



# Grove Vale Primary School

## Food and Nutritional Standards Policy

June 23





### **Updated June 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 continuing Healthy School 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.

### **Our Aims**

Grove Vale Primary School recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school. It is important that Grove Vale Primary School considers all elements of work to ensure that awareness of healthy eating is promoted by 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 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>
- 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, encouraging 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 these areas:

### **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.
- The head teacher leading the change .
- Concentrating on the things pupils 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.

### **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.

### **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. This is done through lessons such as PSHE, Science and DT.

### **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 PSHE.

### **Staff training**

School staff including teachers, TAs 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.

### **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.



## **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 afterschool 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/>

### **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. Staff will inform the Designated Safeguarding Lead if a child is identified as regularly not being given breakfast.

### **Lunch**

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. The school lunches are provided by Dolce School Catering. Dolce School Catering complies with the Food Standards.

### **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 snack time.

### **Milk**

The new Food Standards require that milk must be available for drinking at least once per day during school hours for pupils under 5 years old. At Grove Vale Free milk is available daily to children under the age of 5 and is also available to purchase once they have reached their 5th birthday.

### **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 provides fruit and vegetable based snacks at playtime in Foundation Stage and Key Stage 1. In Key Stage 2 pupils are encouraged to bring in a fruit or vegetable snack for playtime. <http://www.childrensfoodtrust.org.uk/schools/the-standards/revised-standards/otherthan-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. Pupils are allowed to bring in sweets to give out at the



end of the day to their class friends to celebrate their birthday. Birthday cakes however cannot be brought into school and shared with the class.

### **Drinking Water**

Drinking water is available to all pupils, every day, and free of charge. Pupils are encouraged to bring in their own water bottle to have during the day. Pupils are encouraged to drink regularly.

### **Food and Drink Brought into School**

#### **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. For further guidance on Special Diets please access <http://www.childrensfoodtrust.org.uk/schoolfoodplan/uifsm/special-diets/catering-forreligious-diets>

#### **Packed Lunches**

The school encourages parents and carers to provide children with packed lunches that complement the Government Food Lunch Standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'. Further advice including a guide to producing a packed lunch policy can be found on the children's food trust website:-

<http://www.childrensfoodtrust.org.uk/schools/packed-lunches/packed-lunch-policy>

Packed lunches prepared by the school for occasions such as trips, caterers adhere to the Government Food Lunch Standards.

#### **Food Allergies**

Our parents are asked when their child enrolls at the school if they have any food allergies. This information is shared with all staff and also with our external caterers via the systems provided. Parents should keep the school updated as and when required if there are any changes to the child's allergies and also update their schoolgrid account.

An allergy plan maybe completed for the child if required and individual menus can be supplied by the schools external caterers should a medical note be provided by the child's GP. Guidelines are followed to ensure the food provided by schools caterers reflect allergen information and list ingredients in recipes.

We are a 'nut free' school and do not permit the use of any foods containing nuts for any cooking activities. When sending in food or treats in to school, these must not contain nuts.

#### **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 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.

#### **Related Policies**

- Special Educational Needs and Disabilities



- Child Protection and Safeguarding
- Personal, Social, Health and Economic Education

