

HARLOW FIELDS SCHOOL & COLLEGE



POLICY TITLE: Food Policy & Nutritional Policy


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AUTHOR: Kathleen Wall

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Signed by the Chair of C&PR:	



Harlow Fields School & College
Working Together To Succeed

Harlow Fields School and College Food Policy

Harlow Fields School and College is an all age special school and pupils have an age range of 3-19 years (EYFS-KS5). The school caters for pupils with severe learning difficulties (SLD), autistic spectrum disorder (ASD), profound learning difficulties (PMLD) and moderate learning difficulties (MLD).

The school population is such that some of our pupils present with difficulties that impact on what and how they eat, and these need to be considered in the school's Food Policy.

Dissemination:

Key information from this policy will be incorporated into the following documents where appropriate:

- School Website
- School Handbook / Prospectus
- Staff Handbook / Induction materials
- Pupil documentation

School Statement:

We are committed to providing an environment that promotes healthy eating and enables children and young people to make informed choices about the food they eat, ensuring all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.

Aims:

We aim to support our whole school community in:

- Sharing food together and making mealtimes enjoyable
- Staying safe by being a Nut Free Zone
- Making informed choices on a healthy, balanced diet
- Making sure that nutrition has a prominent place in school life
- Ensuring information relating to food and nutrition in the curriculum is consistent and up-to-date
- Developing a healthy lifestyle
- Accessing healthy food and drinks throughout the school day
- Encouraging healthy foods and drinks to be brought into school
- Learning about food and nutrition and its relation to health

Food Provision – School Meals

School meals are provided by Ashlyns and fully meet the Government's National Standards for School Lunches. Healthy, nutritional food and drinks are promoted, and children are encouraged to eat balanced meals. The food available reflects the religious,

cultural and dietary needs of the school community, for example, we can provide meals with modified textures and including Halal meat.

Eating and drinking difficulties:

As a school for pupils with special needs, some of our pupils will present with complex eating and drinking difficulties. This can be a broad term for the difficulties and challenges around mealtimes. It can be interpreted differently by parents, carers and school staff; therefore clarification is required for each pupil in their personalised Eating and Drinking Plan. These are drawn up by the SaLT in consultation with school staff and parents.

Difficulties may include:

- Pupils presenting with difficulties in the physical and mechanical function of their oral feeding mechanism (e.g. oro-motor difficulties, oral structural abnormalities, swallowing dysfunction).
- Pupils with underlying medical conditions and restricted diets e.g. Gastro-oesophageal reflux, metabolic disorders and food allergies.
- Pupils presenting with sensory based difficulties, selective eating and aversive reactions towards food/drink and/or feeding utensils used.
- Pupils with physical and/or learning difficulties who are unable to feed themselves or distinguish between 'good' or 'bad' food choices.
- Pupils who meet their nutritional requirements via supportive or alternative feeding methods (e.g. special dietary supplement/formula and gastrostomy tube feeding).

Pupils presenting with eating and drinking difficulties may need special requirements in terms of food consistencies (e.g. pureed food and thickened liquids due to unsafe swallow or bite and dissolve food textures to encourage biting/chewing skills), positioning during feeding, feeding utensils/equipment used and communication and feeding environment.

Our aim is to promote healthy but most importantly ensure safe nutrition in an atmosphere which promotes the development of skills, positive communication and pleasurable mealtime experiences, these include.

Pupils with sensory-based difficulties or aversive behaviours to food to access opportunities to explore/play with food textures in a non threatening manner to support/encourage desensitization and feeding development.

Food to be pureed separately to encourage different taste experiences, to represent real food as far possible and for pupils to be able to develop taste preferences.

To liaise with the multi-professional team to discuss complex feeding issues to formulate an appropriate plan of action.

Harlow Fields School and College aims to ensure that all pupils and staff have access to a readily available water supply during the school day including lunch times.

Pupils eat their lunch in our welcoming dining areas. Both facilities allow pupils to enjoy their lunch whilst socialising with friends and staff. For our pupils lunch time is used as another opportunity to teach communication skills and how to make informed choices. We make no distinction between pupils who pay and those who receive free school meals. Pupils are supervised by teaching staff, Learning Support Assistants and Mid Day Supervisors over the lunchtime period.

