



Buckland Primary School Food Policy



Governors' Responsible:	Full Governing Body (FGB)
Policy Originator:	Peter De Leonardis
Next Annual Review Due:	September 2023

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. It will continue to be developed in consultation with pupils and parents as the school works towards its aim of maintaining the Healthy Schools Award status.

It is recognised that the implementation of this policy will require a change to some of the current practices associated with food policy and provision at the school.

Rationale

Buckland Primary School recognises the importance of a healthy diet and the significance connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school. It is important that Buckland Primary 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, pupils, and our school nurse. It follows Government advice on planning and providing food in schools as outlined in the document

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/551813/School_food_in_England.pdf

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 guide '

<https://www.nhs.uk/livewell/goodfood/pages/the-eatwell-guide.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 Government food 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: treating the dining hall as the hub of the school, where children and teachers eat together; lunch as part of the school day; the cooks as important staff members; and food as part of a rounded education
- The head teacher leading the change
- 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 Universal Free School Meals for all KS1.

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>

Schemes of work are available from the British Nutrition Foundation: -

<http://www.foodfactoflife.org.uk/section.aspx?t=0&siteId=22§ionId=118>

<http://www.foodfactoflife.org.uk>

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. Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from.

- **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 PSHE.

- **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. To facilitate this, staff will be familiar with the school's food policy, undertake related healthy eating issues online training <http://www.foodafactoflife.org.uk/section.aspx?siteId=22§ionId=140> and support children in Science/PSHE lessons linked to a healthy balanced diet and eating.

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 guide' where appropriate.

4. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

- **Food Standards**

In January 2015 a new set of standards for all food served in schools came into force and become mandatory in all maintained schools, and new academies and free schools. They cover all food sold or served in schools: breakfast, lunch and after-school meals; and mid-morning break and after-school clubs. <http://www.schoolfoodplan.com/standards/> .

- **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.

- **Lunch**

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

- **School Meals**

Buckland Primary School aims to provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account the health needs and religious and ethnic preferences. We will ensure the service is consistent with our teaching of healthy eating, including the 'at least 5 a day' messages and the 'Eatwell Plate' and compliant with the School Food Standards.

Twelve15 is the school meal provider for Buckland Primary School. They are fully compliant with the School Food Standards.

- **Universal Free School Meals**

Since September 2014, all children in reception, year 1 and year 2 in state-funded schools in England have been eligible for free school lunches. Buckland Primary 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)**

Buckland Primary 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**

Buckland Primary 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-based snacks at break times.

The school discourages the consumption of snacks high in fat and sugar at break-time and follows the Government standards for the provision of food other than lunch.

<http://www.schoolfoodplan.com/standards/>

- **USE OF FOOD AS A REWARD**

The school does not encourage the regular eating of sweets, cakes or other foods high in sugar or fat, especially as a reward for good behaviour, academic, other achievements, or as a birthday gift from pupil to pupil. Other methods of positive reinforcement are used in school. Buckland Primary School encourages a no food policy for birthday treats from pupil to pupil. Any sweets, cakes or other food items that are sent into school with children to be shared with peers will not be distributed and sent home unopened. This message has been shared with parents.

- **DRINKING WATER**

Drinking water is available to all pupils, everyday, and free of charge. Pupils are encouraged to bring a water bottle in to school every day and have opportunities to refill this during the school day. Pupils are encouraged to take a filled water bottle with them to PE lessons and other physical activities, both on and off site.

5. FOOD AND DRINK BROUGHT INTO SCHOOL

- **PACKED LUNCHES**

It is a common misconception that a packed lunch brought from home is healthier than a school meal. The new standards for school food do not cover a packed lunch however studies have shown that packed lunches often contain high levels of salt, fat and sugar.

At Buckland Primary School we consult parents/carers regarding the content of packed lunches in line with the whole school approach to food in schools. This is achieved by promoting healthy packed lunch options using the principles of the 'Eatwell Guide'. All packed lunches brought into school are stored safely to avoid food safety risks.

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. Buckland Primary School has 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. All parents must liaise with the school office to alert the school staff of any special dietary requirements, including vegetarian dietary requirements.

- **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. We consult our local Environmental Health Department about legal requirements.

8. THE FOOD AND EATING ENVIRONMENT

Buckland Primary School encourages parents to provide their child/children with a daily healthy packed lunch. The school takes part in the annual Healthy Eating Week and also deters parents from providing unhealthy birthday treats for their child's classroom peers.

9. FOOD IN THE CURRICULUM

At Buckland Primary School, we aim to:

- enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.
- ensure schemes of work for all key stages will reflect the whole-school approach to healthy eating.
- ensure opportunities within the whole school curriculum promote and raise awareness of the following topics – healthy weight, oral health, breastfeed (RSE)

MONITORING AND EVALUATION

Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

This policy will be shared with all stakeholders, via the school's website, Parent Mail and through the school's parent coffee morning forums.

REVIEW

Date policy implemented: April 2019

Review Date: April 2021