



**West Twyford Primary School**

## **Whole School Food Policy**

Last Reviewed: Autumn 2024

Reviewed by: Teaching and Learning Committee

Next Review: Spring 2027

### **Introduction**

- West Twyford Primary School understands the link between healthy, balanced diets, and children's ability to enjoy and achieve.
- As a school we recognise the important role we play in promoting healthy eating in the wider community and aim to ensure healthy eating is extended beyond the school gates.
- We recognise the vital importance of food for people; not just for their health and nutrition, but also for their social, cultural and personal fulfilment.

### **Rationale**

- This policy is written to ensure that strategies are put in place so that all members of the school community experience a programme of guidance and intervention that will improve and maintain their personal health.
- At West Twyford Primary School we want to encourage everyone to recognise and understand the important link between healthy living and achieving high academic standards.
- The whole school food policy will enable us to develop and maintain a shared philosophy on all aspects of food and drink.

### **Aims**

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school.
- To offer a balanced and nutritious menu for school meals.
- To provide access to fresh drinking water throughout the school day.
- To offer a menu that caters for the ethical, cultural, religious and medical requirements of our school community.
- To provide guidance, education and support for students and their parents / carers to promote health and well-being.
- To create a pleasant and safe environment where students and other members of the school community can enjoy their food and drink.

### **Roles and Responsibilities**

- The Headteacher has overall responsibility for food in school, for policy development and for ensuring all providers on school premises are aware of the policy.
- The Catering Company (ISS) is responsible for menus, nutritional analysis and standards.
- The School Cook is responsible for managing the kitchen staff team; preparation, cooking and serving of school lunches.
- The Governors are responsible for overseeing and coordinating food issues.

### **Food Consultation**

- Food standards and provision is discussed as an ongoing matter of importance at West Twyford Primary School.
- We aim for all pupils to have a general awareness of the desirability of healthy eating and the importance of drinking water and reducing fat, sugar and salt intake.

### **The Curriculum Offer**

- Nutrition is part of the PSHE programme.
- In Early Years Foundation Stage children are taught about the importance of physical activity and making good food choices through the 'Physical Development' Early Learning Goal.
- In Science, pupils learn about food and exercise' in Year 2, nutrition in Year 3, teeth and eating in Year 4 and aspects of diet, exercise and lifestyle in Year 6.
- In R.E. where other religions are considered, attitudes to particular foods are studied.
- In Design and Technology, pupils are involved in designing food such as packed lunches, fruit drinks and milkshakes.
- All pupils have regular cooking lessons during the year.

### **The Eating Environment**

- The school provides a welcoming eating environment that is appropriate to the children and young people who use it.
- Time for lunch break is sufficient to enable all pupils to eat their meal (1 hour lunch break to include approximately 40 minute play time).
- There is provision for SEN pupils as required e.g. 1:1 adult support and/or the use of a quiet area.
- SMSAs are present in the dining room to monitor behaviour/ noise.

### **School Food and Drink Provision**

- School dinners should meet standards set out in the Revised Standards for Food in Schools publication 2014.
- School food other than lunch (breakfast and after school club food) should meet standards set out by the Revised Standards for Food in Schools publication 2014.
- Lunch menus will be made available to pupils and parents.
- In terms of packed lunches we provide guidance for parents on healthy options. No sweets, chocolate or fizzy drinks are allowed.
- If pupils are noted to consistently choose/bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.

- Food provision outside of lunchtimes (e.g. trips, school events/ celebrations) should follow the guidelines stated in this policy.

### **Rewards and Special Occasions**

- Food can only be used for rewards on birthdays when cupcakes are allowed in school.
- For seasonal celebrations, children are encouraged to bring in healthy food options.
- For exceptional events, such as school discos or PTA events, food rules may be relaxed with consultation with the Headteacher. In these cases, healthy options will continue to be provided and encouraged.

### **Quality Assurance**

- Staff offering practical cookery skills sessions have basic food hygiene training.
- Staff teaching nutrition should receive training to ensure a consistent approach and baseline knowledge of healthy eating.
- Outside visitors should be made aware of the policy and ethos of the school towards healthy eating before planning their sessions.
- Expert advice will be sought for matters outside of basic healthy eating advice to ensure an evidence-based approach to nutrition within the school.

### **Monitoring and Evaluation**

- The Headteacher meets regularly with the catering company and school cook to monitor school food choices and menu planning.
- The school cook generally observes school food choices and incorporates this into menu planning.
- Food concerns will be discussed with caterers, pupils, parents and staff as the need arises

### **Meeting the needs of pupils with special dietary needs**

- When pupils are enrolled, dietary requirements are requested via an interview with parents. The catering staff are then informed as appropriate.
- Documentation must be provided by the parent as proof of any food allergies. These are then sent to the catering provider who will create a special menu for the child.
- New children in Reception Class wear a sign to let SMSAs and catering staff know dietary requirements during the lunchtime induction period.
- Pupils with cultural diets are known by catering staff through introduction by staff. As such, catering staff can encourage appropriate meals and not exclude pupils in any way.
- A choice of 3 main meals is offered on a daily basis, including at least one vegetarian option, to ensure all children have a varied choice.
- A halal option is served every day.
- All staff at the school are aware of the pupils who are diagnosed with nut allergies (photos of relevant children displayed in staff room). Epipens are kept in the school office and training is provided for staff.

### **Meeting the needs of pupils with nut allergies**

We aim to be as nut-free as possible, but cannot guarantee to be 100% nut-free school. It is impossible to provide an absolute guarantee that no nuts will be brought onto the premises but we will strive to minimise this.

- Parents and carers are requested NOT to send food to school that contains nuts. This includes all types of nuts, peanut butter, nutella, cereal/chocolate bars and any other food containing nuts.
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school.
- Children that DO bring in food that does contain nuts or nut products will be asked to keep the food in their bag and take it home at the end of the day.
- Children will be asked NOT to share food.
- Children will be encouraged to wash hands before and after eating.
- Key staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and will use this training as the need arises.
- Emergency epi-pens are kept in the welfare room as spare medication.
- The school dinner providers do not include nuts in their cooking however they cannot absolutely guarantee cross-contamination does not happen.

### **Links to Other Policies**

- Because developing a successful Whole Food School policy is an approach rather than a specific subject area most parts of the curriculum apply and most school policies relate. Particular links exist with the following:
  - PHSE and Citizenship
  - Healthy Schools
  - Equal opportunities
  - Behaviour
  - Physical Activity
  - Health and Safety

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