

# Church Langton CE (Aided) Primary School



## Whole School Food Policy

Approved by Governors (date)..... 15/01/13.....

Signed on behalf of the Governing Body..... *[Signature]*.....

Chair of Governors

# Church Langton CE (Aided) Primary School

## Whole School Food Policy

### 1. 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.

### 2. Aims

It is a primary aim of our school that every child should be made aware of what constitutes a healthy diet. We are a caring school, whose values are built on mutual trust and respect for all. This policy is designed therefore to ensure that all members of the school are aware of our healthy school aims and targets. The school has a number of rules, but the primary aim of this policy is not to inflict a set of compulsory rules but rather to encourage the community to adopt a healthy lifestyle and instruct children in adopting a healthy lifestyle. The school will expect every family to try and support us in showing our children the correct way to eat. This in turn will help to improve overall health and a sound knowledge of what our body needs to grow healthily. This policy is therefore designed to promote a good eating ethos and to make children aware that not all foods are safe for everyone to eat.

### 3. Curriculum

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 discussion and role-play. Leading by example and staff training Teachers, caterers and the school nurse 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.

### 4. Evaluation of pupils learning

The healthy eating aspects of the National Curriculum are assessed through both formative and summative assessments.

### 5. Food and drink provision throughout the school day

#### 5.1 Snacks

The school recognises that a snack can be an important part of the diet of young children. We run the free fruit scheme for Key Stage 1 children and they are encouraged to eat a piece a day, at playtime. Key Stage 2 children are also encouraged to bring fruit or a healthy snack for playtimes. We offer milk (at a small cost to parents) to all children. Water is available all day from each classroom and pupils may bring in drinks bottles to use in class.

#### 5.2 Lunch

Food prepared by the catering team meets the National Nutritional Standards for School Lunches. It is cooked daily on site. Parents are encouraged to pack healthy lunches for their children.

## **6. Special Dietary Requirements**

Parents are requested to inform the school if their child has any special dietary requirements. The school caterers will provide food in accordance with pupils' religious beliefs and cultural practices. They also offer a vegetarian option at lunch everyday.

## **7. Food allergy and intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to the agreed process. The school aims to be a nut free zone.

## **8. 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. We consult our local Environmental Health Department about legal requirements.

## **9. Monitoring and Evaluation**

Parents are invited to view the healthy eating policy and to contribute to a healthy eating approach where appropriate. The Head teacher reports to Governors