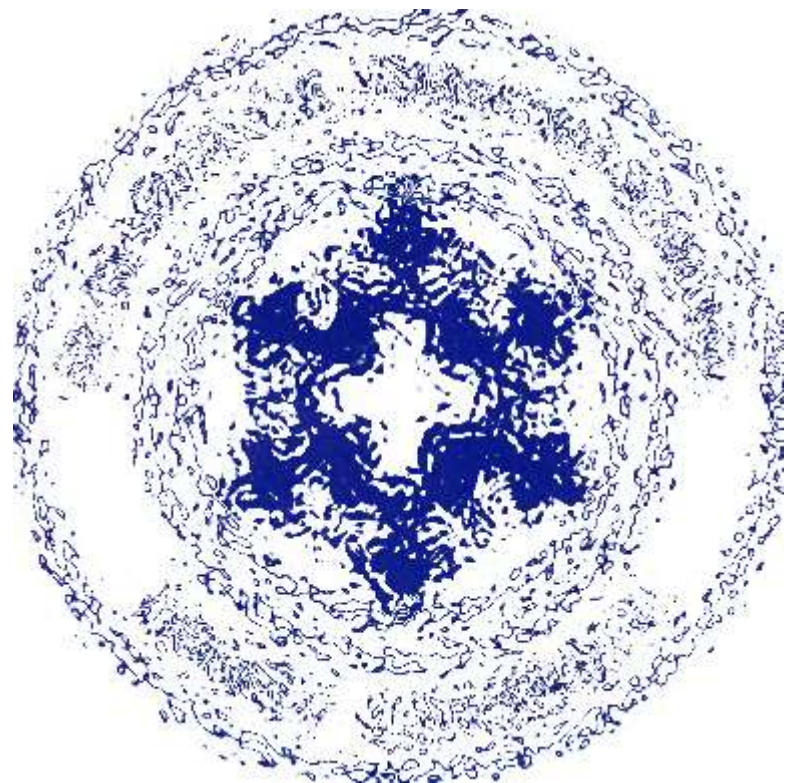


St. Mary's

Church of England Primary School
Kirkby Lonsdale

Food Policy







INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by **Brian Jones**

FOOD POLICY AIMS

The main aims of our school food policy are:

- 1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes**
- 2. To provide healthy food choices throughout the school day**

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff are updated on healthy eating regularly.

Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

Evaluation of pupils learning

The healthy eating aspects of the National Curriculum are assessed through SATS.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day.

National Nutritional Standards for School Lunches

All school food should meet standards set out by the Children's Food Trust.

Food prepared by the Dolce catering team meets the National Nutritional Standards for School Lunches.



SNACKING

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time.

USE OF FOOD AS A REWARD

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. These include complimentary remarks, stickers, stars, assembly certificates. Food is not used for end-of-term presents to pupils.

For exceptional events such as school discos, food rules may be relaxed with the consultation with the Headteacher. In these cases, healthy options will continue to be provided and encouraged.

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water.

4. FOOD AND DRINK BROUGHT INTO SCHOOL

MOBILE CATERERS SERVING FOOD ON SCHOOL PREMISES

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the BOGH (Balance of Good Health).

PACKED LUNCHES

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the BOGH.

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices

VEGETARIANS AND VEGANS

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

FOOD ALLERGY AND INTOLERANCE

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Natasha's Law

The Government has introduced new legislation, referred to as 'Natasha's Law' which requires all pre-packed for direct sale food, to have ingredient and allergen information provided on the label from 1st October 2021.

This change follows the tragic death of teenager Natasha Ednan-Laperouse from an allergic reaction caused by a baguette which did not require allergen labelling at the time.

This law requires us to provide a full list of ingredients, in weight order, with the 14 declarable allergens emphasised on the product label. These products will include pre-packed sandwiches, wraps, paninis, salads and dessert pots.

Dolce provide our school meals and have developed a policy to support the Law, which is available on our school website.

6. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

COMMUNICATION

Parents are invited to look at and comment on the healthy eating policy and to contribute to our healthy eating approach where appropriate.

MONITORING AND EVALUATION

- Parents are invited to contribute to any review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.
- The Headteacher meet termly with the school cook to monitor school food choices and menu planning.
- Our cashless system enables the kitchen to monitor pupil's choices and incorporate this into menu planning.
- Monitoring of school food choices and incorporating this into menu planning.
- If pupils are noted to consistently chose/bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.

Food concerns will be discussed with caterers, pupils, parents and staff as the need arises.

Please see our website for details relating to Natasha's Law
<https://www.stmarys-kl.cumbria.sch.uk/natashas-law/>

REVIEW

Date policy implemented: March 2024

Approved by: Governors Jo Gill – Chair of Governors

Review Date: 2026