



## **Carrdyke School Food Policy**

**Agreed: November 2024**

**Signed: Andrew Sewell Headteacher**

**Signed: Alison Barton**

**Review date: November 2026**

### **Introduction**

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

The policy was derived through consultation between members of staff, governors, parents, pupils and our school nurse, and healthy school task group.

The nutritional principles in this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary reference Values for Food Energy and Nutrition for the UK; and the 'Eat Well Plate' (formally the Balance of Good Health (BOGH)).

### **Food Policy Coordinator**

This school food policy and healthy eating strategy is coordinated by the food and kitchen governor sub committee with involvement of the school chef.

### **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

These aims will be addressed through the following:

### **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.

## **Curriculum**

Food and nutrition is taught 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 includes debating issues, group discussion and role play. These decisions are made at teachers planning meetings.

## **Learning by example and staff training**

Teachers, caterers and school nurses 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, dinner supervision staff, coordinators will have access to training.

## **Visitors in the Classroom**

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. 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 the content of the visitors talk is suitable for the ages of the pupils. The school code of practice for visiting speakers is adopted.

## **Resources**

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'eatwell plate' where appropriate.

Resources for teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored along with other central resources.

## **Evaluation of Pupils Learning**

The healthy eating aspects of the National Curriculum are assessed through science. These may be assessed through the use of past SAT papers or through other teacher assessment.

## **Food and drink provision throughout the school day including Wrap Around Care**

Food-based Standards exist covering all aspects of school food. (full details and documents relating to this are available from the School Food trust) [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) The schools follow this guidance.

### **National Nutritional Standards for Lunches**

National Standards for school lunches became compulsory in April 2001. Further standards were published covering other aspects of school food in 2009.

Cooked and cold lunches are provided by our own kitchen at the Martin site. Ingredients are sourced from local suppliers where possible. The menu meets and exceeds where possible the national food guidelines. The menu is checked by the Lincolnshire Food in School team to ensure compliance.

Kitchen staff have appropriate food safety qualifications and the kitchen meets food hygiene standards (5 star certificate)

### **Home Packed Lunches**

The school promotes the provision of a healthy, balance packed lunch to be provided by parents. The school suggests that this should include a piece of fruit and a single sweet item (not confectionary). The school monitors this, and lunch time staff are directed to inform senior staff members if they see lunches that persistently fail to conform to this policy. It is then at staff discretion how they use the information. We appreciate that not all parents will be in a position to meet the suggested requirements all of the time. We also understand that some children may have special dietary requirements or have limited diets and in these circumstances the school should work closely with parents. Any serious concerns about potential neglect must be brought to the attention of the safeguarding officer, which in our schools is the Headteacher.

### **Allergens / choking**

If a child is allergic to particular food stuff then this should be made known to the school through the record of medical details.

Any child at risk of anaphylaxis should be identified to all staff members and training given. A risk assessment will be undertaken and special consideration given to where they sit at meal times to minimise risk.

We are nut free schools to protect staff and children with a serious allergy. As many snack foods are small and may be a potential choking risk the school relies on parent's discretion about what they consider to be safe.

In short, the school expects parents to take responsibility for their own child's wellbeing.

***Children are not permitted to share food from each other's lunch boxes.***

### **Fruit**

Fruit provided should be pre-prepared by parents; as lunch staff do not have time to cut and peel individual items and they should not be touching children's food for hygiene reasons. An exception to this rule is the opening of bananas. The school does not have the facilities to conform to the standards required for food preparation; this would need more rigorous inspection from the environmental health officer. Air tight pots of pre-cut fruit will be opened by staff.

## **Snacks**

Children may bring fruit, breadsticks or healthy grain based bars for breaktimes (not nuts). Cakes, confectionary, crisps and highly processed fruit products such as 'fruit winders' are not allowed.

## **Food Permission**

Parents are asked for general food permission when children join the school and should identify any known allergies on this form or tell the school as they become aware. The schools will clearly display the names of any children with known allergies or without food permission in the staff room or kitchen. Staff must refer to this list when planning food-based activities. When staff intend to use foods for curriculum work it is good practice to notify parents in advance.

## **Special Treats**

The schools recognise that from time to time and as part of particular seasonal celebrations and curriculum work children may eat confectionary. Teachers should generally avoid using confectionary as rewards for good work, and are encouraged to find healthy options where possible.

## **Birthdays**

Children are not allowed to bring food into school from home. The school kitchen can provide a tray bake for the class, chocolate, vanilla version and a variety of toppings are available on application. This can include gluten free versions; other allergy requirements can be catered for on request. The cost is £8.00.

## **Drinks**

Non-fizzy fruit drinks may be provided as part of packed lunches. Children have access to their water bottles during the day. Energy drinks are not permitted.

Water bottles in class should only contain still water (Unless there is a specific dietary need which the school has been notified of. Staff should encourage children to take these bottles home regularly to be cleaned.