



Food Policy

Review frequency: Annually

Date approved: June 2023

Approved by: N Bridges (Headteacher)

**Robin Hood Primary School
School Food Policy**

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition documented in this school food policy.

Food Policy Aims

The main aims of our school food policy are:

- 1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.**
- 2. To provide healthy food choices throughout the school day.**

These aims will be addressed through the following areas:

1. Equal Opportunities

In food and nutrition education, 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 by developing a scheme of work

This is addressed through:

2.1 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. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teacher's planning meetings.

2.2 Leading by example and staff training

School staff have a key role in influencing pupil's knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

2.3 Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. 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 ages of the pupils.

2.4 Resources

Resources for the teaching of nutrition education in PSHE have been selected to complement the delivery of the curriculum in other subject areas. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

2.5 Evaluation of pupil's learning

The healthy eating aspects of the National Curriculum are assessed through teacher assessment.

Other 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

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral intake. Children are encouraged to eat breakfast before they come to school and this is promoted through the curriculum work.

National nutritional standards for school lunches

In September 2005 the Government received recommendations from the School Meals Review Panel (SMRP) on school lunches and on a number of wider issues concerning food in schools. These standards apply to all hot and cold midday meals prepared for pupils during term time, including packed lunches. The standards describe how many servings from each food group of the Balance of Good Health should be available at lunch.

Food prepared by the school catering team meets the national nutritional standards for school lunches. See appendix for standards

School fruit scheme

The school is participating in the National School Fruit Scheme, and provides all children in Foundation and Key Stage 1 with a free piece of fruit each school day. Guidance on school practice is included in the staff handbook.

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 national nutritional standards for healthy school lunches 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.

4. Food and Drink Brought into School

Packed lunches brought to school by pupils

The school encourages parents and carers to provide children with packed lunches that adhere to these standards.

5. Growing Food

The school believes that giving young people the opportunity to grow food and learn about how food is produced is an important part of a whole school approach to food and nutrition. The school provides the opportunity for children to get involved in growing food. This is used as an opportunity to discuss the issues about how and where food is produced, as well as the importance of fruit and vegetables as part of a healthy diet.

6. Special Dietary Requirements

Special diets for religious and ethnic groups

The school provides food in accordance with pupil's 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 food 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. Requests for special diets, including for those children who do not stay for lunch are submitted through a letter supported by a letter from the doctor or consultant.

7. 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 refrigerators are used when necessary; 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 where necessary.

Staff who deal with food on a regular basis undertake regular training around food hygiene and preparation.