

# ASHGATE CROFT SCHOOL

## WHOLE SCHOOL FOOD POLICY

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Approved by Full Governors: 23<sup>rd</sup> November 2017

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### **INTRODUCTION**

Ashgate Croft School Whole School Food Policy enables us to have a shared philosophy on all aspects of food. We believe that an active lifestyle and a well balanced diet can enhance the health of children.

However, we recognise that the nutritional and hydration needs of our pupils vary and may not always fit the Governments Regulations. Where this is the case, our main priority is to meet the specific needs of the individual child. The Whole School Food Policy enables Ashgate Croft School to support the Government initiatives and the individual needs of some pupils by developing and maintaining a shared philosophy of all aspects of food and drink. It provides a public statement which demonstrates how Ashgate Croft School cares for, and makes a positive contribution to the health and welfare of pupils, staff and other stakeholders.

We will also work to improve the health of the whole school community by equipping pupils and their families with ways to establish healthy eating habits that benefit both themselves and the environment.

We will provide high quality food education and food in school to help ensure food messages are consistent during the school day.

### **Rationale - Why do we have a Whole School Food Policy?**

- It encourages all aspects of food to be brought together clearly, coherently and consistently.
- 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 child's ability to learn.
- To ensure the school plays its part in the larger community by helping to promote family health.

### **Aims - What do we want to achieve? We want:**

- Our pupils to adopt healthy lifestyles and to be able to make choices concerning their own life (these are part of the school's Values, Visions and Aims)
- To meet Articles 24 and 27 from the UN Convention on the Rights of the Child.
- To set out a co-ordinated approach to food.
- To ensure equality of access for all, whenever appropriate
- To reinforce appropriate messages relating to food and nutrition eg. Ensuring consistency between the formal curriculum and food provision, emphasising health eating messages.

- To give parents/carers information on all aspects of food in school (via home-school diaries and curriculum coverage letters for example.)
- To communicate our school's shared vision, ethos and values.
- To establish effective working partnerships, working towards a common goal.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- 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.

### **Equal Opportunities**

At Ashgate Croft School, we believe that every child is entitled to safe and appropriate provision of food and drink in order to stay as well nourished as possible and maintain and develop their existing skills in eating and drinking. We promote a positive and healthy attitude towards nutrition which takes account of medical complexity and individual diversity. We foster an ethos of team work and will strive to ensure that all members of staff feel supported, informed and comfortable in working with children who have eating and drinking difficulties.

### **Objectives**

#### **The School Curriculum**

We will aim to ensure that:-

- The curriculum relates to food and nutrition in different subject areas and that it is consistent and up to date.
- Opportunities are provided for pupils to prepare and explore fresh ingredients.
- Where appropriate, pupils will understand the requirements of a healthy, balanced meal.
- We will increase pupil knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- We offer practical hands-on food education like cooking and growing projects.

#### **School Meals**

We will aim to ensure that:-

- All school meals served will meet the Government's Regulations.
- Pupils receive fresh, local and organic food at lunch and throughout the school day, and that this food meets their energy and nutrition requirements, is delicious, seasonal, affordable and safe.
- All medical and dietary needs are met within Government's Regulations.
- Water will be served with all meals and pupils will be encouraged to drink water throughout the day.
- For pupils where water is not an appropriate drink, other drinks will be available at meals times and throughout the day, for example thickened drinks.
- Catering staff are involved in the life of the school.
- We create an enjoyable and sociable dining experience for pupils in school, and a lively food culture at school and in the wider community.

### **Break Time / Snack time**

We will aim to ensure that:-

- All snacks provided during the school day conform with the School Food Standards or with specific eating and drinking guidelines for an individual where appropriate ie. nut allergy or medical / dietary need.

### **Packed lunches**

We will aim to ensure that:-

- There is ongoing dialogue with pupils and parents/carers where appropriate.
- Packed lunches for both pupils and staff are stored in a healthy way (cool storage).
- Parents/carers are provided with information on what constitutes a healthy packed lunch.

### **Water Provision**

We aim to ensure that:-

- Pupils and staff have access to free, clean and palatable drinking water, or other drinks where water is not appropriate throughout the school day.
- Staff are aware of individual pupil's hydration needs and ensure that these are met.

