



# Thaxted Primary School

# Food Policy

<b>Policy Date:</b> Spring 2021	<b>Review Date:</b> Spring 2024	<b>Responsible Person:</b> Headteacher <b>In Conjunction with:</b> Subject Leader for PSHE
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## 1. Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, Drug and Sex & Relationship Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

## 2. Rationale

Thaxted Primary School is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment, which supports a healthy lifestyle.

## 3. Aims and Objectives

- To ensure that we are giving consistent messages about food and health;
- To give our pupils the information they need to make healthy choices;
- To promote health awareness;
- To contribute to the healthy physical development of all members of our school community;
- To encourage all children to take part in the '5 a day' campaign;
- To comply with the School Food Regulations 2014;
- To comply with Allergen Regulations introduced in December 2014.

## 4. Snacks

Children may bring fruit or vegetables to eat at morning playtime; no other snack is allowed during break. Early Years Foundation Stage (EYFS) and Key Stage 1 (KS1), i.e. children in Reception, Years 1 & 2, are all provided with a piece of fruit, as part of the Fruit for Schools Government Scheme, during afternoon break. Leftover fruit from Key Stage 1 is given to Key Stage 2 when possible.

All children in the reception class (es) are offered free milk during morning break.

We do not use vending machines in our school. Currently we do not run a tuck shop but if we decide to do so in the future, the Food Policy will be applied to all items sold.

There may be occasional times throughout the year when, for a special event, chocolates or sweets may be given as prizes or gifts. This is most likely to be at Easter and Christmas.

## 5. School Lunches and Packed Lunches

- All catering at Thaxted School is 'in house' with a strong emphasis on 'home-made' and healthy food. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. In general two options are offered per day, both of which pay regard to nutritional balance and healthy options.

- All children eat in the dining hall with their own class. Those eating a packed lunch are encouraged to sit with children who are having school meals.
- Food is presented at child height and the cooks and other staff go through the options verbally.
- Children are encouraged to try different foods each day by the Catering Manager and other staff.
- Children are expected to choose one of the main options and vegetables and salad each day.
- Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative.
- A member of staff or support staff is present in the hall with the children to discuss options and help make decisions on their balanced diet. Some members of staff then sit with children and eat their meals with them.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed.
- The Catering Manager is informed about children who have special dietary needs or allergies and this information is displayed in the kitchen, staffroom, classrooms and office.
- The school occasionally has themed days related to a topic or the time of year such as Christmas or a specific Sporting event.
- Food standards are complied with, including the following:
  - Starchy food cooked in fat or oil is not provided on more than two days each week.
  - To promote variety, three or more different starchy foods (potatoes, pasta, rice) are provided weekly
  - At least three different vegetables and three different fruit are offered each week.
  - Protein is offered in the form of meat, fish, eggs, beans and other non-dairy sources.
  - A portion of dairy food is included every day, including lower fat milk.
  - Milk is offered free to all pupils as part of the lunchtime meal
- The school does not allow nuts in school.
- The school complies with the Food allergen labelling and information requirements under the European Union Food Information for Consumers Regulation. Information about any of the 14 allergens named in the regulations are provided on request.
- School catering staff must have Level 2 Award in Food Safety in Catering
- The school is supported by the Essex County Council School Meals Support Service.

## **6. Water for all**

Water is freely available throughout the school day to all members of the school community. Two water fountains are located in the playground and every classroom is “mains fed”. The children bring water bottles to school and are encouraged to drink regularly.

## **7. Food Across the Curriculum**

- In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.
- Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use fair trade foods
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils may design packaging and adverts to promote healthy food choices.
- Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.
- PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact that our consumer choices have on people across the world who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- School visits provide pupils with activities to enhance their physical development, or to understand where food comes from e.g. farm visits.

## **8. Partnership with Parents**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and lunch policies through school newsletters and the website. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash. We ask that all packed lunches are made up of primarily healthy food; in no cases should children bring in sweets as part of their packed lunch. If lunchtime staff see such items in lunchboxes, parents will be contacted and encouraged to send in a healthier alternative.

## **9. Role of the Governors**

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

## **10. Monitoring and Review**

The Headteacher, the PSHE Co-ordinator and the Business Manager are responsible for supporting colleagues in the delivery of the Food Policy.

This policy will be reviewed periodically to take account of new developments.