

# Church Aston Infant School



## Whole School Food Policy

January 2017

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## Introduction

In our Church Aston Infant 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.

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.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

## Food Policy 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

These aims will be addressed through the following areas:

### 1. 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.

### 2. Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

#### 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. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include group discussions and role-play.

#### Leading by example and staff training

Teachers, caterers and school nurses 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. To facilitate this teachers and teaching assistants are informed about Food in School issues through staff meetings and caterers through the local authority.

## **Visitors in the Classroom**

This school values the contribution made by outside agencies in supporting class teachers. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the age of the pupils.

## **Resources**

Resources for the teaching of healthy eating have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the Science cupboard. The range of materials used is available for review on request to the Head teacher. Books are available for pupils in the library.

## **Evaluation of Pupils' Learning**

Aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

## **3. Food and drink provision throughout the school day**

Church Aston Infant School complies with the **School Food Standards** (September 2014)

<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf> and

**School Food in England - Departmental Advice for Governing Bodies** (January 2015)

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/393122/School\\_food\\_in\\_England\\_2015.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/393122/School_food_in_England_2015.pdf)

## **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a Breakfast Club that provides a nutritious meal for pupils before the school day. The breakfast menu includes, bread, milk, water, juice, yoghurt and cereal.

## **School Fruit**

The school understands that fruit snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

## **Universal Infant Free School Meals**

In September 2014 Universal Infant Free School Meals were made available to all children in Church Aston Infant School. The local authority catering team is responsible for providing the meals and currently the meals are delivered to school daily from an external kitchen. The menu is planned based on the School Food Standards for School Food (September 2014).

The menu is available from the School Office and on the school website.

### **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.

### **Drinking Water**

The School Food Standards recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water through a water cooler located in the playground exit corridor. Water is offered to children with their school lunches. A jug of water is placed on each table and children collect a plastic beaker with their cutlery.

### **School Milk**

Lower fat milk is available for drinking at least once a day during school hours.

## **4. Food and drink brought into school**

### **Packed Lunches**

The school encourages parents and carers to provide children with packed lunches that complement the School Food Standards. This is achieved by promoting healthy packed lunch options using the principles of the School Food Standards

## **5. Special Dietary Requirements**

### **Special Diets for Religious and Ethnic Groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices

### **Vegetarians and Vegans**

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

### **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 an agreed process.

### **Exemptions**

The School Food Regulations do not apply to fund-raising events, parties and celebrations to mark religious or cultural occasions

## **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 Eating Environment**

Children are encouraged to try different foods offered through school lunches and as part of the curriculum. Whilst eating at lunch time they are generally allowed to sit wherever they like in school, with their friends in a social setting.