

Brandesburton Primary School

Food Policy



Introduction

Brandesburton Primary School is dedicated to providing an environment that promotes healthy eating and enabling children 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.

This policy was formulated through consultation between members of staff, governors, parents and pupils.

This policy has been revised in light of the School Food Plan, the new Food Based Standards and the National Curriculum. It is recognised that the implementation of this policy has required a change to previous practices associated with food policy and provision at the school.

<http://www.schoolfoodplan.com/>

<http://www.schoolfoodplan.com/standards>

Food Policy Aims

The main aims of our school food policy are:

1. To enable children to make healthy choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy choices throughout the school day
3. To ensure that the mandatory food based standards are implemented
4. To ensure that the school follows the principles laid in the School Food Plan

Equal Opportunities

In healthy eating, as in all areas of the curriculum, we recognise the value of the individual and strive to provide equal opportunity for all.

School Food Plan

The School Food Plan is an agreed plan originally published in 2013 with the support of the Secretary of State for Education. This plan supports schools to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by:

- Adopting a 'whole school approach': integrating food into the life of the school, treating the dining hall as the hub of the school, promoting lunchtime as part of the school day, ensuring the cooks and supervisors are embraced with the whole staff team and embedding food into the curriculum.
- Concentrating on the things children care about: good food, attractive environment, social life and quality of food.
- Encouraging take up of school meals to improve school food economics including the take up of Universal Free School Meals for all EYFS and KS1 children.

Curriculum

Food and nutrition is taught at an appropriate level throughout each Key Stage. It is a compulsory part of the National Curriculum and planning at all key stages will reflect the whole school approach to eating and incorporate the DfE statutory guidelines. This is addressed through:

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. Planning at all stages reflects the whole school approach to healthy eating.

Cooking and Nutrition: As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning to cook is a crucial life skill that enables pupils to feed themselves and others affordably well, now and later in life. All pupils are taught the basic principles of a healthy, varied and balanced diet, to prepare simple dishes which are predominantly savoury and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.

Cross Curricular: The school recognises that food has a great potential for cross-curricular work and is incorporated in teaching a variety of subjects in addition to science and PSHE.

Staff Training: School staff including; teachers, teaching assistants and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes to food and healthy eating, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff will be kept up to date with Food in School. Additional training will be addressed when required, (for example food hygiene qualification, allergen information.)

Visitors in the classroom: We value the contribution made by outside agencies in supporting learning in the classes. It is the responsibility of the school and individual teachers to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject.

Resources: Appropriate resources to fulfil the requirements are available. They are stored securely and appropriately maintained to a high standard.

Food Standards

National Nutritional Standards for school lunches became compulsory in 2009. As a result of the School Food Plan, the standards have been reviewed and the new Food Standards for school lunches came into force in January 2015. These standards cover all food sold or served in schools: breakfast, lunch, snacks, after school clubs and any events held in school.

Lunch menus

Menus are prepared by the Local Authority Catering Team. The school works in partnership with them, adopting their menus and thereby meeting the needs of the national Nutritional Standards for school lunches. School meals are cooked on site, to Local Authority recipes. Where change is necessary, parents are informed.

Universal Free School Meals

Since September 2014, all children in EYFS, Year 1 and Year 2 in state-funded schools in England have been eligible for free school lunches. The school supports this initiative, encouraging children to have their free school meal.

Fruit Scheme (KS1 Children)

The school is part of the national Fruit and Vegetable Scheme and all children in Foundation Stage and Key Stage 1 are given a piece of fruit each morning.

Snacks

The school understands that healthy snacks can be an important part of the diet for young people and can contribute positively towards a balanced diet. We encourage KS 2 pupils to bring fresh fruit to school for morning break times.

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, academic or other achievements. Other methods of positive reinforcement are used across school.

On occasion confectionary and cakes have been brought into school by children to share in their birthday celebrations. Whilst we appreciate that this is a very kind gesture, following the introduction of the new standards and allergen legislation, birthday cakes can no longer be handed out and if sweets are to be brought in then they will be handed out at the end of the school day, as the children leave. We would therefore ask parents to confirm to the children if they are then allowed to eat them.

Drinking Water

Drinking water is available to all pupils, every day.

Milk

All of our children in EYFS are entitled to free milk, which is provided in the classroom during the morning sessions. Milk is also provided at lunchtime.

Packed Lunches

Packed lunches, for school trips and other similar occasions, provided by the school to Universal Free School Meals children, adhere to the Government Food Lunch Standards.

The school encourages parents and carers to provide children with packed lunches that complement these standards. The school does not permit chocolate bars and fizzy drinks to be included in their packed lunches.

Special Dietary Requirements

We accommodate special dietary requirements such as gluten and dairy free. As part of our menu we also have a vegetarian option available every day. We ask parents to notify us with any requirements so we can arrange a meeting with the school cook.

Cultural and religious beliefs

Many people follow diets related to their culture or religious beliefs and the school makes every effort to provide meals for all children. The school needs to have a robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time.

Medical Diets

Individual Care Plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency.

Allergens and Anaphylaxis

The school adheres to the Food Information Regulations 2014 – Allergen Labelling. All menus identify the key allergens which are managed or avoided. The school has a procedure to cover other food related activities adhering to the food legislation at all times.

Cross contamination is also addressed and risk assessed.

Due to the life threatening allergies that children have in school, we ask parents to avoid sending any type of nuts into school. Signs are displayed around school stating we are a **NUT FREE** school environment.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and ensure that:

- ☐ adequate storage and washing facilities are available;
- ☐ food handlers undergo appropriate food hygiene training and that suitable equipment and protective clothing are available.
- ☐ identifications and control of food safety hazards. We also consult our Local Authority Environmental Health Team about legal requirements.

The Food and Eating Environment

Brandesburton Primary School aspires to give children a positive dining experience, with an enjoyable environment that encourages good table manners and dining etiquette. We encourage children to be independent. Children are encouraged through supervision to ensure at least one vegetable and /or salad is selected.

Monitoring

Our school has an open door policy for parent feedback and concerns on an on-going basis.

September 2022

To be reviewed September 2024