



HOLTON LE CLAY SCHOOLS FEDERATION

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WHOLE SCHOOL FOOD POLICY

INTRODUCTION

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

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Dawne Hunt (Headteacher) and (Governor).

CONSULTATION

All parents, pupils and staff were consulted. Parents were invited to add comments relating to the whole school food policy. The school council was consulted and are in favour of a whole school approach toward healthy eating.

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
3. To encourage all aspects of food and drink to be brought together, including within the curriculum. For example all subjects, personal development and continued professional development for staff.

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

In healthy eating, 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, following the National Curriculum, at an appropriate level throughout each key stage.

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. 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 teachers' planning meetings.

Leading by example and staff training

Teachers and support staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff will be updated through training and emails.

Visitors in the classroom

This school values the contribution made by food and outside agencies in supporting class teachers and appreciates their valuable contributions. 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. The school's code of practice for visiting speakers is adopted.

Evaluation of pupils learning

The healthy eating aspects of the National Curriculum are assessed through informal assessments in class.

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 National Nutritional Standards for School Lunches

All school food should meet standards set out by the Children's Food Trust. Food prepared by the school catering team (Farm Kitchen) meets the National Nutritional Standards for School Lunches.

SNACKING

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Infant school snacks are subsidised by the government and fruit / vegetables are provided to all children. KS2 morning snacks should be healthy – for example fruits, vegetables.

The school discourages the consumption of snacks high in fat and sugar at break-time and parents are advised of this in newsletters.

USE OF FOOD AS A REWARD

Following advice from Lincolnshire County Council's (LCC) food team, the federation 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. These include complimentary remarks, stickers, stationery, stars and assembly certificates. Food is not used for end-of-term presents to pupils.

For exceptional events such as school discos / bingo events, food rules may be relaxed with the consultation with the Headteacher. Both schools will endeavour to ensure that any

treats will be nut and / allergen free and where this is not possible (eg Easter Egg hunt / bingo), parents will be informed.

Wherever possible, healthy options will continue to be provided and encouraged wherever possible.

On Children's birthdays, parents will be encouraged bring in a fruit platter, fruit kebabs, donate a book to the class library or stationary instead of bringing in cake (to avoid unhealthy choices and / or allergens)

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water.

*or including any other food allergies or intolerances

MOBILE CATERERS SERVING FOOD ON SCHOOL PREMISES

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training and that their facilities meet appropriate food safety requirements (including nut free status).

PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that are healthy and nutritious. Sweets, chocolate, crisps and fizzy drinks are discouraged. Advice is given in newsletters.

4. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices

VEGETARIANS

School caterers offer a vegetarian option at lunch every day.

FOOD ALLERGY AND 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 and requests for special diets are submitted according to an agreed process. Parents are consistently reminded that both schools are nut free and to try and not send food in to school that contains nuts. Both schools will aim to avoid all foods with any traces of nuts and / or other food allergies or intolerances

5. 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 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.

7. COMMUNICATION

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

The Whole School Food Policy will be promoted via school notice boards, posters in reception, the school website, assemblies and parents' newsletter.

MONITORING AND EVALUATION

If pupils are noted to consistently chose/bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.

Food concerns will be discussed with caterers, pupils, parents and staff as the need arises.