Food Provision – food other than school meals

We are a nut free zone due to the increasing numbers of pupils with severe allergies. Our school is part of the National School Fruit and Vegetable scheme, which entitles all children in reception, Year 1 and Year 2 to have a free piece of fruit or vegetable each day. Children in other classes are encouraged to bring healthy foods or a piece of fruit for break time snacks.

We encourage children to drink water regularly throughout the day to ensure they are well hydrated. Research shows this can improve concentration and learning.

Food and drinks brought into school

As part of our commitment to being a healthy school, we encourage parents to provide children with healthy food and drinks, particularly in their lunch boxes.

Promotion of food in school

Pupils are encouraged to develop positive attitudes to healthy eating and trying new foods. Healthy foods are promoted in school through the curriculum, posters/displays and positive re-enforcement by all school staff.

Food Safety and Hygiene

The school is committed to health and safety and adheres to Essex County Council's guidance.

Our catering staff have received accredited training in this area. This is monitored and updated through Ashlyns. Our school kitchen has been awarded 5 stars for Hygiene as inspected by the Council. Staff strive to keep this prestigious rating. A number of staff are qualified in Basic Food Hygiene.

Food and Nutrition in the Curriculum

Across the key stages, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore a range of fiction, nonfiction and poetry about food and food related issues as a stimulus.

Maths offers the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing, and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

Computing can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Food Technology provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. A variety of approaches, including practical work and group discussion are used to enable pupils to experience and acquire the skills needed and understand the benefits of eating healthily and making informed choices where possible.

Three year cycle:



Food Technology Curriculum Map

Our Food Technology curriculum aims to ensure that pupils: understand and apply the principles of nutrition and health, cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet, become competent in a range of cooking techniques, understand the source, seasonality and characteristics of a broad range of ingredients.

Teaching staff have opportunities to plan together, collate ideas and share resources. All themes aim to include writing opportunities, sensory elements and key ideas for MLD and SLD pupils.

Year A

Year	Autumn 1	Autumn 2
A	Ingredients Recognising basic ingredients Sourcing ingredients Food Production in the UK Preparing food to be eaten Visiting a supermarket/market/allotment	Equipment Naming simple equipment Equipment and their special jobs i.e. peeling, grating Using a range of equipment Tasting ingredients Hygiene and safety
	Spring 1	Spring 2
A	Cooking Skills Identifying the skills needed Knife skills-bridge hold, claw grip, fork secure Using basic skills to make a dish Non-heat recipes- coleslaw, couscous salad, fruit salad, sandwiches, smoothies	Plants and Animals Sorting foods into plant or animal groups Considering animal/plant food sources Animal farming Plant farming Farm to fork
	Summer 1	Summer 2
A	Food Storage Knowing that different foods need to be stored differently Hygiene/safety rules: before, during and after cooking Fridge space: top shelf, bottom shelf, salad drawer Preparing and storing food accordingly	Meal Planning Planning to cook: time, person and occasion Meal times Modifying recipes Tasting sessions to inform recipe planning Preparing a timed recipe

Year B

Year	Autumn 1	Autumn 2
B	<p>Food Around The World Food from other countries, cultures and religions Factors which determine what is eaten Availability, preference, resources, time, culture and religion Combining foods in different ways</p>	<p>Balanced Diets Healthy eating guidelines Different food groups Identifying and classifying unfamiliar dishes Food proportions Devising healthy meals and menus</p>
	Spring 1	Spring 2
B	<p>Food and Energy Foods and different amounts of energy Activities and the energy they need Portions and the energy they provide Energy requirements of different people Achieving a healthy energy balance</p>	<p>Health and Nutrition Food and drink nutrients Carbohydrates, fats and proteins Vitamins and minerals Fibre The functions of different nutrients</p>
	Summer 1	Summer 2
B	<p>Being Active Health and physical activity Looking after our teeth Being clean and hygienic Drinking water Healthy picnics</p>	<p>Food and Farming Sourcing common ingredients found in meals Foods produced inside/outside UK Climates/conditions and food production Growing seasonal produce Wheat to bread</p>

