

WEST HESLERTON CE SCHOOL FOOD POLICY

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Date of Next Governor Review	Summer 2026		
Date of most recent Policy Review: Summer 2023		Signed	
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Website, hard copy to parents			

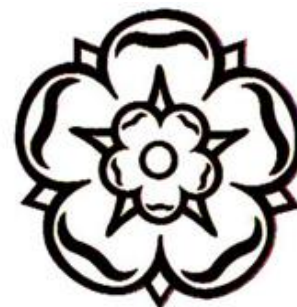
“Children are at the centre of all we do”

We encourage everyone in our school community to live life well reflecting Christian attitudes and values and working in partnership with families as part of a wider, caring community.

The hallmarks of a Christian life lived well are –

- Love
- Joy
- Self-control
- Peace
- Kindness
- Patience
- Generosity
- Gentleness
- Faithfulness

Galatians 5:22 – 23



INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the 'eatwell plate' (formally the Balance of Good Health (BOGH))

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by **Rachel Wells**.



FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

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.

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. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this (they will have access to NHS websites and documentation).

Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe 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.

Resources for the teaching of healthy eating in PSHE are selected to complement the delivery of the curriculum in other subject areas. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

Evaluation of pupils learning



Healthy Schools

◆ Primary

The healthy eating aspects of the National Curriculum are assessed through national standards in science.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

These include:

- ◆ Discussion of the suitability of resources and methodology at staff meetings and training sessions.
- ◆ Consultation with pupils through pupil voice sessions about existing programmes of study and special events
- ◆ Questionnaires for pupils at the end of a unit of work or at the end of a special event about the suitability of the programme and resources
- ◆ The formation of task groups or focus groups of pupils to look at existing provision and to make recommendations for the future where appropriate.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Food-based Standards exist covering all aspects of school food. (Full details and the document relating to this are available from the School Food Trust)

www.schoolfoodtrust.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.

National Nutritional Standards for School Lunches

National Nutritional Standards for School Lunches became compulsory in April 2001.

The Government has announced new standards for school food. There are three parts, to be phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

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

VENDING MACHINES

No vending machines are at this school



SNACKING

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 tuck shop provides a range of snack foods that comply with the food based standards and help to contribute to a balanced healthy diet.

The school discourages the consumption of snacks from home high in fat and sugar at break-time. Pupils may bring a piece of fruit to eat at breaktime should they wish.

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.

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. Water can be accessed by each child in their class cloakroom facilities.

FOOD AND DRINK BROUGHT INTO SCHOOL

MOBILE CATERERS SERVING FOOD ON SCHOOL PREMISES

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide foods and dishes with ingredients that comply with current standards and are in line with the proportions depicted in the 'eatwell plate'.

PACKED LUNCHES

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that are kind to the environment. This is achieved by promoting local, healthy foods that have little or no packaging.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'.

SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices



VEGETARIANS AND VEGANS

School caterers can offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

SPECIAL DIETS - MEDICAL

Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

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.

THE FOOD AND EATING ENVIRONMENT

The school encourages parents and carers to provide children with foods that are kind to the environment. This is achieved by providing local, healthy foods that have little or no packaging wherever possible

MONITORING AND EVALUATION

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