

Longmoor Primary School



School Food Policy

<i>Chair of Governors</i> <i>Signature: J. Wright</i>	<i>Date: 24th January, 2024</i>
<i>Chair of Governors</i> <i>Signature: J. Wright</i>	<i>Date: 19th January, 2022</i>
<i>Chair of Governors</i> <i>Signature: J. Wright</i>	<i>Date: 20th January, 2021</i>
<i>Chair of Governors</i> <i>Signature: Jane Wright</i>	<i>Date: April 2020</i>

LONGMOOR PRIMARY SCHOOL

School Food Policy

Our policy supports us to:

- Promote healthy eating which will make a significant contribution to the health and well-being of our students
- Protect and care for children within the school who have a specific and life-threatening food allergy
- Promote our belief there is a direct link between healthy eating and learning
- Support our contribution to promote a healthier lifestyle in our community

We want to achieve....

- Every pupil having access to high quality, tasty and nutritious food, and an easily available water supply during the school day.
- An increase in the number of pupils who enjoy the food they consume at school.
- Improved understanding of the terms such as "balanced diet" and "healthy eating" and more children choosing healthy options
- An increase in pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent & staff knowledge and awareness of food issues, including what constitutes an environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

How our Food Policy is implemented.

1. School Ethos
2. Curriculum
3. Breakfast Club

4. Break time
5. Lunchtime
6. Staff & Visitors
7. School Visits & Events
8. Community Involvement
9. Enforcement

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips & events. Staff are also encouraged to participate & model healthy eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe & effective learning as well as providing a foundation for good health.

Curriculum

PSHE, Geography, Science, DT, RE & Languages may all contribute to the curriculum delivery of food education.

Curriculum delivery will involve practical food experience delivered by properly trained staff & will be adequately resourced.

It may be appropriate for a wide variety of foods to be prepared & consumed within the curriculum or at a celebration. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. Foods containing high levels of sugar & salt will be avoided.

Parents sometimes wish to give out birthday food. Unhealthy foods from parents will be discouraged.

All pupils & staff have water freely available at all times & are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

Break time

At break times our pupils are only allowed to consume fresh fruit, fresh vegetables, dried fruit and plain cereal bars. Children should only have one snack per break time. Fizzy drinks are not allowed. Water is encouraged from the classroom. This is to ensure that pupils return to the classroom prepared & refreshed for learning. It also helps us to limit litter & control the environment to make it safe for pupils with nut allergy.

EYFS and Key Stage 1 take part in the Free Fruit Scheme.

Lunchtime

Lunches exceed the national guidance. All pupils have a choice enabling them to eat healthily. No fizzy or sugared drinks are offered. Juice and water are always freely available.

Pupils are encouraged to taste & eat new foods.

Time & seating arrangements are sympathetic to a positive social eating environment for those buying lunches & those eating a packed meal.

Packed lunches are monitored & the curriculum encourages healthy sandwiches etc. Appropriate storage arrangements are made.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff parents and students.

Staff & Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

School Visits & Events

Food served at events & offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

Community Involvement

At all stages the wider community will be involved in developing & implementing this policy. This will ensure that work is sustainable & that best practice is communicated. For example, practical healthy lunchbox advice at a parent event or school councils generated healthy snacks list issued by them to parents.

Equal Opportunities

Provision is allowed for special diets eg medical, cultural, vegetarian & for appropriate serving.

Free packed & cooked lunch provision will be handled sensitively.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training & resourcing are appropriate & up to date.

Policy Development & Review

This policy will be reviewed every two years or more frequently should the need arise.

Review date January 2024