



Baslow St-Anne's C of E Primary Food Policy



Growing healthy minds and hearts



together

"Life in all its fullness"
Respect...Kindness...Diversity

Version	Date	Author	Reason for Change	Minute Number
1	2015	JPC		
2	2018	Updated by MC		
3	2021	Updated by MC	Updated vision and values	
4	2022	MC	No changes	
5	2023	MC	No changes	04_PHSS_03-23

Approved by:

Mrs Marie Clark (Headteacher)

PHSS Committee

V5 Food Policy

Chair of Governors: Tony Mottram:

Baslow St. Anne's Church of England Primary School Food Policy

Vision and Values

At Baslow St. Anne's Church of England Primary School we believe that it is vitally important that everybody is safe, confident and happy in our school community. We aim to provide an environment in which our children feel safe, secure and confident, are respectful citizens in and out of school and nurture the Christian values that underpin all that we do. We believe that our children and staff should lead 'a life in all its fullness', nurturing our vision of growing healthy minds and hearts together. We strive to ensure this is in place to enable every child to achieve their full potential and be prepared for their next step in life, with our key Christian values firmly rooted: respect, kindness and diversity.

Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and well being 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 & 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 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 & 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. Break time
4. Lunchtime
5. Staff & Visitors
6. School Visits & Events
7. Community Involvement
8. Role model
9. Stipulating a 'healthy snack only' policy

School Ethos

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.

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.

Curriculum

PSHE & C, Geography, Science, Food Technology, RE & Languages may all contribute to the curriculum delivery of food education. Teaching and learning about food will involve practical food experience, historical or cultural aspects about food and learning about healthy living and lifestyles within the curriculum.

It maybe 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.

Whenever possible unhealthy foods will not be used as rewards.

All pupils & staff have water freely available at all times & are able to refill bottles easily.

Break time

At break times our pupils are only allowed to consume healthy snacks. Snacks are monitored by Staff and advice given if a snack is inappropriate. Snacks are **not** confiscated, but a parent may be contacted to ask for their support. Fizzy drinks are not allowed. Only water and milk for our younger pupils are allowed at breaks and only water in the classroom. We encourage the children to stay hydrated and re-fuelled ready for learning.

Lunchtime

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

Pupils are encouraged to taste & eat new foods.

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

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

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff, governors & pupils through the school council.

Staff

Staff will be encouraged to model the food policy when eating with the children.

School Visits & Events

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.

Community Involvement

The community will be involved in developing and maintaining this policy. This will ensure that work is sustainable & that best practice is communicated. For example; school meals service will attend parents' events.

Enforcement

The enforcement of this policy is the responsibility of all staff working together.

Equal Opportunities

Provision is allowed for special diets eg medical, cultural and vegetarian. Free packed & cooked lunch provision will be handled sensitively.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

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

Policy reviewed by M Clark

Date: October 2015

Review date: October 2018

Reviewed April 2018

Signed.....

Chair of Governors

Date.....

Policy Links

- PSHE
- Science
- Design & Technology
- RE
- Physical Activity
- Behaviour