

Learning and living as children of God
(Ephesians 5:1)(You are God's children whom he loves. Try to be like God)

Deerhurst and Apperley CE Primary School



Whole School Food Policy Reviewed January 2024

To be reviewed January 2026

DEERHURST AND APPLERLEY C OF E PRIMARY SCHOOL

WHOLE SCHOOL FOOD POLICY

INTRODUCTION

At Deerhurst and Apperley Primary School we understand the importance of healthy eating, oral health and the pupils' education.

FOOD POLICY AIM(S)

- Food and sharing food are an important part of what we do as a school. In school we sit together at the same time and share the same meal. Staff will serve the pupils and encourage the children to use the correct utensils.
- We believe eating is more than just 'refuelling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school.

What do we want to achieve?

- Regularly review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- Establish food awareness in school to promote healthy eating and drinking message by regularly reinforcing healthy eating message within classes and discussions.
- Ensure that at least one staff member has the basic food hygiene training.
- Ensure pupils and staff have access to clean, fresh drinking water at all times.
- Ensure that children's' nutritional requirements are met by providing suitable school meals.

Guidelines

How are we going to meet our objectives?

- Discussions through school council with feedback to classes.
- Formal curriculum - DT and PSHE
- Focus on healthy eating through discussions and extended activities.
- Regularly provide the e learning training for staff on Food Hygiene.

- **PLANNING FOR FOOD**

- Regular review of the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- Promote healthy eating in school through other subjects/topics. Regular letters to parents to maintain awareness of a healthy snack and packed lunches.
- Promote a sustainable environment by exploring how food is produced, plants are grown and waste can be composted.
- Ensure that all school meals provided by external agencies are nutritious and balanced and meet the required nutritional standards.
- Ensure that free school meals are implemented to pupil premium children.
- Content, cost and provision of meals are monitored.
- Ensure pupils and staff have access to clean, fresh drinking water at all times.
- Information is kept up date and central of children with specific dietary needs.

Food Planning

- 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..
- 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 1/4 of a child's energy requirements and can provide essential vitamins and minerals.

Snacks

- At Deerhurst and Apperley we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

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- The Governments school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day.
- Snacks provided for children and staff are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

Food and Drink Brought into School

Packed lunches

Parents are encouraged to provide healthy well balanced packed lunches and have been sent advice on how to ensure they are.

Preparing a balanced child's lunchbox, 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.

Drinks

In school: food plan states:

Water is available for all pupils throughout the day, free of charge. Milk is available for children in KS1 once a day

Cooking and Food Education in the Curriculum

As of September 2014 food, cooking and nutrition education is 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 gardening club, multi-sports club and dance club.

Special Dietary Requirements

Religious and ethnic groups

- Vegetarians and vegans
- Food allergy and intolerance

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Deerhurst and Apperley is aware of all food allergies/intolerances and other dietary requirements of the children.

Health & Safety

Teachers should refer to the school policy on Health and Safety.

Monitoring & Evaluation

This policy will be reviewed in the following ways:

- By staff through planning meetings
- By governors through the regular curriculum committee meetings
- Regular monitoring of special dietary needs information.

Food Safety

Deerhurst and Apperley has adequate facilities, suitable equipment, all food handlers appropriately trained and all possible hazards are identified

This policy was reviewed by staff and presented to the Full Governing Body for approval at the meeting of March 2024.

Head teacher: Jayne Neveu

Signed:

Date:

Chair of Governors: Chris Davis Signed:

Date: