



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 wellbeing 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 and a pupil's ability to learn effectively.

What do we want to achieve?

- To ensure that every pupil has access to safe, tasty and nutritious food choices and a safe easily available water supply during the day.
- To ensure that the provision and consumption of food is an enjoyable and safe experience.
- To ensure that the whole school community understands that a balanced and healthy diet is recommended.
- To increase pupil's knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment.
- To increase pupil parent and staff knowledge and awareness of food issues including what constitutes a healthy and environmentally sustainable diet.
- To ensure that the 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 working in close liaison with the School's contract caterers and having access to their in-house Nutritionist and Sustainability Manager.

How will our Food Policy be implemented?

School Ethos

- To consistently communicate throughout the school day including trips and events, the importance of a balanced diet and educating pupils to enjoy a varied, healthy diet with an emphasis on good nutrition and learning to make good choices.

Curriculum

- Through Science, PE and PHSE lessons, to deliver food education and outline the importance of healthy living, including healthy eating, positive body image and exercise.
- To encourage pupils to participate in extra-curricular activities involving cooking or baking and subject to safe methods of working.

Water

- All pupils and staff have water freely available via water fountains situated in The Link, Dining Room, Staff Room and Changing Rooms.

School meals

- School meals are provided by the School contract caterers who provide breakfast, lunch, supper and morning and afternoon snacks to our pupils and staff in the Dining Hall. The caterers aim to follow and where possible exceed the mandatory requirements of the School Food Standards (The Requirements for School Food Regulations 2014) applicable to schools in the maintained system.
- School lunches are planned on a three week cycle and always contain a meat fish and vegetarian option, alongside a salad bar and soup offering. Menus are displayed each day in the School foyer and outside the Dining room and the three weekly menus are also available to view on the School's website.
- Snacks provided during morning and afternoon breaks will consist of savoury foods, wholemeal bread/toast and a selection of whole fruit. Sweet snacks containing sugar will not be served in line with School Food Standards.
- Packed lunches for school trips will be provided in line with this policy and stored in insulated bags prior to consumption.
- Foods containing high levels of salt, fat and sugar will be avoided wherever possible.
- Pupils will be encouraged to taste and eat new foods.
- Pre Prep children have their own area of the Dining Room and benefit from a "family service" to ensure that the children are given the correct sized meal for their age and appetite. The Pre-Prep teachers remain with the children for their meals and promote good table manners and a healthy approach to trying new foods. Some children may take time to settle into eating a hot lunchtime meal and using cutlery appropriately and our staff support and encourage these children with these tasks.
- Pre prep children have fruit in the mornings and again in the afternoons with a healthy carbohydrate option if they stay late for after school activities.

Special Occasions

- There may be occasional events throughout the school year when children may be allowed a small quantity of sweet confectionery (e.g. Easter and Christmas). However, on these occasions the School will ensure that there is an alternative savoury or fruit offering available and that the healthy balance of meals across the School day is maintained and where necessary adjusted to compensate for any confectionery consumed.

Staff and Visitors

- Staff will be encouraged to support the aims of the food policy through regular communication at INSET days and staff briefings and visitors will be offered healthy refreshments or at least a choice which contains a healthy option.
- Staff, parents and visitors attending school events will be offered food, consistent with this school policy.

Enforcement

- The School will endeavour to be "nut free" to protect those members of the School community with nut allergies and therefore staff and pupils are actively discouraged through regular communication at INSET days and School assemblies from bringing into school any food containing nuts or traces of nuts.

Equal Opportunities

- The School's caterers make provision for special diets on the grounds of medical, cultural and vegetarian/vegan requirements wherever possible.
- Individual care plans and dietary lists are created by the Lead School Nurse for pupils with food allergies/intolerances or cultural/specific food requirements and shared with the Catering Manager who will hold and display this information in a sensitive and GDPR compliant manner.

Monitoring and Evaluation

- The Head and Bursar will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date and the provision of food across the school day is

reflected in this policy. This will be achieved by the following measures although this list is not exhaustive;

1. Pupil surveys on an annual basis.
2. Annual review of the Key Service Indicators (KSI'S) with the School's caterers.
3. Agenda item at the termly Health and Safety committee meetings and therefore forming part of termly Governors meetings.
4. School Council participation.
5. Weekly meetings between the Bursar and the Catering Manager including menu reviews and changes.
6. Access to Nutritionist and Sustainability professionals through the School's caterers.

Policy Development

- This policy has been developed in consultation with staff, pupils and the School's contract caterers and will be reviewed on an annual basis.
- Our catering provision statement can be viewed on the School's website under Parent's Tab/Food and Nutrition, together with a link to our Caterer's website and Provenance Booklet where further information can be found to underpin our policy aims.

Reviewed by: Bursar

Date of review: November 2021

Date of next review: September 2022