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Owner	Health and Safety Lead
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Healthy Eating and Food in School Policy

The policy has been formulated following consultation with pupils and staff to develop healthy eating and drinking activities that benefit pupils, staff, parents and others associated with the school. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff and parents.

Rationale

The Topsham recognises the importance of a healthy diet and the significance connection between a healthy diet and a pupils ability to learn effectively and achieve high standards at school. It is important that The Topsham School considers all elements of work to ensure that awareness of healthy eating is promoted to all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

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

The principles of this policy incorporate those outlined in the School Food Plan <http://www.schoolfoodplan.com/>

The nutritional principles of this policy are based on the 'eatwell plate' <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx> and the School Food Standards <http://www.schoolfoodplan.com/standards/>

FOOD POLICY AIMS

The main aims of our school food policy are:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- To ensure that the mandatory food based standards are implemented
- To ensure that the school follows the principles laid out in the School Food Plan, encourages the take up of school meals
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

These aims will be addressed through the following areas:

1. School Food Plan

The School Food Plan <http://www.schoolfoodplan.com/> is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support head teachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by :-

- Adopting a 'whole-school approach': integrating food into the life of the school.
- Concentrating on the things children care about: good food, attractive environment, social life, price and brand
- Encourage take up of school meals to improve school food economics and in particular encourage take up of the new Universal Free School Meals for all KS1 from September 2014

2. 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.

3. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporate the DFE statutory guidelines :-

<https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>

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. . Schemes of work at all key stages reflect the whole school approach to healthy eating.

- **Cooking and nutrition**

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand

where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.

- **Cross Curricular**

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to science and PHSE.

- **Staff training**

School staff including teachers, TA's and lunch time supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines.

- **Visitors in the classroom**

This school values the contribution made by outside agencies including the school nurse in supporting class teachers. 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. The school's code of practice for visiting speakers is adopted.

- **Resources**

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'eatwell plate' where appropriate.

4. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

- **Food Standards**

National Nutritional Standards for school Lunches became compulsory in 2009. As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches will come in to force in January 2015. Together with the existing standards they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs. <http://www.schoolfoodplan.com/standards/> . Checklists for monitoring your provision are available from the Children's Food Trust <http://www.childrensfoodtrust.org.uk/>

In addition we encourage and provide guidance to children and families who do not regularly eat a school lunch so that they might make informed choices about healthy eating and lunch box choices.

- **Lunch**

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

- **Universal Free School Meals**

From September 2014, all children in reception, year 1 and year 2 in state-funded schools in England have been eligible for free school lunches. The School fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

- **Fruit Scheme (KS1 only)**

The School is part of the National Fruit and Vegetable Scheme. Children eat their fruit as part of circle time and area assisted with chopping/ washing as appropriate

- **Snacks**

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 only permits fruit at break times, we do not permit processed fruit forms.

Advice on this standard is available from the Children's Food Trust

<http://www.childrensfoodtrust.org.uk/schools/the-standards/reviced-standards/other-than-lunch>

- **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.

- **DRINKING WATER**

Drinking water should be available to all pupils, children are encourage to bring water bottles into school, in addition there are several outside water fountains for pupils to use.

5. FOOD AND DRINK BROUGHT INTO SCHOOL

- **PACKED LUNCHES**

Packed lunches prepared by the school caterers adhere to the Government Food Lunch Standards.

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 'eatwell plate'.

The school has produced a booklet that gives advice to parents on healthy packed lunch choices.

6. SPECIAL DIETARY REQUIREMENTS

- **Cultural and religious diets**

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. The school needs to have a robust procedure in place for both parents to inform the school of a special diet and for identifying children to

ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time.

- **Medical Diets**

Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency.

7. 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.