

Cavendish Primary School Whole School Food Policy



Aims

- To ensure that all aspects of food and nutrition in school consistently promote the health and well-being of pupils, staff and visitors to the school as well as the health and well-being of our local and global environment.
- To ensure that provision of all food in school meets current government legislation: The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007
- To give children the opportunity to learn about health and sustainability through various partnerships and to make the provision and consumption of food and the teaching of healthy lifestyles an enjoyable experience for all.

Objectives

- To influence the eating habits of pupils, staff and their families through increasing their knowledge and awareness of food and health issues, including what constitutes healthy eating and the impacts our choices and lifestyle can have on our bodies and the local and global environment.
- To provide an opportunity for pupils to plan recipes, budget, prepare and cook food.
- To increase pupils' knowledge of food safety, production, manufacturing, distribution and marketing practices, and their impact on both health and the environment through good partnership working and opportunities for visits from and visits to the school.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food as well as a safe, easily accessible water supply at lunch time and during the school day.
- To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience within a pleasurable environment.
- To introduce and promote practices and partnerships within the school to reinforce these aims, and to remove or discourage practices that do not.
- To monitor menus, food choices and teaching related to food education in order to make informed policy developments and provision.
- To ensure that staff teaching food preparation and cooking have the necessary skills and training to enable them to fulfil the tasks required.
- To ensure that the school caterer not only provides healthy nutritious meals that meet legal requirements but is committed to providing ethical sustainable food and is working towards and supports the Food for Life Partnership targets.

Guidelines

- Teachers will review all areas of the curriculum to promote health and food topics in each year group in line with the aims of this policy.
- Local initiatives to engage/provide opportunities for parents and children to learn about food (growing, preparation, recycling and impacts on environment), nutrition and links to and opportunities for physical activity in order to influence lifestyles.

- School and caterer to actively promote healthier food choices during the day and to explore areas where the curriculum can be linked to the dining room and vice versa.
- The school will ensure compliance to legislation on Food Based Standards for all School Food other than Lunches by ensuring that only those drinks which are permitted such as semi or skimmed milk or fruit and vegetable juices, plain yoghurt or water (or a combination of these) are available in school and by not providing restricted food outside the lunch time service.
- Free, fresh drinking water will be freely available to everyone throughout the school day including lunchtimes.
- Pupils will be consulted on food provision through the School Council. The School Council can raise issues/concerns directly through their representative to the school who will take the issue to the relevant member of the SLT or Food in School Governor.
- The school will support and use national campaigns to promote and raise awareness of food and health issues and to increase the consumption of school meals.
- Staff requiring development in food safety will undertake training needed to the job they are asked to undertake.
- Parents will be informed of menu choices of school lunch provision and encouraged to ensure that pupils have a healthy nutritious meal through the provided meals or a healthy nutritious packed lunch and with the aims of this Whole School Food Policy.

Monitoring, Evaluation and Responsibility

- The Governing Body will appoint a Food in School Governor on an annual basis to monitor provision and to oversee compliance of the school to this policy and legislation and to work with various stakeholders during the planned review of the policy.
- Subject leaders will review content of lesson plans to ensure the aims of this policy are met in all subjects that it touches.
- The catering provider will ensure compliance of food legislation as well the local Halal Policy and will aim to meet medical dietary requirements of pupils and staff to ensure equality of service. Compliance to these will be reported back to the Head teacher and Food in School Governor within an agreed timetable. Non-compliance to any of this requires immediate action from the caterer to both inform the Head teacher and rectify the matter.
- The Caterer will work in partnership with the school to review and develop food choices and will inform parents of the menu choices available to the children. The Caterer will also engage with parents to raise awareness of and provide opportunities for tasting of school meals.
- The Head teacher and Food in School Governor will monitor the content, cost and uptake of school lunches.
- The Head teacher will review and develop the organisation of lunchtime provision so that it is a pleasant, social occasion for both pupils and adults alike.
- The Head teacher will ensure that staff and pupils are given the opportunity to undertake food hygiene and nutrition at an appropriate level for them.
- All staff will act as role models and promote healthy lifestyle in accordance with this policy and school guidance and report any practices that do not support these aims to their line manager or the Head teacher.
- The school council will support the healthy eating message by acting as a communication hub for consultation on issues and concerns and ideas for improvement and by acting as role models for other children.
- The school will use links to food in festivals and other celebrations as an opportunity to teach children social skills and to promote good community and cultural relations and a respect and understanding of all.

Conclusion

At Cavendish Primary School we understand the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. We recognise that we have a role to play to promote the physical, social and emotional well-being of children and staff. We further recognise that as part of the larger community we can play a vital role in influencing family health and sustainable food practices in order to reduce environment impacts food can be used to link various elements of the taught curriculum together in order to reinforce health messages both within school and the home environment.

Sharing food is a fundamental experience for all people and can act as an excellent bridge for building friendship and celebrating cultural diversity whilst injecting interest, excitement and fun to areas of the formal curriculum. By involving all stakeholders and acting as role models, we can ensure that all these messages are delivered in a consistent manner and that the school not only meets its legal requirements but also achieves continued recognition as a healthy school in all aspects.

Reviewed: June 2017

Next Review Date: June 2020