



# Food Policy

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## Food Policy

### **Why is a policy needed?**

At The Small Schools Multi Academy Trust we recognise the important part that a healthy diet plays in a child's well being, and their ability to learn and achieve effectively. We believe that our schools, in partnership within parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. We believe this is an integral part of the Trust's "Healthy body, healthy mind" ethos.

### **National Guidance**

This policy has been written to reflect the School Food Standards (2015), and the Eatwell Guide of Healthy Eating (2016). The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our Trust's ethos of healthy eating.

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs.

For more information please refer to: <http://www.schoolfoodplan.com>

### **Aims**

The main aims of our Food Policy are:

1. To provide a range of healthy food choices throughout the school day, in line with the mandatory School Food Plan
2. To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation
3. To ensure a consistent approach to healthy eating across the Trust community including pupils, staff and parents/carers, modelling good health behaviours
4. To develop the teaching of the Food Technology aspect of Design & Technology curriculum, with regard to healthy eating

**Please note this policy does not include food provided as part of PTA events or sales.**

Food and sharing food are an important part of what we do as a Trust. All Trust schools ensure that children can sit together at lunch, whether eating packed lunches or school meals.

The menu, which is healthy and nutritionally balanced, is changed at least termly by the Trust's in house catering staff, in consultation with the School Councils. Dietary, medical dietary needs and allergies are taken into consideration. Menus are based on the School Food Plan guidelines.

We are very happy to work with you and your child to make sure that they are able to eat the food on offer. We know that some children can be particular about food, but we are committed to working with you to help your child enjoy a wide range of foods. Please talk to us to see if we are able to accommodate your child (i.e. smaller/larger portions, food not touching on a plate etc.)

We believe eating is more than just 'refueling', it should be an informal social situation where children work together, share responsibilities, and make new friends across the school. We are committed to working with you to make lunchtime better for your child, but at the Trust, lunch time will always be more to us than just food. Particular attention is paid to healthy eating, trying new foods, social interaction, and table manners, and these are rewarded through our Healthy Lunch Reward Programme.

### **Application**

This policy covers the areas of:

- Before and after school wrap around provision food
- Snacks
- Drinks
- School Lunches (Please see separate Packed Lunch Policy for packed lunches)
- Curriculum
- School clubs, events and trips
- Events and celebrations, including food sent from home.

The policy applies to all staff, pupils, parents/carers, Directors, and partner agencies working within school.

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement, providing essential vitamins and minerals, and supports pupils to be ready to learn at the start of each day.

Trust schools run an early morning wrap around care provision for pupils, which will include breakfast for some.

Healthy breakfast options offered within the Trust:

- A variety of different fruits and vegetables every day, e.g. fresh fruit, fresh vegetables, dried fruit, canned fruit in natural juices and juice (not syrup);
- A selection of cereals including wholegrain, low sugar, low salt, high fibre alternatives;

- A variety of different types of bread for toast, including wholegrain varieties;
- Porridge or overnight oats (oats soaked in milk, with fresh or frozen fruit);
- Toppings for toast and bread e.g. low fat spread, reduced sugar jam, honey or marmite;
- Low fat yoghurt;
- Semi-skimmed milk for drinking, or with cereal.

### **Snacks**

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

Any additional snacks provided will meet the School Food Standards.

### **Drinks**

#### ***Milk***

Our schools provide a mandatory milk scheme for all KS1 pupils, in accordance with Government guidelines, which provides a carton (189ml or 1/3 of a pint ) of semi skimmed milk every day for Key Stage 1 children and a carton of full fat milk for Nursery children. Parents/carers can specify if an alternative type of milk is required e.g. soya.

#### ***Water***

Clean drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals.

Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

All packed lunch pupils have access to water at lunch time.

No drinks other than water will be brought into school by pupils partaking in school lunches, unless recommended by a doctor for medical needs. Drinks acceptable for packed lunches are outlined in the Packed Lunch Policy.

### **School lunches**

For information on packed lunches, please see our Packed Lunch Policy.

