



Pendeen School

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Pendeen School

Food Policy

Date formally accepted by governors: February 2022

Date becomes effective: Immediately

Next review date: February 2023

Person responsible for implementation: Headteacher

INTRODUCTION

At Pendeen School we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Application

This policy covers the areas of:

- ☐ Break-time snacks including those brought from home.
- ☐ Milk
- ☐ Water
- ☐ School Lunches including packed lunches
- ☐ Curriculum
- ☐ Before and after school clubs and events
- ☐ Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

1. FOOD AND DRINK PROVISION THROUGHOUT THE DAY

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs. For more information, please refer to <http://www.schoolfoodplan.com>

• Breakfast

Breakfast is an important meal and should make up a quarter of a child's energy requirements and can provide essential vitamins and minerals. We do not provide breakfast but offer cereal bars and a drink.

- **Snacks**

At Pendeen School we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day. All children have toast at break time.

Children in KS2 may bring in a healthy snack to eat at morning play. This should be a piece of fresh fruit or a portion of fresh vegetables. Snacks provided for children are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

- **School lunches**

Food prepared by the school catering department (Caterlink) meets the national school food-based standards. We ensure that the quality of the ingredients and the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The school council make suggestions regularly to ensure that the meals reflect on the needs of the pupils.

In September 2014 the Government introduced Universal Infant Free School Meals (UIFSM) for all children from Reception to Year 2. The school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

2. FOOD AND DRINK BROUGHT INTO SCHOOL

- **Packed lunches**

Parents are encouraged to provide healthy well balanced packed lunches.

This should include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice.

INCLUDE:
<ul style="list-style-type: none">- Minimum of 1 portion of fruit and 1 portion of vegetables everyday- Meat/ fish eggs and non-dairy protein e.g., pulses everyday- Oily fish at least once every few weeks- Starchy food such as bread, pasta, rice, potatoes- A dairy product milk, cheese and yoghurt- Water or milk (semi-skimmed or skimmed).

LIMIT:
<ul style="list-style-type: none">- Meat products sausage rolls, pies, sausages etc- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack- Fruit juice 150mls per day- Salty snacks such as crisps nuts etc

DO NOT INCLUDE

- Sweets and chocolate
- Sugary soft drinks

For more information: www.childrensfoodtrust.org.uk

• Drinks

The school food plan states:

Water is available for all pupils throughout the day, free of charge.

Milk is available for children in Reception through the Cool Milk scheme for children up to 5 years old.

For school events, pupils who have school meals are provided with a nutritious school packed lunch if not on the school site for lunch.

• Birthdays and other special celebrations

We value the importance of celebrating children's birthdays in school. Pupils wishing to bring in a cake or treat may do so. The school recognises that families may have differing views on the consumption of cakes and treats. Therefore, any birthday treats brought into school should be done so on the understanding that this will be divided up and handed out at the end of the school day, not consumed during school time. At Christmas and at points in the school year, classes may have a class party or other events in which food is brought in. Consent will be sought from parents prior to these events. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

3. COOKING AND FOOD EDUCATION IN THE CURRICULUM

As of September 2014 food, cooking and nutrition education became a compulsory part of the school curriculum for KS1 to KS3.

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Addressed through different teaching methods, leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils learning.
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms.

Extra-curricular activities

- We offer clubs that provide continued learning around leading a healthy lifestyle for example multi-sports clubs, cookery club.
- Pupils attending after school clubs and extra-curricular activities have access to a fruit snack.

4. SPECIAL DIETARY REQUIREMENTS

- **Religious and ethnic groups**
- **Vegetarians and vegans**
- **Food allergy and intolerance**

Pendeen School is aware of all food allergies/intolerances and other dietary requirements of the children. We offer a vegetarian/vegan option for every meal. Pupils with specific food allergies can be catered for, through careful liaison with Caterlink.

5. THE DINING EXPERIENCE

Children can sit in mixed year groups, and we encourage positive modelling of table manners from all children. At least one member of staff is always available to monitor and support consumption of school lunches.

6. FOOD SAFETY

Pendeen School has adequate facilities, suitable equipment, all food handlers are appropriately trained, and all possible hazards are identified.

SHARING THE POLICY

This policy is available to all staff via a shared drive and to parents through the school website.