

West Drayton Academy

Food policy



BELIEVE • EMPOWER • ACHIEVE

Aim of Policy

The aim of the Food Policy is to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors at the school.

Rationale

Our school food policy is underpinned by the following values:

1. Our school promotes the health and wellbeing of all staff, pupils and visitors and believes that healthy eating is an important aspect of this work
2. Our school wants to help children and young people to adopt healthy lifestyles and attitudes towards food and physical activity.
3. Our school recognises the important link between healthy eating and the effective learning and achievement of pupils.
4. Our school works in partnership with parents, children and others to improve the health of children and their families.
5. Our school recognises that sharing food is a fundamental experience for all people; a way to nurture and celebrate cultural diversity; and an excellent bridge for building friendships and promoting a sense of community.

Objectives

1. To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
2. To provide opportunities for pupils to plan recipes, budget, prepare and cook food.
3. To increase pupils' knowledge of food production, including farming and local food producers, and to enable pupils to learn how to grow foods e.g. fruits and vegetables.
4. To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
5. To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethic, vegetarian, medical and allergenic needs.
6. To provide a pleasant and sociable environment for pupils and staff to enjoy their food including packed lunches.
7. To monitor menus and food choices to inform policy development and provision and to involve pupils in planning menus.

Guidelines

Education on the importance of a healthy diet is in the National Curriculum in these subject areas: Design & Technology, PSHE and Science. There will be opportunities for cooking and growing food.

Our school actively promotes healthier choices during the day:

1. Morning snack – healthy snacks are promoted throughout school and are provided in EYFS and KS1. We have guidelines for snacks which we strongly encourage parents and carers to observe. Guidelines will be delivered by a ‘working party’ of parents.
2. Lunch times – school meals are prepared fresh on site daily by Pabulum. Menus are reviewed regularly. Menus meet the nutritional standards required by the School Food Trust. Pabulum Menus are issued in advance to parents and children from which menu choices are made 3 weekly in advance to enable us to use fresh meat and vegetables cooked to order.
3. Lunchtime supervisors encourage the children to choose a balanced meal promoting healthy choices and asking children to try a little helping to encourage them to enjoy being adventurous with food.
4. Parents and pupils are encouraged to send a healthy packed lunch – see below for further information.
5. The School Milk Scheme provides free milk to under 5s. Fruit for all EYFS children.
6. We provide a welcoming ‘family dining’ environment with children sitting with a friend. We work hard to try to keep noise levels acceptable and we promote good table manners.
7. Parents and carers are asked to provide water bottles for their children, refilled daily - children can have water throughout the school day. Staff encourage children to drink water regularly throughout the day (see Water Policy below).

Water Policy

Parents and carers are asked to provide their child with a clean bottle of water daily; they will be asked not to provide any other drinks for consumption in the classroom. Children are provided with water to drink with their lunch.

Healthy Snack Policy

We understand that snacks can be an important part of the diet of children and can contribute positively towards a balanced diet. We strongly advise and encourage healthy choices for snacks at break time - Fruit, cheese, Salad, Vegetables help to give a slow release energy boost to keep children re-fuelled until lunch time. Please do not send chocolate, sweets or crisps.

Packed Lunch Policy

Parents and Carers are responsible for ensuring all food in a packed lunch is both fit for consumption and meets the standards laid out below. The school has a duty of care to ensure that all packed lunches provide a healthy balanced meal to allow children to fully participate in afternoon learning. All packaging and containers must be easily opened by the children and should be returned home daily. Packed lunches should be brought to school with the child in the morning, except in very exceptional circumstances it is not possible to take packed lunches to children.

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available.
- The school will work with staff and pupils to provide attractive and appropriate dining room arrangements.
- The school will work with Parents & Carers to ensure that packed lunches meet the standards listed below.
- Packed lunches can comprise the following:-
- At least one portion of fruit and vegetables every day

- Meat, fish or other source of non-dairy protein
- Oily fish, such as salmon, at least once every three weeks
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes or other cereals
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- Only still water, fruit juice, semi-skimmed milk, yoghurt or milk drinks and smoothies. These should be in plastic bottles or cartons.
- Packed lunches can occasionally include meat products such as sausage rolls or individual pies, cakes and biscuit but encourage your child to eat these as part of a meal and be mindful of portion sizes.
- Hot food is discouraged on the basis that maintaining safe temperatures of certain food items can be difficult. Therefore there could potentially be a health risk to the child. Any food such as soup should be provided in a safe suitable flask which is age appropriate for the child.
- Packed lunches should NOT include:
 - nuts, including peanut butter. We are a 'nut-free' site due to allergies.
 - chocolate bars
 - Fizzy drinks

Pack your child a **HEALTHY LUNCH BOX**



Choose a variety of foods from each food group

Fruit



Vegetables



Dairy



Wholegrains



Lean meat
& alternatives



A Healthy Lunch Box



Promotion of Healthy Eating Policy

1. The Children's Leadership Team will be involved in the development and review of the food policy, including the snack, packed lunches and drink guidelines.
2. Parents are informed about developments in our food policy through new parent meetings, newsletters, displays and by posting policies and information on our school website. Parents are welcome to sample a school lunch by prior arrangement. Annual questionnaires provide parents and children with opportunities to feedback to school their views on food in our school.
3. The Park Federation are responsible for the school meal contract arrangements, the uptake of meals and ensuring the school food meets the School Food Plan Standards. Pabulum will ensure that meals continue to meet the required standards.
4. The school does not allow sweets, cakes or other treats to be distributed on children's birthdays. Birthdays will be recognised and celebrated in other ways.

Catering for allergies and intolerances

Parents must alert school at the earliest opportunity if a child has an allergy or intolerance to a particular food. Pabulum will provide a modified menu for that child which will be displayed in the school kitchen.

The role of the Principal: Monitoring and Evaluation

The Principal takes overall responsibility for the monitoring and implementation of the Food Policy. All staff will have general responsibility for handling the daily implementation of this policy.

Monitoring of this policy may include: Meetings with Lunchtime Supervisors, which will include feedback on children's food choices; CLT conducting packed lunch surveys;

Policy Review

This policy will be reviewed every 2 years.