School meals are provided by the Trust's in-house catering team and served between 11.50am and 1.15pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 2 or 3 week cycle and always contain a meat or fish and vegetarian option. The latest menu can be found on our school website.

School menus are changed at least termly. Pupils are encouraged to put forward suggestions for meals to be included in the new menu. Tasters will be available before the new menu is launched for pupils to try.

The Trust provides Universal Free School Meals for children in Key Stage 1 and encourages parents/carers to take up this offer. We are committed to providing food which is compliant with all national guidelines.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, our Packed Lunch Policy and leaflet supports parents/carers to make informed choices to create it healthily. Support and advice is provided through information on our website.

Packed lunches provided for school trips as part of our Free School Meal provision comply with the School Food Plan.

Any meals taken as part of on or off school site residential trips will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the School Food Plan.

### **Dining Hall Experience**

Children are given ample time to eat their lunch, and do not need to rush. Dining times are staggered, and children generally sit in class groups, to give a calmer lunchtime experience. Gentle music is played in the background to encourage a calming environment.

Children are encouraged to wash their hands before eating, and to enter the dining hall quietly.

Children are able to eat with their friends, and children eating packed lunches or school meals can sit together.

### **Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, RE, PE, Geography and Design and

Technology, as well as incorporated into many topics undertaken by classes, or whole school events such as Roald Dahl Day.

The Trust works in partnership with Phunky Foods ([www.phunkyfoods.co.uk](http://www.phunkyfoods.co.uk)) to support our curriculum's offering around healthy food, activity, and emotional wellbeing.

Where cooking or baking is undertaken by pupils within school, we will utilise these resources to ensure healthier options are chosen.

### **Before and after school club**

Food provision at our breakfast and after school club is compliant with the School Food Plan. Relevant staff have basic food hygiene and preparation certification. Children in the clubs have regular opportunities to prepare and cook healthy snacks and there are frequent opportunities to discuss healthy eating as part of their general activities.

### **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays, but to promote healthy eating choices we would ask that parents/carers think about alternatives to birthday cakes or sweets. If parents/carers want to bring something in to celebrate birthdays we would ask that non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives.

In school, we celebrate children's birthdays during our Achievement Worship, when they are invited to the front for the school to celebrate, and receive a card.

At Christmas and at the end of the school year classes may have a class party in which food is sent in by parents/carers. We will ask parents/carers to send in healthy alternatives, as well as treat foods.

For religious festivals or celebration events, we welcome a variety of foods, from different cultures, for children to try. These events may be incorporated into the curriculum, and the school lunch menu. Parents/carers are welcome to send in food at these times for their child's class to enjoy. (i.e. Divali, Eid, Chinese New Year etc.)

Occasional fund-raising events (i.e. Macmillan Coffee Mornings), may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged. We will aim to limit any cake sales to one per half term. Please note this does not include PTA events, which are run separately to school. We will put lighter or healthier version cake recipes on our website to support those parents baking cakes to send in.

Motivational rewards or prizes will utilise non-food items where possible.

### **Special Dietary Requirements**

The Trust does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and this will be discussed with you when your child starts at a Trust school.

Pupil's food allergies are displayed in a sensitive way (a small poster with their photo and allergy) in relevant places around the school including the school kitchen, school office, and within classrooms. You will be asked to give consent for this to be displayed, in line with the General Data Protection Regulations 2018.

### **Healthy Lunch Reward Programme**

The Trust runs a healthy lunch reward programme, aimed at promoting positive behaviours at lunch, including making healthy food choices, helping others, trying new foods, and good table manners. Please see the Healthy Lunch Reward Programme Guidance for more information.

### **Expectations of staff and visitors**

The Trust expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink in line with the policy, when in the company of pupils.

Staff are encouraged to eat with the pupils, and can purchase a school lunch at a subsidised cost.

### **Parents/carers and family members**

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. We encourage them to get involved with our work around healthy eating.

Trust schools will provide at least one opportunity per term for parents/carers and/or family members to join a school lunch at a subsidised price.

### **Monitoring**

We consult annually with pupils, parents/carers and staff, and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals.