

# FOOD POLICY

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### Document Control

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### Revision History

Revision Date	Revisor	Previous Version	Description of Revision
2015	P West		
2018	E Baron		Update to reflect current practice and DfE advise

### Document Approvals

This document requires the following approvals:

Approval Sought From	Name	Date
Governors	Pupil & Curriculum	July 2015
Governors	SEG	

### Document Distribution

This document will be distributed to:

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## Introduction

The School is dedicated to providing an environment that promotes healthy eating and enabling students 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. We believe that what you eat affects how you learn, how you feel and how you behave.

## Aims

1. Ensure that all aspects of food and nutrition in school promote the health and wellbeing of all students, staff and visitors to the School
2. Help students acquire skills and knowledge to make healthy choices across the school day
3. Ensure students are well-nourished at school, and that every student has access to safe, tasty and nutritious food, and a safe, easily available water supply during the school day
4. Make sure that clear, consistent and appropriate practices exist which respect faith, cultural diversity and religious dietary requirements
5. Guard against discrimination and reduce risk of cultural barriers so that children and young people can choose schools meals with confidence, especially those with free entitlement, to take their school meal. Food provision:
  - 1- Breakfast club: The School will operate a breakfast club that provides a nutritious meal for students before the school day that meets the government standards for non-lunch school food. Breakfast club. Is funded through Pupil Premium funding and is free to all students—Staff are welcome to purchase breakfast.
  - 2- School meals: The School will ensure that the catering service meets statutory School Food Standards and Food allergen Rules on nutritional content and appropriate foods in the meals it provides.
  - 3- Use of food as a reward: The School will 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 will be used.
  - 4- Fruit Fridays – last Friday of every month fruit will be available to students as a free choice at break time.

Please note that for some social or fund raising activities organised by the school exceptions may be made to the above.

## Water provision

The School will ensure that water is readily available at key locations throughout the school and through the school canteen for both staff and students.

## **Sourcing food**

The School will obtain food from registered sources, who

1. are subject to independent and external audit and inspections
2. are recommended by other schools and catering suppliers
3. meet strict requirements for hygiene, nutritional standards and ethical practice.

## **Special dietary requirements**

1. The school will make appropriate arrangements for the provision of food and drink for students and staff of different cultural, faith and ethical sensitivities. School caterers will offer a vegetarian option at lunch every day. Individual care plans will be created for pupils with food allergies or diabetes. Staff are made aware of such children.
2. The school will allow students and staff to bring food and drink to the school for personal consumption – as long as it is fit for consumption and is not harmful to health,
3. School caterers will be made aware of any special dietary requirements and requests will be submitted according to an agreed process.
4. Appropriate staffing and infrastructure, to meet a particular need will be made by the School as and when required.
5. The Catering Manager will be responsible for ensuring the staff are trained on how to provide allergen information to the customer.

## **Food safety**

Appropriate food safety precautions will be taken when food is prepared or stored. These will vary depending on the food on offer and include ensuring that: adequate storage and washing facilities are available; suitable equipment and protective clothing are available; and food safety hazards are identified and controlled.

## **Training**

1. Catering staff will be trained in the preparation of food and drink so that it is nutritious and meets cultural and faith sensitivities.
2. All Catering staff will undergo appropriate food hygiene training every 3 years.

## **Signage**

There will be clear and appropriate labelling across all food and drink provision to ensure that students and staff are aware of the diverse provision and are able to make correct and informed choices. Information relating to allergies will be clearly displayed at each service point.

## **Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage in science, food and nutrition, PE and PSHE.

The curriculum is addressed through:

1. 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 on how to eat a balanced diet. Teaching methods adopted in the classroom will offer a rich variety of opportunities for participatory learning. Teachers' planning reflects this range.
2. Leading by example and staff training - Teachers, caterers and health care professionals 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.
3. Staff are encouraged to model good practice to pupils and to take part in healthy eating training sessions/INSET when possible.
4. Staff ensure that students have the opportunity to learn about different types of food in the context of a balanced diet and how to plan, budget, prepare and cook meals (Appendix 1). Understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables.

### **Visitors to the school**

The school values the contribution made by the schools' Health care professional, especially when children are referred by teachers, and appreciates the valuable contribution of outside agencies in supporting class teachers in promoting healthy eating.

### **Evaluation of pupils' learning**

The healthy eating aspects of the National Curriculum are evaluated through discussion and observation during classroom activities. The catering manager meets with members of the School council to discuss food choices and menus.

# Appendix 1

