



## Healthy School Food Policy

**Policy Originator:** Healthy Schools/PSHE Leader

**Review Period:** 3 years

**Next Review Date:** Autumn 2024

### Introduction

At Frimley, we believe the health and wellbeing of our children underpins every aspect of school life. In September 2020, Health Education became a compulsory subject. This positive change will help prepare pupils for the opportunities, responsibilities and experiences of adult life by enabling children to make informed decisions about their health and wellbeing.

***“In this environment, children and young people need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way.”*** Secretary of State, June 2019.

This school actively supports healthy eating and drinking and is dedicated to providing an environment that enables pupils to make informed choices about the food they eat.

### Aim

The main aims of our Healthy School food policy are:

1. To enable pupils to make healthy food choices through the provision of relevant information and the development of appropriate skills and attitudes
2. To ensure that healthy food choices are provided

We aim to ensure this is achieved through:

1. **Equal Opportunities**

We recognise the value of the individual and will strive to provide equal access of opportunity for all, with regards to healthy eating and nutrition.

2. **Curriculum: Health Education with PSHE**

The aim of teaching pupils about health and wellbeing is to give pupils the information that they need to make good decisions and healthy choices. It enables them to manage their own

physical and mental health are interlinked, and it is important that pupils understand that good physical health, along with a healthy and nutritious diet, contributes to good mental wellbeing, and vice versa.

Healthy eating, diet and nutrition is taught within the Healthy Me topic of our comprehensive PSHE scheme of work.

Through the progressive curriculum, the children develop an understanding of healthy eating and the ability to make informed food choices. This will include:

- Practical cooking opportunities to develop cooking and tasting skills
- Knowledge of healthy food and drinks
- Food labelling
- Healthy alternatives
- Consideration of healthy eating issues and relationships with food
- Evaluation of pupils learning
- Healthy Eating Week

### 3. Food and Drink Provision at the school

- **Lunches:** The school lunches are provided by Twelve 15 (the Catering Company) which complies with all current Nutrition Standards. Children are expected to bring in a healthy lunchbox and these are checked by the lunchtime supervisors/Wellbeing Team
- **Drinking Water Dispensers:** Available to children in various parts of the school and are kept in good working order
- **Snack:** Children are able to bring fresh fruit/vegetables into school for break time but no other foods are allowed at this time
- **Food rewards/treats:** The school does not encourage the regular eating of sweets, biscuits or other foods high in sugar or fat as a reward. Other methods of positive reinforcement are used such as Praise Points and stickers/certificates

### 4. Food and Drink brought onto the premises

- **Packed lunches:** The school encourages parents, carers and pupils to bring healthy packed lunches to school in line with the Healthy Eating Plate. Parents/carers are asked not to include chocolate bars or sweets in lunchboxes
- **Personal Celebrations:** The school does not encourage the bringing of sweets/ cakes and other treats into school but recognises that some pupils may want to share birthday/religious occasions with their friends by providing such treats. These are to be given out at the end of the day and pupils are asked not to eat them until they have left the school premises. If attending an after-school club, this still applies and sweets should be eaten only after the club has finished
- **Cooking Lessons and Cooking Club:** The teachers plan healthy recipes for the provision of the DT/cooking club in school and choose these according to the topic/ skills being taught
- **School Events:** Food brought into school during events by the PTA or visitors will aim to follow the school healthy food policy as far as possible and will be provided with pupils' food allergy risks in mind

#### **5. Special Dietary requirements**

- The Catering Company provide food in accordance with pupils religious and cultural practices, a vegetarian option is available every day
- Children with food allergies have individual care plans and the Catering Company is made aware of each child's individual dietary requirements
- All teachers/staff in school are made aware of children's food intolerances/allergies and this information is also on display in the staff room

#### **6. Food safety**

- The Catering Company complies with all food safety standards in its provision of food
- Appropriate food safety precautions are taken when food is prepared by staff/pupils in school
- Staff involved with food preparation will undergo basic food hygiene training
- Any food safety hazards are identified and controlled in a recipe risk assessment during planning
- All appropriate staff complete Food Safety training on Educare

#### **7. The eating environment**

- Appropriate cleaning and hygiene is ensured in all areas where food is prepared or served
- The hall environment encourages social eating and is a pleasant, light and colourful area
- Lunchtime supervisors/staff encourage good manners, healthy eating and discourage food waste

#### **Monitoring and Evaluation**

- Spot checks of lunchboxes – termly
- Staff evaluation of DT cooking –review skills required/being used

#### **Links to other policies**

This Policy is supported by, but not limited to:

PSHE Policy

Equality Information and Objectives

**Autumn 2021**