



# Food Policy

Date: Summer 19

Agreed by Governors: Summer 19

Review Date: Summer 22

# Spixworth Infant School Food Policy

## Aims and Objectives

- Spixworth Infant School recognises the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.
- The school aims to ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food, and a safe, easily available water supply during the school day.
- The school recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food and its production.
- The school also recognises the role it can play, as part of the larger community, to promote family health, and sustainable food and farming practices.
- The school is committed to providing a welcoming and safe eating environment that encourages the positive social and cultural interaction of pupils and teachers.
- The school recognises that sharing food is a fundamental experience for all people; a way to nurture and celebrate cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.
- The school is committed to ensuring 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.
- The school is committed to ensuring that pupils and parents are involved in policy and practice within the school and enabled to contribute to healthy eating.
- The school is committed to provision of training in practical food education for staff, including diet, nutrition, food safety and hygiene.

## Snacks

All pupils receive a free piece of fruit or veg every day from the Government Fruit and Veg Scheme.

A 'snack table' is part of the enabling environment in the Reception classrooms. Children in Reception can choose when to eat their snack between the hours of 9.30am – 11.30am.

Children in Key Stage 1 eat their snack at the beginning of morning break. This snack time is time limited to ensure that children still have ample opportunity to play actively during their break. Snack time for the Key Stage 1 children usually takes place in the children's own classrooms but at the class teacher's discretion, the children may eat together in the outdoor area.

Supervision of children at snack time is used to encourage children to eat their snacks, to talk about healthy eating and food related learning and also to ensure the safety of children as they eat.

## Water

Plentiful drinking of water by school children has been recognised in improving behaviour and concentration as well as having many health benefits. Pupils are encouraged to bring a plastic water

bottle to school. Children are regularly reminded to drink water at break times and are able to access their water bottles regularly within the classroom. Water fountains are also available in school.

### **School Lunches**

School lunches are provided by Vertas/Eats and menus are planned to meet nutritional guidelines and provide a varied diet. Menus are published to families, termly, and feedback from families, pupils and schools is used to plan the following term's menus. Special dietary requirements in accordance with pupils' religious beliefs, cultural or family practices are supported. Pupils with food allergy and intolerance have an individual care plan that is created collaboratively with families. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. All catering staff are aware of children's individual requirements.

All infant children are entitled to a free school meal, as part of the Universal Infant Free School Meal Scheme.

- Chips will only feature on the menu once each week
- A traditional roast will appear on the menu each week
- A vegetarian option will be available daily
- Meals will be traditionally cooked, using a variety of fresh fruit and vegetables
- Jacket potatoes with a selection of fillings will be available daily
- Fresh fruit, salad and bread will be available each day in addition to the main menu
- A school packed lunch option will be available daily
- Plain water and milk will be available throughout meal times

### **Packed Lunches**

The school actively promotes school lunches and encourages those bringing a packed lunch to taste items from the school lunch menu (subject to dietary and religious requirements). The school is committed to encouraging parents to provide healthier lunchboxes.

The school actively discourages packed lunch foods, such as crisps, sweets and squash drinks. Fizzy drinks are not permitted.

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason no food from packed lunches may be swapped or shared.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.

### **The Dining Environment**

The school is committed to providing a welcoming, safe eating environment that encourages the positive social and cultural interaction of pupils and staff. The school provides a calm, ordered environment conducive to mutual respect and good behaviour. The Reception children will be served first with the

Key Stage 1 children joining the dining area for the second sitting. Pupils sit together whether they bring a packed lunch or eat a school meal.

The school is also committed to the following:

- Encouragement to choose a wide range of foods and try new things
- Active help for children (particularly young children) who find the physical process of school dinners or packed lunch difficult – for example, carrying trays, opening tubs or packets
- Encouraging all children to eat the food they have been provided with
- Provision of water throughout the meal
- Ensuring children wash their hands before eating (and after eating if necessary)
- Supervision that aims to ensure a pleasant and safe dining experience
- Actively seeking the children's views and opinions on the food and dining environment

### **Food in the Curriculum**

At Spixworth Infant School we explore and celebrate food as part of whole school topics. Links made across the curriculum may include learning about food where this is practical and purposeful for example making bread when studying the story of The Little Red Hen or tasting Chinese food when learning about the celebrations of Chinese New Year.

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
- An understanding of cultural diversity
- The development of respect and understanding towards the beliefs and attitudes of others
- How food is produced
- How to handle, prepare and cook food safely

We also recognise that food production and cooking supports the development of many other key skills for example, language development, Maths and Science skills as well as physical development and social skills. To further enhance the curriculum, gardening and cookery experiences will be planned across the year and clubs will be offered for set periods within the year.

Learning cafes are part of our school curriculum and include a snack. A portion of raisins and fruit juice are provided for this purpose.

### **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.

### **Partnership with Parents and Carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are regularly updated on our food policy through school and class newsletters as well as published menus. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

### **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.

### **Monitoring and evaluation**

The school will evaluate the impact of the healthy eating policy through feedback received from pupils, parents, staff and governors.