

# **Thomas A Becket Junior School**



**TAB**

## **Food Policy**

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## Introduction

We value all members of the school community and seek to promote the health and well-being of everyone as part of being an enjoyable place to work and learn. We recognise that food and nutrition form an important aspect of our health and well-being and thus contribute to all being able to learn effectively. We also recognise that food and drink play an important role in our different cultures and for our emotional and social well-being and we are committed to communicating consistent messages across the school.

The purpose of this policy is to inform all members of the school community and implement systems and structures to be consistent about the food and drink provision at our school.

The scope of this policy encompasses all food and drink consumed on the school site and as part of a school activity. It aims to promote a balance of good health and to promote sustainability through reduced packaging, responsible recycling and disposal of the waste produced by food and drink.

## Aims and objectives

Our aim is for all aspects of school life to promote the health and well-being of all members of the school community, including food and nutrition, as part of our commitment to being a healthy school.

### Objectives:

- To set out a consistent approach to food and drink provision throughout the school day.
- That all our pupils learn about food and drink as part of a curriculum that supports health and well-being.
- To provide high quality school meals to our pupils, within the resources available.
- To provide suitable social settings for pupils and staff to consume food and drink.
- To work in partnership with parents and carers and all relevant providers.

## The curriculum

Teaching about food and drink forms part of the curriculum in: cooking and nutrition (technology) / science / PSHE / topic work / PE. The curriculum framework for cooking and nutrition sets out the curriculum coverage and continuity and progression through key stage 2.

Wherever possible, practical and active teaching and learning opportunities will be provided for pupils, in particular to develop skills in the preparation and analysis of food and in maintaining personal health. Activities which use the creative learning opportunities of food and drink will be developed across the curriculum.

In all year groups, children attend practical cooking and nutrition (C&N) lessons in a well-equipped and maintained room, consisting of eight kitchens. The children learn how to cook various dishes, using different techniques of baking and food preparation, following health and safety guidelines. They learn about healthy eating, hygiene and nutrition. We believe it is essential for the children to develop a love of cooking and a desire to eat healthily in order to maintain a fit and

healthy lifestyle into adulthood and beyond. (Records of individual pupils' allergies and dietary requirements are kept in the C&N room.)

In order to support the school's Fair Achievers status, children will be encouraged to use Fairtrade ingredients where possible.

## **Food and drink provision**

### **Packed lunches**

The school is committed to informing pupils and parents/carers about approaches to the preparation of a packed lunch that is balanced and healthy. The school provides areas for the eating of packed lunches where pupils have access to drinking water and facilities to dispose of/recycle waste. Lunch boxes are informally monitored on a regular basis by midday meals supervisors, who pass on concerns to the class teacher, who in turn may contact parents/carers if appropriate. Pupils are encouraged to think about bringing healthy food items and discouraged from wasting food or throwing it in the bins.

### **Hot meals**

Hot meals are available to order through Chartwells, who are the local authority's main provider and the school's choice. Chartwells use the 'Steamplicity' system and all the meals in the Steamplicity portfolio follow nutritional guidelines as set out by the DfE.

All pupils taking up their entitlement for free school meals are actively encouraged to do so and are treated in a non-discriminatory way. For these pupils, packed lunches will be provided by Chartwells when a school trip means they cannot access their hot meal entitlement.

### **Hot meals and specific dietary requirements**

Chartwells will cater for specific dietary requirements provided that these are supported by a medical report such as a letter from a GP or hospital dietician. Requests for special diets must be made direct to Chartwells by downloading their special dietary request form from their website: <https://westsussex.mealselector.co.uk/Page/204/Special-Dietary-Requirements.html> .

### **Special dietary needs**

Parents/carers are expected to inform schools of allergies and other diet related medical conditions. The school will support pupils with special dietary needs during the school day. Nuts and nut-based products are not allowed in school. This is reinforced by regular reminders to the parents through newsletters and on the website.

### **Snacks**

Staff and pupils are encouraged to eat snacks and have drinks that are low in saturated fat, sugar and salt – preferably, fruit or vegetables at break time. Crisps and other pre-wrapped foods are discouraged as a break time snack because of the increased amount of litter that they cause. Staff should model healthy eating in front of the children.

### **Cake sales**

It is recognised that cake sales are an excellent way for pupils to raise money for the school's charities and are therefore permitted. Pupils and staff purchasing cakes at cake sales should be aware that, due to the fact they are usually donated by parents etc., they may contain allergens such as traces of nuts or gluten, and this should be reiterated during the course of the sale. Staff should be particularly vigilant at these times with regard to pupils with identified allergies.

