to support the school's healthy eating policy by providing a healthy, balanced packed lunch in accordance with our Packed Lunch Policy.

As a general principle, it's important to provide a wide range of foods across the week. Use fresh, sustainable and locally sourced ingredients and talk to the children about what they are eating. At Withycombe Raleigh we follow the food-based standards which specify which types of food should be served at school and how often (May 2022):

- 3 or more different starchy foods each week. one or more wholegrain varieties of starchy food each week. starchy food cooked in fat or oil no more than 2 days each week (applies across the whole school day) bread – with no added fat or oil – must be available every day.

A child's healthy, balanced diet should consist of:

- plenty of fruit and vegetables (using produce from the school Gardening Club is a great way to encourage children to try new vegetables and fruit) plenty of unrefined starchy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- some milk and dairy foods
- a small amount of food and drink high in fat, sugar and salt

Getting children to eat more fruit and vegetables is vital for good health. Introducing children to a wide variety of fruit and vegetables establishes healthy eating habits for life, reducing the risk of heart disease, stroke and some cancers.

Provision of food and drink during the school day

Breakfast is an important meal of the day. Our Breakfast Club includes the provision of a nutritious breakfast for pupils before the school day. Many of the food-based standards apply to food served throughout the school day, including breakfast, midmorning break and after school clubs.

Children are encouraged to bring a healthy snack in from home to eat at morning break. EYFS and Key Stage 1 children are provided with a portion of fruit or vegetable through the National School Fruit and Vegetable Scheme.

After-school care is currently provided by FISH and they also follow the school food policy.

As with the other food standards, these do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.

Everyone has a right to access clean drinking water. We encourage children and staff to drink water at school. There is a water cooler system (using tap water) is available in the Staffroom. There are water fountains available across the school site. During lunchtime children are provided with jugs of fresh tap water and beakers to use. Children are also encouraged to bring in their own, labelled water bottles from home (and this are replenished in class as and when needed).

Water should be the default drink for every child. The more it is offered, the more readily they will accept it. Sugary or sweetened drinks often have no nutritional value, contribute to weight gain, and can cause tooth decay.

Milk at break time is available daily for children who have booked to have milk. This is provided through Cool Milk. The School pays for milk for children entitled to Free School Meals and it is free for under 5s.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

Children with Dietary Need

Teaching Staff and the Catering Team will work closely with parents to support children with medical needs, allergies or intolerances.

Useful Organisations

Public Health England is an executive agency of the Department of Health and Social Care. Its mission is to protect and improve the nation's health and to address inequalities. Its social marketing campaign is [Change+Life](#), which aims to help Key Stage 1 and 2 pupils understand the benefits of eating well and living a more active lifestyle from an early age.

Monitoring

The Senior Leadership Team, Catering Team, classroom staff and lunchtime staff monitor this policy on a day-to-day basis.

Evaluation of the progress, made by the school in implementing and sustaining the aims and objectives of this policy, will be made by the governor with responsibility for healthy schools and the Headteacher.

Review

This policy will be reviewed regularly by our Governors and in response to any legislative or governmental changes regarding school food and will be published on the school website.

Signed(Chair of Governors) Date