

# CLANDON SCHOOL

A caring community where all can THRIVE

## WHOLE SCHOOL FOOD POLICY

Reviewed	Spring 2019	Next Review	Spring 2022
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### Aims and Objectives

Clandon Church of England School recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school. It is important that Clandon Church of England School considers all elements of work to ensure that awareness of healthy eating is promoted to all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

The main aims of our school food policy are:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices.
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- To ensure that the mandatory food based standards are implemented.
- To ensure that the school follows the principles laid out in the School Food Plan and encourages the take up of school meals.
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.

These aims will be addressed through the following areas:

### 1. School Food Plan

The School Food Plan <http://www.schoolfoodplan.com/> is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support headteachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by:

- Adopting a 'whole-school approach': integrating food into the life of the school.
- Concentrating on the things children care about: good food, attractive environment, social life, price and brand
- Encourage take up of school meals to improve school food economics and in particular encourage take up of the new Universal Free School Meals for all KS1 from September 2014

### 2. 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.

### **3. Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage. Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014.

#### **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. Schemes of work at all key stages reflect the whole school approach to healthy eating.

#### **Cooking and Nutrition**

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All pupils are taught the basic principles of a healthy and varied diet, simple cooking techniques and skills, to prepare simple dishes and understand where food comes from.

#### **Cross Curricular**

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to science and PSHE.

#### **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.

### **4. Food and Drink Provision**

#### **Food Standards**

National Nutritional Standards for School Lunches became compulsory in 2009. As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches came in to force in January 2015. Together with the existing standards they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending machines, mid-morning break and after-school clubs.

#### **Breakfast Club**

Clandon School's Breakfast Club is provided by Pleiades Ltd. They serve a choice of wholemeal cereal or toast and drinks.

#### **After School Clubs**

Afterschool Club is also provided by Pleiades Ltd. Children who attend are provided with a healthy snack and drink and fruit is always available. For children staying until 6pm a pre-prepared sandwich is also provided.

#### **Lunch**

##### Universal Free School Meals

From September 2014, all children in Reception, Year 1 and Year 2 in state-funded schools in England have been eligible for Universal Free School Meals. Clandon Church of England School fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

### Packed Lunches

Clandon Church of England School encourages parents and carers to provide children with packed lunches that adhere to the Government Food Lunch Standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'.

### **Snacks**

Infant children are provided with a fresh piece of fruit or vegetable each day to eat just before morning break. All children are encouraged to eat their snack and to try new foods. Junior children are allowed to bring their own snack for break time. Clandon Church of England School only permits fruit or vegetable based snacks and discourages consumption of snacks high in fat and/or sugar.

### **Drinks**

Drinking water is available to all pupils throughout the school day. Each child has a named water bottle that stays at school. Children fill their water bottle each morning and have access to it in the classroom. Drinking water is provided at lunchtime and is available from the water fountain during play times.

The new Food Standards require that milk must be available for drinking at least once per day during school hours. Clandon Church of England School is part of the Cool Milk scheme where all children are provided with milk free of charge until their 5<sup>th</sup> birthday. After this parents are encouraged to sign up for milk if their child wishes to have it.

### **Allergies**

The school aims to protect children who have allergies to certain foods such as nuts. We do not allow nuts or nut products to be brought into school as a snack or in school lunch boxes. These include:

- Packs of nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts

We will not use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

Sweets or cakes brought in from home such as for a birthday treat cannot be given out as they may include nuts or other ingredients which may cause allergies.

### **Use of Food as a Reward**

Clandon Church of England 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 achievement. Other methods of positive reinforcement are used such as stickers, certificates and Headteacher's Awards.

### **Birthdays and Special Occasions**

Clandon Church of England School discourages cake or sweets being brought into school as a treat to celebrate birthdays or special occasions. Instead, if parents wish to, they are encouraged to buy a small book for the Library for all the children to enjoy.

## **5. 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.

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 intolerances and requests for special diets are submitted according to the agreed process.

## **6. 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.

## **7. The Food and Eating Environment**

Children eat meals in the school hall seated at long tables with attached seats.

Children who are having a school meal rather than a packed lunch from home, line up by a heated serving trolley from which food is served onto plastic compartment trays. Main meals and puddings are served at the same time to reduce waiting time. Children with special dietary requirements go in for lunch first and have different coloured trays.

Children are encouraged to help themselves to salad and slices of baguette from plates on their table.

Simple lunch time rules are displayed in the dining hall for children to follow.

Each day a small group of children - 'Lunchtime Helpers' - assist the school's Lunchtime Supervisors with cutting up food, pouring drinks and clearing tables.