



ST WENN  
SCHOOL  
**WHOLE SCHOOL FOOD  
POLICY**

Reviewed: September 2019 with pupils, parents and staff.  
Reviewed September 2020

Date of next Review: July 2021

Headteacher: Mrs Sally Berry

Chair of Governors: Dr Tessa Cubitt



## Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school,
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively,
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices.

## What do we want to achieve?

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day,
- To ensure that the provision and consumption of food is an enjoyable and safe experience,
- To ensure that the whole school community understands that a balanced diet is recommended,
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment,
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods,
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs,
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.



## How our Food Policy is implemented

1. School Ethos
2. Curriculum
3. Birthday/Holiday Gift Food
4. Water
5. Breakfast Club
6. Break time
7. Lunchtime
8. Staff and Visitors
9. School Visits and Events
10. Community Involvement
11. Enforcement

### **School Ethos**

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

### **Curriculum**

PSHE, Geography, Science, Design Technology, RE and MFL may all contribute to the curriculum delivery of food education based on the principles laid out in *What do we want to achieve?* Curriculum delivery will involve practical food experiences and will be adequately resourced.

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The majority of food prepared and made, either by, or for the children at the school will follow the healthy guidelines as laid out by *The Eatwell Plate*. However, we believe at St-Wenn School that on occasions the children deserve a special treat



which may have slightly higher levels of sugar than that usually recommended!

## **Birthday/Holiday or Gift Food**

Parents sometimes wish to give out birthday food or food brought back from a holiday. We support whole-class birthday celebrations (sometimes with the above-mentioned treats!) and understand that children can learn much about other cultures by experiencing their foods. Please ensure that any food brought into the school is NUT FREE and share with the class TA/teacher the ingredients (if made) so that we can monitor those children with special dietary requirements.

## **Water**

All pupils and staff have water freely available and are able to refill bottles easily in each of the classrooms. We understand about the healthy intake of water and other fluids to ensure that children stay hydrated. This also helps them to remain focused for longer periods of time. With this in mind, children are sometimes given prompts to make sure that this occurs, especially during hot weather or after any physical activity.

Please ensure that your child comes to school fully hydrated and that any named drinks bottles are taken home on Fridays to be cleaned ready for use again on Monday morning.

## **Breakfast Club**

The food offered is consistent with the school policy and is monitored on a weekly basis by both the Healthy Schools Lead and the Headteacher.

## **Break time**

At break times our pupils are encouraged to only consume healthy snacks (please see advice below). Free fresh fruit or vegetables will be made available to the children during their break. Please note, **any food containing nuts are not allowed** due to nut allergies at the school. Water is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. Reception and KS1 children will also receive free milk during their break.



After discussions with parents and members of staff at the school, there is a growing realisation that buying healthy snacks for children is a lot less straightforward than it used to be! Crisps for instance, have been rebranded under a multitude of names such as, dried potato snacks or corn snacks. Therefore, we have decided to adopt *the traffic light system* to help parents with their choices for healthy snacks.



Most front-of-pack nutrition labels now use red, amber and green colour coding. Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt:

- Red means high
- Amber means medium
- Green means low

In short, the more green on the label, the healthier the choice. If you buy a food that has all or mostly green on the label, you know straight away that it's a healthier choice.

Amber means neither high nor low, so you can eat foods with all or mostly amber on the label most of the time.

But **any red on the label** means the food is **high in fat, saturated fat, salt or sugars**, and these are the foods/snacks that we ask you not to bring to school in the form of school snacks or content for lunch boxes.

## Lunchtime

Healthy school lunches are cooked onsite by our cook - Mrs Emma Foley. The menu has been set after consultation with the children and enables them to eat healthily, thus meeting the government's food-based standards meeting one third of a child's average dietary requirements across a menu cycle.



Pupils are encouraged to taste and eat new foods. However, if it is found that a child has an aversion to a particular food type then alternative provisions will be made.

Staff, time and seating arrangements are sympathetic to a positive social eating environment for those having lunches and those eating a packed meal.

Packed lunches are monitored (the advice on healthy snacks), and the curriculum encourages a healthy balance. Appropriate storage arrangements are made. Information is provided to parents on balanced lunchboxes through the following recommended websites:

<http://www.nhs.uk/change4life/Pages/Default.aspx>

[http://www.tesco.com/health/food/healthy\\_kids/lunchbox\\_tool.page](http://www.tesco.com/health/food/healthy_kids/lunchbox_tool.page)

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff, parents, pupils and the healthy schools' governor.

## **Staff and Visitors**

Staff will be encouraged to model the food policy. Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

## **School Visits and Events**

Food served at events and offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

## **Community Involvement**

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable, and that best practice is communicated. For example; practical healthy lunchbox advice at a parent event or school councils generated healthy snacks list issued by them to parents.

## **Enforcement**



Please ensure that the above guidance is adhered to as much as possible. In the case of snacks or lunch boxes being found to be consistently unhealthy, then the parents concerned will be invited to meet the Headteacher to discuss more healthy food options.

## Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian and for appropriate serving. Free packed and cooked lunch provision will be handled sensitively.

## Personnel

The Headteacher is responsible for food in St-Wenn school.

## Monitoring and Evaluation

The Headteacher will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.

## Policy Development and Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors and local Healthy School programme representative.

This document is freely available to the entire school community. It has also been made available in the school website.

This policy will be reviewed on an annual basis.

**Review date:** July 2020

**Signed:** *Dr Tessa Cubitt*, Chair of Governors



**Date:** 20<sup>th</sup> September 2019

## Policy Links

PSHCE, Science, Food Technology, Design and Technology, RE, Languages, Physical Activity, Behaviour, External Contributors