Parents will be notified of any planned cake sales in order that they may contact the school in advance should they not wish their child to partake. It is requested that cakes brought in for a cake sale should be free of nuts.

*Appendix 1 gives the standard wording to be used when notifying parents of a cake sale.*

### **Celebrations, treats and rewards**

The school recognises that food is often an important element of celebrations and will ensure that healthy options are available. The school will use only non-food-based rewards on a day-to-day/week-to-week basis, with food-based rewards only being allowed at the end of term or on special occasions sanctioned by the head teacher/year-group coordinator. Pupils are permitted to bring in cakes or sweets to share with their class on their birthday, although these should be handed out at the end of the school day. In this circumstance, staff should be mindful of pupils with allergies and, if in doubt, not allow them to consume this food.

### **Drinks**

The school recognises the contribution that the consumption of sufficient water makes to learning, positive behaviour and health. The school will meet its legal requirement to make clean, palatable water available to all pupils and staff throughout the school day. Parents/carers will be encouraged to provide an appropriate container for drinking water and ensure that containers are kept clean. In class, pupils should only consume water and not juice, squash or fizzy drinks. However, these items may be consumed on special occasions such as an end-of-term party.

Staff are also encouraged to drink water and should not be seen consuming fizzy drinks.

### **Dining environment**

Pupils having packed lunches eat in their classrooms and those having hot meals eat in the dining hall. They are all encouraged to sit at a clean, tidy table in a comfortable environment with their peer-group and enjoy the chance to socialise and eat food together.

Outdoor eating is promoted during the summer months when appropriate, or for special occasions, children having packed lunches can access the field, those having hot meals can access the patio area if practical.

The staff room has good facilities for preparation and consumption of food which are both comfortable and functional.

### **Extended school and social activities**

The school will endeavour to ensure that all school social events and school clubs are aware of the school food policy and encourage organisers to adhere to it as far as possible.

### **Partnership with parents**

The school will work actively with parents/carers around food and diet. This will include:

- cooking and nutrition lessons
- information about balanced and healthy packed lunches
- morning break snacks

### **School trips**

The same guidelines apply on trips as in school, e.g. nut products and fizzy drinks are not allowed.

### **Professional development**

All school staff and governors will have access to opportunities for CPD to support the implementation of this policy. Groups of staff will have particular CPD needs, which will be addressed; for example, for MMSs, to encourage consistent implementation at lunchtime, and teachers of cooking and nutrition. Staff with level 2 Food Safety and Hygiene qualifications will be consulted whenever food is prepared in school.

### **Health and safety**

All food preparation will adhere to the school's health and safety policy and be carried out according to good food hygiene and preparation standards. Health and safety remains the responsibility of all staff. Wherever possible, food preparation will be carried out in designated areas in the school and an equipment inventory for cooking and nutrition will be maintained and audited by the food technician.

The school's risk assessment procedures will include consideration of food hygiene. Parents/carers should notify the school in writing of any special medical dietary needs. Records of every child will be maintained and updated annually by the food technician with regard to allergies, intolerances and special dietary requirements. The school will always work in the best interests of the child.

### **Implementation**

The implementation of the food policy is the responsibility of the school's healthy school group and the leadership team, which will consider aspects of healthy eating as part of developments in the school. Year-group coordinators are responsible for the co-ordination of the curriculum in relation to food, drink and nutrition. Steps will be taken to consult with pupils, including via the school council, about food and drink provision at school.

A member of the governing body will regularly review and monitor the food policy, including the provision of school meals. This governor will include consideration of the food and drink available as part of their visits to school.

### **Monitoring and Review**

The monitoring of this policy will be the responsibility of the healthy school group and the head/assistant head teachers. This policy will be subject to a formal review every three years or sooner if significant changes occur.

This policy was written by the technology subject leader in consultation with the senior leadership team.

Date of policy: 12<sup>th</sup> May 2022

Signed by:

### **Appendix 1 – Notification of cake sale**

The following wording will be used to notify parents of forthcoming cake sales via TAB News (the school's newsletter):

#### ***Class's Cake Sale - Date***

*Class* will be holding a cake sale on *date* in aid of *name of charity*, a charity which supports *brief description of cause*.

The sale will take place in *room* at *year group break time* and is open to *year group* pupils. Pupils wishing to buy cakes should bring in a small amount of change.

Please note: Whilst those contributing cakes to the sale are requested that these do not contain nuts, it cannot be guaranteed that the cakes will not contain traces of nuts or other allergens. Therefore, please ensure that you write to your child's class teacher in advance if you do not wish for them to buy or eat cakes from the sale.

*(Staff are also reminded that when sending a note home to parents/carers to request cakes, it needs to be made explicit that the cakes donated should not contain nuts/nut based products.)*