

MILFORD PRIMARY SCHOOL

FOOD POLICY



Vision Statement

'Milford Primary is a community orientated school, centred around the children as individuals. We are committed to helping children work towards their potential as life long learners who care, share, respect and learn in a stimulating environment.'

Summer 2015

1. Why do we have a food policy?

- because a food policy that promotes healthy eating will make a significant contribution to the health and well-being of our students
- because we believe there is a direct link between healthy eating and learning
- as part of our contribution to promoting a healthier lifestyle in our community

2. What do we want to achieve?

- Every pupil having access to high quality, tasty and nutritious food, and an easily available water supply during the school day.
- An increase in the number of pupils who enjoy the food they consume at school.
- improved understanding of the terms such as “ balanced diet” and “ healthy eating” and more children choosing healthy options
- 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 & staff knowledge and awareness of food issues, including what constitutes an 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.

3. How our Food Policy is implemented.

1. School Ethos
2. Curriculum
3. Break time
4. Lunchtime
5. Staff & Visitors
6. School Visits & Events
7. Community Involvement
8. Breakfast Club and After School Club

3.1 School Ethos

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

3.1.2 It will be made clear that the emphasis placed on a balanced diet is to enable safe & effective learning as well as providing a foundation for good health.

3.2 Curriculum

3.2.1 PSHE, Geography, Science, Food Technology, RE & Languages may all contribute to the curriculum delivery of food education based on deliver the principles laid out in *What do we want to achieve?*

3.2.2 Curriculum delivery will involve practical food experience delivered by properly trained staff & will be adequately resourced.

3.2.3. It may be appropriate for a wide variety of foods to be prepared & consumed within the curriculum or at a celebration. 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 context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. Foods containing high levels of sugar & salt will be avoided.

3.2.4. All pupils & staff have water freely available at all times & are able to refill bottles. The intake of water may be managed for safety or behaviour reasons.

3.3 Breakfast Club/After School Club

3.3.1 The food offered is consistent with the school policy & monitored by the Head.

Break time

3.4.1 Water is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared & refreshed for learning. It will also help us to limit litter & control the environment to make it safe for a pupil with a nut allergy.

3.4.2 Reception, year 1 and year 2 children are provided with free fruit or vegetables every morning as part of a national scheme. Key Stage 2 children will be given the opportunity to bring in their own fruit and vegetables for a mid-morning snack.

3.5 Lunchtime

3.5.1 Lunches meet the national guidance. **All** pupils have a choice enabling them to eat healthily. No fizzy or sugared drinks are sold. Water is always freely available.

3.5.2 Pupils are encouraged to taste & eat new foods.

3.5.3 Staff, time & seating arrangements are sympathetic to a positive social eating environment for those buying lunches & those eating a packed meal.

3.5.4 Packed lunches are monitored & the curriculum encourages healthy sandwiches etc. Appropriate storage arrangements are made.

3.5.5 Any alterations to provision are communicated clearly after a full consultation process has taken place with staff & students.

3.6 Staff & Visitors

3.6.1 Staff will be encouraged to model the food policy.

3.6.2 Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

3.7 School Visits & Events

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

3.8 Community Involvement

3.8.1 At all stages the wider community will be involved in developing & implementing this policy. This will ensure that work is sustainable & that best practice is communicated.

4. Equal Opportunities

4.1 Provision is allowed for special diets eg medical, cultural, vegetarian & for appropriate serving.

4.2 Free packed & cooked lunch provision will be handled sensitively.

5. Personnel

5.1 The Head is responsible for food in school.

6. Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training & resourcing are appropriate & up to date.

7. Policy Development & Review

7.1 This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors, LEA representatives, community dietitian, school community nurse and local Healthy School Standards representative.

7.2 This document is freely available to the entire school community on the school website.

This policy will be reviewed on a two yearly basis.

Review date Autumn 2017

Signed G Taylor (Chair of Governors)