



FOOD POLICY

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Consultation with Derese Salt (School Cook)

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Next Review: September 2028

Statement of Intent and General Policy

The purpose of this Food Policy is to ensure that all children at Shawclough Primary School have access to healthy, nutritious food during their time at school. This policy aims to promote healthy eating habits, support the well-being of all children, and ensure compliance with UK government legislation regarding food in schools.

Article 24 of the U.N. Convention on the Rights of the Child states
"All children have the right to a clean environment, clean water and nutritious food".

Children at Shawclough School all make these promises:

- We promise to be respectful to others.
- We promise to use good manners and say please and thank you.
- We promise to move around the dining hall sensibly, always walking.
- We promise to ask an adult for help if there is a problem.
- We promise to listen to others and use an indoor voice.
- We promise to keep the dining hall clean, clearing away all our plates and rubbish.
- We promise to always use a plate for packed lunches and our knife and fork correctly.

Objectives

- The following policy objectives set by the Governors can be stated:
- To improve the health of the school community by influencing the provision of and encouraging the uptake of balanced healthy eating.
- To provide clear information for the children to enable them to make informed choices.
- To ensure consistency of messages about food throughout school.

Role and Responsibilities

School Leaders

- Ensure compliance with the School Food Standards and relevant legislation.
- Provide training and resources for staff regarding food safety and healthy eating.
- Monitor and evaluate the implementation of this policy.

Staff

- Promote healthy eating habits among children.
- Ensure that food provided during school hours meets nutritional guidelines.
- Engage in professional development regarding food education and safety.

Parents and Guardians

- Support the school's efforts to promote healthy eating by encouraging balanced meals at home.
- Provide feedback on the school's food offerings and any dietary needs.

Children

- Participate in discussions about food choices and healthy eating.
- Make informed choices about the food they consume at school.

Implementation Strategies

Nutritional Standards

All food provided during school hours will adhere to the School Food Standards set out by the UK government. A balanced menu will be provided that includes:

- Fruits and vegetables
- Whole grains
- Lean proteins
- Low-fat dairy options
- Special dietary needs, including allergies and cultural preferences, will be accommodated.

Food Safety

All food handlers will receive appropriate training in food hygiene and safety. Regular audits will be conducted to ensure compliance with health and safety regulations.

Dietary Needs

Parents will be encouraged to inform the school of any dietary restrictions or allergies. A process is established for reviewing and accommodating individual dietary needs.

Education and Awareness

Implement a food education programme that teaches children about nutrition and healthy eating.

Organise workshops and events that involve parents and the wider community in promoting healthy eating.

Dining Room

Lunchtimes at Shawclough are an opportunity for children to socialise and so they are organised to enable them to choose where they sit to eat and chat with their friends and staff.

Lunchtime Organisation

- School manages its own catering service and the school cook and her team ensure that the menus follow the guidance from the School Food Trust.
- Menus are shared during registration times, in science lessons when applicable, displayed on the school website and are available for parents to take home. Children make their choice for their lunch, during registration each morning.
- The monitoring system used throughout school ensures that children come into the dining room in year groups, which minimises queuing.
- The lunchtime supervisors ensure that all dining tables are cleaned regularly during the lunch service.
- Meals are served cafeteria style; the children get their main meal and dessert at the same time. Dining room staff encourages children to eat their main meal before their dessert.
- Fruit and salad choices are available each day in addition to main meal and dessert choices.
- On occasion, a traffic light system is used to help children make balanced food choices.
- Staff in the dining room can help to encourage the uptake of balanced and healthy choices and the promotion of table manners.
- Events are planned throughout the year to promote and encourage the uptake of healthy, balanced meals and packed lunches. Rewards and incentives are used on occasion.
- Displays in the dining room are used to inform and promote healthy eating.

Packed Lunches

Packed lunch guidance is handed out regularly to parent to ensure the children have a balanced meal.

School Council

Children, via the School Council, are involved in discussions about lunchtimes. They carry out surveys and report back their findings to the catering team.

Curriculum

Through education about healthy eating, we aim to enable children to make healthy, informed choices by increasing knowledge, changing attitudes and enhancing skills. We also aim to develop an understanding of the relationship between food, physical activity and short and long-term health benefits, including oral health.

External Agencies

As appropriate and when available, we work with external agencies to enhance our work on balanced and healthy eating, for example The Healthy Weight Team, and Golden Grin

Rewards and Treats

Chocolate and sweets will not be given as rewards. Staff will use stickers and small prizes as rewards, when appropriate. When parents wish to celebrate their child's birthday in school, they are asked to buy a book for the school library.

Food at School Events

Food at most school events will be consistent with the school's healthy eating principles, for example, providing healthier eating options at events.

Extra Curricular Opportunities

Whenever possible and if staff are available, clubs are held to teach basic cooking skills.

Meal Provision

Breakfast and lunch will be provided in accordance with the School Food Standards. Healthy snacks will be encouraged during breaks.

Drinking water

School provides cooled drinking water, which is freely available. Staff model drinking regularly to promote good habits of water consumption. In the dining room, water is available, served in attractive jugs.

Early Start and Tea Time Club

School provides affordable childcare at both ends of the school day. The Early Start Club and Tea Time Clubs operate within the policy and follow the guidance for healthy eating and dental health.

Fruit Scheme and Break Time Snacks

School participates in the national fruit scheme for children, to encourage greater uptake of fruit, to help meet the five-a-day target. Children in Key Stage 2 are encouraged to bring fresh fruit or vegetables as a break time snack.

Snack Tables in the Foundation Stage

Within our Foundation Stage, snacks are available throughout the day. All the snacks offered to the children are chosen to encourage balanced and healthy eating and to enable children to experience new tastes and flavours.

Communication

This policy will be shared with all stakeholders via the school website and during parent meetings. Regular updates on food provision will be communicated through newsletters and school events.

Monitoring and Evaluation

Regular feedback will be sought from children, staff, and parents regarding food quality and choices. The school will conduct annual reviews of food provision, assessing compliance with nutritional standards and the effectiveness of food education programmes. This policy will be reviewed annually by the school leadership team in consultation with staff, parents, and children. Amendments will be made as necessary to ensure ongoing compliance with legislation and to respond to feedback.

Conclusion

By implementing this Food Policy, Shawclough Primary School aims to foster a healthy eating culture that supports the physical, social, and emotional well-being of all children.