Year C

Year	Autumn 1	Autumn 2
C	Unusual Ingredients Sensory trays - lemongrass, ginger, basil, limes World diets and similar food groups Different food preparation techniques-stir fry, curry Taste testing Cultural celebrations and food	Special diets Vegetarian meals Allergies Religious observance Considering alternative/healthier ways to prepare and cook foods
	Spring 1	Spring 2
C	Recipes Following recipes Writing recipes Weighing and measuring accurately Selecting ingredients and equipment to plan and cook Modifying existing recipes	Cooking Techniques Bread – kneading, proving, shaping, baking Fish fingers - dusting, dipping, coating Smoked haddock samosas - combining, assembling, folding Scones – sieving, rubbing-in, combining, rolling out, cutting Knife skills- slicing, chopping, grating, peeling, threading Using the hob
	Summer 1	Summer 2
C	Buying Food Identifying fresh ingredients Tinned, frozen, dried foods Mouldy food Date marks Food labels Good food safety and hygiene	Healthy Eating Challenge Sourcing healthy breakfast options Innovative ways to take your 5 a day Advertising and marketing Drink plenty challenge Make a lifestyle change pledge

Monitoring and Evaluation

This policy along with the curriculum is monitored on an ongoing basis through self-evaluation and reviewed annually. All staff are responsible for delivering the Food Policy.

The Catering Manager is responsible for the content, preparation and cooking of school meals and reviews menus with the Senior Leadership Team. Reviews take place formally and informally and include pupils, governors, staff and parents.

Nutritional Policy

Aim

The Governors and staff of Harlow Fields School & College recognise their responsibility for the provision of a nutritionally balanced two course meal which contributes to the health of pupils and staff. They will ensure that all staff preparing, cooking and serving meals are suitably trained and understand the basic principles of nutrition and hygiene standards.

School Lunches/Packed Lunches:

Lunches are prepared and cooked on site using locally produced foods. The menu is devised by Ashlyns in line with food regulations and standards. The food is stored, prepared and served following the most recent Government guidelines. From September 2014, all children in Reception, Year 1 and Year 2 are entitled to receive a free school meal, regardless of income, in line with the Government's Universal Infant Free School meals initiative.

The menu is available on our school website and is sent to parents and carers in advance so they are able to encourage their children to make healthy choices.

On a daily basis pupils are offered carbohydrates, protein, fruits and vegetables. A vegetarian meal is available every day. Every effort is made to ensure that pupils make healthy choices (see Appendix 1)

Packed lunches are provided by the school for Free School Meal pupils on school trips and are prepared using fresh wholesome ingredients. Parents are also encouraged to provide healthy options in packed lunches.

Snacks:

Reception, KS 1 and 2 pupils receive free fruit or vegetables every day from the Government Fruit and Vegetable Scheme. KS 3, 4 and 4 pupils are encouraged to eat healthy foods for snacks.

Water:

Drinking plenty water is to be actively encouraged and modelled by all staff.

Special Occasions & Activity Days:

The school recognises on some days we celebrate different events - i.e. religious festivals, birthday parties etc., and on these occasions party food is appropriate as a special treat.

The Dining Environment:

The dining environment is set up in such a way as to promote healthy eating, positive social interaction and healthy choice making. Our aim is to promote healthy but most importantly ensure safe nutrition in an atmosphere which promotes the development of skills, positive communication and pleasurable mealtime experiences.

Staff Support and Training:

The School is committed to providing training for staff on hygiene, diet, first aid skills and health and safety. Staff will have opportunities to attend regular update and/or training in understanding and awareness of eating and drinking difficulties, techniques to ensure optimal safety and ability to identify students at risk. This will be provided by the SaLT.

Appendix 1

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (100g) contains	Less than 5%	5% to 15%	15% to 30%	More than 30%
Saturated fat	Low	Low	High	High
Salt	Low	Low	High	High
Sugars	Low	Low	High	High

Typical values for each per 100g: 607kJ/147kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Oil & spreads

Choose unsaturated oils and use in small amounts



Dairy and alternatives

Choose lower fat and lower sugar



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS