



Food Policy

Introduction

The policy has been formulated through consultation with pupils through the School Council, with parents through PTA and newsletters and staff through staff meetings. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, parents and staff.

This Food Policy has been written by Sheryll Carter, Healthy Schools Coordinator with support from Healthy Eating Adviser from the Leeds Healthy Schools and Wellbeing Team.

Rationale

At Allerton CE Primary School we aim to ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school. We actively support healthy eating and drinking throughout the school day.

Aims

The main aims of our school food policy are:

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

Food in Our School

Breakfast Club

Those children thought to benefit from attending breakfast club are invited to join Mrs Taylor in The Children's Centre. Breakfast sessions can also run during focus weeks or specific events such as Year 6 SATs' week, Fairtrade Fortnight or Health Week.

Break Time Provision

Reception to Y2 receive a piece of fruit or vegetable every morning playtime in line with the Government's policy and provision. School Food Ambassadors run the fruit tuck shop during break.

School Meals

We cook healthy school dinners on site. We have a banding pre-choice menu system. Children make their choices on a weekly basis, then the three week menus run throughout each terms. The children have a meat, vegetarian, sandwich and jacket potato option each day. All food served adheres to the National Standards set by the government, details of which can be found at www.schoolfoodtrust.org.uk. Each class teacher has a menu which they share with the children. These are also on our website. When children start school, parents are invited to a new parents' meeting where they are able to sample school dinners and discuss menus. Through School Council and School Food Ambassador meetings, the children have the opportunity to share their views as to the types of foods they would like to be included on the menu.

School Food Ambassadors

We have a team of Ambassadors whose aim is to listen to the views of the pupils and try and improve the food being served, as well as the dining environment. They monitor the food being served at lunchtime to ensure it matches the menu; they carry out questionnaires and make general observations on issues such as behaviour and queue systems. The Ambassadors are encouraged to think of their own ideas about how lunchtimes can be improved.

International foods

We have special/themed menus e.g. Chinese New Year, World Cup, World Book Day. To celebrate World Food Day we hold an International Food Café every year. Parents and staff are invited to share food from their culture.

Packed Lunches

We have a separate packed lunch policy which has been written in consultation with the School Food Ambassadors. We also have a packed lunch leaflet which is shared with parents.

Allergies/Special Diets

Those children with specific dietary requirements are catered for and all lunchtime staff are aware of these requirements. Our policy states that no nuts are to be brought on site as we have children with nut allergies.

Water

Each child is asked to bring a water bottle to school each day, and has access during the day. Water is provided to children during lunchtime.

Fair trade

We have a group of Fair Trade Ambassadors who work very hard to raise the awareness of the importance of Fair Trade. Children take part in many activities during Fair Trade fortnight. A Fair Trade stall is set up for every school event and the school staff room uses only Fair Trade products.

Curriculum

The school curriculum is a valuable tool to enrich pupils' experience of food and healthy eating. Curriculum content will focus on:

- Identifying the different food groups and understanding the importance of nutrition.
- What constitutes a balanced diet and the negative impact of an unhealthy diet.
- An understanding of cultural diversity.
- The development of respect and understanding towards the beliefs and attitudes of others.
- How food is produced, prepared and cooked.

During Health Week we have a focus on healthy eating. The children take part in a variety of activities that cover the above objectives as well as planning and preparing healthy food.

Cooking Skills

We have a fully equipped café which provides a fantastic work space as well as a great opportunity for children to appreciate the social aspects of food. Children are taught how to cook food as part of the curriculum, through Focus Days and extracurricular activities. Opportunities are also taken to during these sessions, to educate children about important issues such as food waste.

Growing Food

A variety of foods are grown in the raised beds in the gardening area. These foods are then used as part of cookery sessions and where possible used for school lunches.

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.

Universal Infant Free School Meals

From September 2014, all children in reception, year 1 and year 2 will be eligible for free school meals.

Free School Meals

Children throughout school, that are eligible, will receive a free school meal. When classes attend trips, children will be provided with a packed lunch.

Monitoring, Evaluation, Review and Audit Process

We continue to consult with children through the SFA and School Council. We will consult with parents by sending out menus, providing sampling sessions and formally inviting feedback through newsletters and parents evenings. An annual Governors and staff evening provides opportunities for the Healthy School Coordinator to share, monitor and evaluate work carried out over the year. Health week provides an opportunity for parents/carers, pupils and staff to work together. We continually keep abreast of new regulations and information through our Service Level Agreement with the Health and Wellbeing Team, the Internet, Catering Agency, links with the School Nurse and Education Authority Team. Minutes from the School Council, Fair Trade Ambassador Meetings and feedback from weekly SFA monitoring will be regularly reviewed in order to monitor and evaluate the policy.

July 2016

This statement has been drawn up and written by the School Council and staff. This will be reviewed when updated legislation or guidance is issued by the DfE, Local Authority or other relevant organisation.

This will be reviewed annually by the Governing Body.

Drafted by: Sheryll Carter

Date: Annually