

## **Park Primary School Food Policy**

School name: Park Primary

Date of policy implementation: September 2015

Date of next review: June 2017

At Park Primary School we are 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.

**Aim:** To enable pupils to make healthy food choices and to ensure that all aspects of food and nutrition in the school promote health and wellbeing of the children, their families, staff and friends of our school.

### **Objectives:**

- To ensure all food and drink provided by the school across the school day is nutritious and varied.
- To ensure mealtimes are fun and educational for everyone.
- To ensure consistent and correct food and nutrition messages are promoted throughout the whole school.
- To ensure everyone has an opportunity to learn about healthy food, drink and lifestyle and teachers who are taking responsibility for food have adequate training.
- To ensure children with food allergy are correctly and safely managed.
- Review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- Establish a food week in school to promote healthy eating and drinking messages.

### **Parent/carer involvement:**

- Parents/carers will have the opportunity to be involved in decisions made regarding food and nutrition in the school.
- Parents/carers input will be through informal communication (conversations with staff, written feedback to the school, and involvement in nutrition and health promotion activities) and formalised communication through involvement in the nutrition action group.
- The school will have a 'suggestion box' available for parents/carers to place written thoughts/questions into regarding food and nutrition. These suggestions will be discussed at the next nutrition action group.

### **Food, drink and menus:**

#### **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. Parents can apply to use this facility through the school office.

### **National Nutritional Standards for School Lunches**

- The menu will provide children with a tasty, nutritionally balanced diet
- Menus will be on a seasonal 4 week cycle basis and will meet food based standards as outlined by the Children's Food Trust.
- The menu will be on display in advance and on the school website.
- Guidance around breakfast club, school lunch, after school and snacks will be provided (outlined below)
- Morning and afternoon snacks, where provided by the school will consist of a variety of fruits and vegetables
- All food brought into the school by pupils or provided by parents/carers must be healthy and meet the food based standards outlined by the Children's Food Trust. This includes snacks and packed lunch guidance
- Children should be encouraged to make their own food choices and the dining environment should support them in making positive choices
- The cultural and dietary needs of all children will be acknowledged and addresses where reasonably possible within the school setting
- Suitable, nutritionally balanced vegetarian options will be prepared when the main meal is not suitable. In line with the food based standards.
- Water and milk will be the only drinks provided by the school. Water will be available and encouraged at all times.
- Sweets, sweet drinks, savoury snacks (e.g. crisps) and chocolates will not be served by or permitted to be brought into school from home.
- No other high sugar, high fat food will be allowed.

### **Food allergy:**

- No nut or nut products will be served or brought into the school
- Medical confirmation is required (letter from GP or paediatrician) for children with food allergies requiring modified diets.
- All children medically confirmed with food allergy will have a treatment plan in place, in view of the dining/kitchen area and available to all staff i.e. staffroom.
- The treatment plan may display the child's photograph on agreement with the school and parents/carer.
- School will ensure that children with food allergies are confirmed as requiring food each day as needed.
- Kitchen staff will ensure plates of food for specific children are labelled and what food/ingredients are excluded will be listed.
- Food brought in to the school must be purchased and display a list of ingredients on the packaging.

### **The dining environment and encouraging eating well:**

- The school staff acknowledge that all pupils are individuals with individual needs around food and drink at meal times.
- Mealtimes will be an enjoyable and social occasion, giving time for interaction between children and adults.
- Children will not be made to eat food and likes/dislikes will be respected.
- Food will be not used as reward or punishment.
- Children will be encouraged to develop good eating skills good table manners.
- Staff will promote a positive attitude and reaction to all foods presented.
- Staff will sit and eat with children and be good role models to healthy eating.

- Staff will actively encourage children to try all foods offered.
- Staff will ensure they use the correct names for food they are eating.
- Cultural differences will be respected at all times. Staff will be aware of and respect the ways different cultures traditionally eat.
- Parents/carers will be advised of occasions when their child is not eating well.
- Where there is concern regarding a child regularly refusing food/drink staff will discuss the concern with the child's parent/carer. The school will produce a strategy for the parent/carer and child if required.

### **Food safety and hygiene:**

The dining environment and encouraging eating well:

- All staff involved in food preparation should have Food Safety and Hygiene and Food allergy training.
- Staff will ensure health and safety requirements are followed during the preparation of food and at mealtimes.
- Staff will ensure children follow hygiene practises where appropriate.

### **Rewards and celebrations**

The school does not encourage the regular eating of sweets or other food high in sugar, salt or fat, especially as a reward for good behaviour or academic or other achievements.

Children will not be allowed to bring in sweets or chocolates to celebrate birthdays.

We encourage children to celebrate success or special events by using other methods such as;

- Weekly celebration assemblies.
- Stickers
- Success charts such as 'knights of the times table'
- Singing Happy Birthday to the child in class.
- Wearing a birthday badge.

Food brought for children at the end of school must not be shared with other children in order to be fair to everyone and to avoid unknown risks of allergies.

### **Monitoring and Evaluation**

**This policy will be reviewed annually and parents will be invited to contribute to a healthy eating approach where appropriate.**

**Susan Cockett and the School Nutrition Action Group  
June 2015**