



# Uffington Church of England Primary School

## Food in School Policy

### 1. Introduction

Uffington Church of England Primary School actively supports healthy eating and drinking throughout the school day, ensuring that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors. The school aims to develop healthy attitudes towards food and eating and an understanding of why a good diet is important for good health and effective learning.

This policy outlines the purpose, nature and management of all aspects of food and nutrition at Uffington School.

This policy reflects the consensus of opinion of the whole staff and has the full agreement of the Governing Body.

The implementation of this policy is the responsibility of all staff.

### 2. Aims of the Policy

2.1. To ensure that we give consistent messages about food and health

2.2. To plan and deliver a curriculum which ensures that information relating to food and nutrition is consistent and provides opportunities to learn about different food types in the context of a balanced diet

2.3. To promote a welcoming eating environment that encourages the positive social interaction of pupils

2.4. To ensure that meals provided by the school meet or exceed School Food guidelines while taking into account individual tastes and ensuring that FSM pupils are not stigmatised in any way

2.5. To ensure that there is easy access to drinking water throughout the day

2.6. To endeavour to ensure that snacks and lunchtime food brought in from home is healthy within the context of a balanced diet

2.7. To provide opportunities for pupils to learn about how to grow fresh fruit and vegetables through involvement with the Gardening Club

2.8. To provide parents / carers with information about healthy eating, signposting to specialist services where appropriate

### **3. Implementation**

3.1 Lunchtime is seen as a pleasurable time; a social occasion where children are encouraged to sit down together and enjoy their meal. All children are given adequate time to eat their lunch. Positive behaviour at lunchtime is recognised through the weekly Lunchtime awards.

#### 3.2 Hot School Meals

The school provides hot lunches to all those children eligible for Universal Infant Free School Meals and Free School Meals. Children in KS2 are also able to have a hot meal at lunchtime. Meals are provided by outside caterers 'Farm Kitchen' and meet school food standards.

#### 3.3. Packed lunches

Healthy packed lunches are promoted through the School Brochure and School Nursing Service.

Although we cannot dictate what parents provide in packed lunches, sweets and fizzy drinks are discouraged.

Any food left in lunchboxes is sent home.

Children are not permitted to swap food.

#### 3.4. Snacks

Children in the Foundation Stage and KS1 receive a free piece of fruit or vegetable at morning break as part of the National Fruit and Vegetable scheme.

Children in KS2 may have a fruit or vegetable snack at morning break.

#### 3.5. Allergens

We are required by law to provide information about the allergens that are in the food we serve or prepare. Please refer to the appendix at the end of the document for the school's policy on catering for pupils with food allergies and other special dietary requirements.

#### 3.6. Water

Children are taught about the importance of drinking plenty of water, especially after physical exercise. All children have access to drinking water throughout the day. Beakers are washed in the dishwasher on a regular basis for hygiene purposes.

#### 3.7. Celebrations

The school recognises that food is an important part of celebrations in most cultures and aims to promote healthy attitudes towards food and eating. For this reason, School Food guidelines are not applied to food brought into school on an occasional basis for parties and celebrations such as birthdays.

#### 3.8. Food in the Curriculum

Healthy eating is covered within the Personal Social Health Education, Design and Technology and Science curriculum at each Key Stage. Children are taught the importance of a balanced diet and how diet affects health.

Children are given opportunities to prepare and taste healthy foods.

Children are taught about where their food comes from, how it is produced and marketed and how these factors impact upon their own lives and the environment.

#### **4. Health and Safety**

All children are taught the importance of food hygiene, including handwashing after using the toilet and before eating.

As there are no refrigeration facilities, parents / carers who choose to provide packed lunches are encouraged to send food to school in insulated containers.

Hot lunches are served from the kitchen by midday supervisory staff with appropriate food hygiene training.

All dining tables and benches are cleaned after the children have eaten. The dining floor is swept and mopped immediately after lunch on a daily basis.

All staff are aware of individual food intolerances / allergies and conditions such as diabetes and have received training in the management of these conditions.

All staff are aware of the growing tendency for eating disorders in younger children and are vigilant in monitoring any potential problems.

#### **5. Links with Home**

The school liaises closely with parents / carers where there are concerns regarding a child's eating.

All suggestions made by pupils, parents and governors regarding food in school are given careful consideration.

#### **6. Monitoring and Evaluation**

The Headteacher and staff will review this policy biennially. Any suggested amendments will be presented to the Governing Body at their first meeting following review.

Reviewed by the Curriculum and Standards Committee	November 2014
Reviewed by the Curriculum and Standards Committee	December 2016
Reviewed by the Curriculum and Standards Committee	November 2018
Next Review	November 2020

## APPENDIX

### Catering for pupils with food allergies and other special dietary requirements

The school has adopted a procedure for dealing with requests for a special diet to be provided:

1. A request will be made to parents / carers to put clearly, in writing, the foods the child cannot eat. To ensure that children are not having foods removed from their diet without a diagnosed medical need, this must also be accompanied by written confirmation of the allergy / medical need from the child's GP, dietician or other medical professional.
2. The school will then work with parents / carers, caterers, and medical professionals if required, to compile a written plan of how the child's allergy / special dietary requirements will be managed in school. This could include identifying foods from the existing school menu that are appropriate for the child, agreeing how recipes from the existing menu will be adapted to make them suitable for the child, or agreeing how suitable foods can be prepared or supplied for the child.
3. All staff will then be fully informed of the child's special dietary requirements. Information notices will be displayed in the kitchen and school office regarding the arrangements. If necessary, training will be arranged for those involved in the preparation and / or serving of food.