

Dallimore Primary and Nursery School

Food Policy

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 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. Enforcement

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, Geography, Science, Food Technology, RE & Languages may all contribute to the curriculum delivery of food education.

It may be appropriate for a 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.

All pupils & staff have water freely available at all times & are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

Break time

At break times our pupils are encouraged to bring in healthy snack. Suggested snack is fruit, vegetables or cereal bars and natural fruit juices. Fizzy drinks are not allowed. Water is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared & refreshed for learning.

Fruit in school

Pupils of infant age will be offered the chance to have a piece of fruit each day.

Lunchtime

Derbyshire County Council provides a daily lunch service in school which is available to all children. The catering department follows the government's nutritional standards for school lunches and the service both meets and exceeds these standards.

The catering service is dedicated to ensuring that these nutritional standards are achieved and believe that a focus on food and nutrition is necessary, as it directly affects the pupil's development and growth.

Parents are encouraged to send healthy packed lunches. Fizzy drinks and sweets are not allowed.

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

At all stages the wider community will be involved in developing & implementing this policy. This will ensure that work is sustainable & that best practice is communicated.

Equal Opportunities

Provision is allowed for special diets eg medical, cultural, vegetarian & for appropriate serving.

Free packed & cooked lunch provision will be handled sensitively.

Personnel

The Headteacher is responsible for food in school.

Monitoring and Evaluation

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

Reviewed January 2016