WINDY ARBOR PRIMARY SCHOOL

FOOD AND SNACKS POLICY

Policy written/reviewed by:	Fiona Edwards
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Ratified by Governors on:	
Signed:	
Date to be reviewed:	April 2022

Section 1: Introduction

This policy sets out the importance we place on a healthy diet and how we support provision and knowledge of this through our school ethos, curriculum provision and the range of opportunities we give to children to experience and learn about food.

The governing body recognises its responsibility for setting a strategic framework for the school's food policy and for monitoring its implementation. The governing body is
required to provide the following meals services within school:

- Free School Meals to pupils that are entitled
- Paid schools meals to any other pupils whose parents have requested that a meal is provided (doesn't have to be a cooked meal)
- Facilities to eat packed lunches.

Consultation
In formulating and developing this policy we involved children, parents and staff. In reviewing this policy we have consulted with pupils and staff. An electronic copy of this policy will be placed on the school website.

Section 2: Definitions
In our school community we have agreed that we do not frame foods as good or bad foods but that we support pupils to learn about the importance and value of a balanced diet in the context of the whole day using the model of the eatwell plate. We will support parents/carers to provide healthier lunch boxes by providing information through parent and pupil workshops. Any parent who would like more information on nutrition and healthy eating can request this from the PSHE coordinator.

Section 3: Intention/objectives
Our intention is to support through our teaching and learning, and the foods/drinks which we provide in school, the promotion of a healthy diet as part of preparation for life. We will achieve this by:

- ✓ supporting all staff to have the knowledge and skills to promote a healthy diet
- ✓ giving all pupils the opportunity to learn about different types of food as part of a balanced diet through a planned curriculum
- ✓ increasing pupils understanding of how and where food is grown and the impact of food miles
- ✓ providing access and availability to drinking water throughout the day
- ✓ making clear the foods/drinks we have agreed as a school community can be brought into school

Section 4: Roles and Responsibilities
A whole school approach is adopted and involves the whole school community. The head teacher and the governing body are accountable for the school meeting the nutritional standards and government guidelines for all food within school and that all children entitled to free school meals can access them. They will work in partnership with the schools catering manager over issues regarding school meals.

The PSHE coordinator has been identified as leading developments around food within school.

Pupils have a right to healthy nutritious, balanced diet and are responsible for making choices which support this.

Parents have a right to information about nutrition and healthy eating and are responsible for requesting further information if desired.

Lunch time supervisors have agreed to support the promotion of a balanced diet.

School staff will provide children with the teaching and learning required for children to make their own informed choices about the food that they eat. Children in the Early Years and KS1 are shown photos of food to help them make informed choices.

Section 5: Links to other policies/documentation
This policy has taken into consideration appropriate guidance and links with specific statements and/or procedures from:

- Behaviour policy
- Catering contractors/providers procedures
- Providers of before and after school clubs who offer food and drink;
- Role of lunch time helpers;

Section 6: Food within and beyond the Curriculum
We have identified the range of curriculum areas the development opportunities for learning about food and will deliver these through science, PSHE, Maths, D&T ICT, Art, RE, Geography, school visits and extra curricular activities, e.g. school events. In PE pupils are regularly reminded about how a healthy diet contributes to a healthy body and the need for hydration. We will take every opportunity to work with outside agencies who offer support regarding healthy food and healthy eating, such as the Eat Well Move More programme.

Section 7: Food consumed by children at school
Food at Lunch times
Food is provided at lunch times by Solihull School Meals Service and conforms to national nutrition standards. Pupils can choose from the following options daily – Red = a hot meal usually with meat or fish, Orange = a different hot meal choice Green = a hot vegetarian meal, Yellow = a baked potato and filling (a different one each day of the week) or Blue = a sandwich or wrap. Salads and fruit are always available and children are encouraged by dinner staff to make healthy choices. In KS1 all school meals are provided free of charge in accordance with current government policy. In KS2 school meals are free only to those children who are eligible. Some parents choose to provide packed lunches for their children. While we do not police packed lunches, we do monitor the food children bring in to school and where appropriate may intervene to suggest more healthy choices. The only foods disallowed are fizzy pop that can explode in the dining hall and any items containing nuts due to the number of children and staff members with nut allergies.

The daily / weekly school menu is prominently displayed outside the school kitchen and paper copies are available at the front desk. This menu is also available on the school website. We also run special events with themed menus such as for St George's day or at Halloween. To celebrate Mothers' Day and Father's day, in the week that they fall, mums and dads are invited to join their child for a school meal and they eat together in the dinner hall.

Food at Break time
In Foundation Stage children are given access to a piece of fruit or vegetable, a drink of milk (funded free by the Government) or water during their morning and/or afternoon Structured Independent Activities.

In KS1 all children are provided with free fruit and vegetables for their morning snack through Government funding. These are delivered and dispersed to each class just before break time. Alongside this, children are regularly offered a variety of different fruit and vegetables to try and taste. In both FKS and KS1, parents provide a £1 weekly donation to cover a range of cooking activities and equipment.

Children in Key Stage Two have the choice of bringing into school their own fruit or vegetable snack. These can be whole pieces or chopped up. No other snacks are permitted at this time except where required for medical purposes.
If children bring in **Grapes** or **Cherry Tomatoes** these must be sliced in half lengthways to prohibit the danger of children choking.

Before and after school clubs

Any clubs organised by the school, including breakfast club, will ensure that snacks provided conform to the standards required of this policy, e.g. wholemeal toast, low sugar cereals and fruit.

Drinks in school
Children throughout the school are encouraged to bring, and fill water bottles to keep with them throughout the school day. Parents and children are responsible for filling and cleaning their own water bottles. Replacement bottles can be purchased from the front desk. Teachers also keep cups by the sink in the classroom for use by children who forget or do not have a water bottle. All children have water available to them during their lunchtime meal in the hall.

If children wish to bring in squash, flavoured water or fruit juice this may only be consumed outside the classroom at break and lunch times. No fizzy drinks are permitted in school.

Exceptions to the Policy
There may be the very occasional need for parents to request that their child be able to eat a different snack for medical or health reasons, e.g. diabetes. (Medical and dietary information is requested by the school at the start of a pupil's entry to the school.) The school will consider and try hard to accommodate any concerns and follow any necessary arrangements dictated by health professionals.

Section 8: Resources and Continuing Professional Development
The named member of staff responsible for leading on food in school will keep this policy updated and disseminate information to school staff.

Section 9: Monitoring, Evaluation and Review
The head teacher and PSHE coordinator will monitor food eaten through informal conversation with children at lunch time. The pupils and parents will monitor and review food choices through the School Council and Parents' Forum. Any changes will be made in line with the Government Standards should they be updated.

Section 10: Equal opportunities
The school will take into account the dietary needs of our children. Respect for and understanding of differing diets will be promoted. Children will be encouraged to sit and eat together. Round tables are provided to make lunch a sociable time.

Section 11: Complaints
Any child, parent or member of staff who may have concerns relating to our school food policy, should speak to the PSHE coordinator in the first instance.