### **Free Milk**

- All pupils on free school meals are entitled to free milk on a daily basis.
- All other pupils are given the option to pay for milk which is provided in school on a daily basis.

### **Pupils**

We aim to ensure that:-

- Up to date records of pupil's medical and dietary needs are maintained and staff are aware of these.
- Pupils are offered the choice over some parts of their meal using a variety of visual and verbal prompts (including object tray, verbal discussion, symbols, photographs)

### **Guidelines: How are we going to meet our objectives?**

#### **The School Curriculum**

- Staff will follow the School Food Standards as closely as is feasible when planning for self-prepared meals whilst following the relevant Life skills curriculum and catering for individuals medical/dietary needs. They will endeavour to provide the relevant portions from each food group as stated on p.3 of 'School Food Standards'.
- PSHE, Personal Skills, Geography, Science, DT and RE may all contribute to the curriculum delivery of food education based on the principles laid out in our objectives.
- Curriculum delivery will involve practical food experience and will be adequately resourced.

- A cooking club is established and the pupils cook with healthy ingredients.
- Pupils involved in Horticulture grow fruit, vegetables and herbs organically.
- Produce from our school garden is available for pupils to eat or cook with.
- Pupils will be given the opportunity to explore the ethical and environmental issues around food.
- It may be appropriate for a wide variety of foods to be prepared and 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.
- Unhealthy foods will not generally be used as rewards. However, they may be paired with other rewards for short periods of time for individual pupils. These will be exceptional circumstances and cleared with Assistant Heads.
- Parents/carers are allowed to sometimes give birthday food as part of *Celebrations*.

### **School Meals**

- Lunches served meet or exceed the Government Regulations for school food.
- A range of locally sourced items are included on our menu as are a range of certified organic or MSC-certified items.
- We use poultry, eggs and pork that are produced in line with standards set for the Freedom Food scheme or we make sure that at least 10% of our ingredients are from a certified organic source, including organic animal products, and we will reduce the amount of poultry and pork we serve.
- Fish on the Marine Conservation Society 'Fish to Avoid' list is not served.
- We display information about the origins of the fresh produce we use.
- At least one product on our menu meets Fairtrade standards.
- Most pupils have a choice which will enable them to eat healthily. No fizzy or sugared drinks are sold. Pupils with specific dietary requirements or medical needs may not be given a choice.
- Pupils are encouraged to taste and eat new foods (often forming part of lunch time targets for Personal Skills).
- Staff, time and seating arrangements are sympathetic to a positive social and eating environment.
- The majority of pupils have a lunchtime target, if appropriate, as part of their Personal Skills curriculum to help develop awareness of the social, physical and environmental aspects of dining.
- Flight trays are not used.

### **Break Time / Snack time**

- At break / snack times, our pupils are only allowed to consume healthy snacks and drinks, unless forming part of a Celebration or if there are significant reasons, which have been carefully considered, for offering different drinks.
- Food or drink sold to the pupils is consistent with this policy.

### **Packed lunches**

- Packed lunches are monitored to encourage healthy contents.
- Parents/carers and pupils, where appropriate, are encouraged to bring cool blocks in lunch boxes and refrigerated storage is to be provided wherever possible.

- Parents/carers are provided with information as to what constitutes a healthy packed lunch via a pamphlet entitled 'Ashgate Croft Steers Clear of Lunchbox Junk!' in the new starters pack.

### **Breakfast Club**

A breakfast club is offered to relevant pupils, providing a nutritious, healthy breakfast.

### **Water Provision**

Water or milk is encouraged at break / snack times.

Filtered water is available for staff and pupils across the school during the day.

### **Pupils**

Records concerning pupil information relating to food, such as food allergies, are updated annually using information obtained from parents/carers.

### **Additional Guidelines**

#### **School Visits**

- Food/drinks offered on trips will be healthy or a choice will be given which contains a healthy option. Guidance on packed meals will be given, encouraging a healthy, balanced choice.

### **Roles and Responsibilities**

- The Deputy Headteacher is responsible for food in school. Assistant Head teachers have responsibility within their departments.
- The leadership team give lunchtime a clear priority in the school day.
- The leadership team ensure take up of school meals by pupils registered for free school meals is 90% or higher. In June 2017 the uptake was 98%.
- The leadership team ensure that key teachers/staff have skills needed to lead gardening and cooking activities and ensure basic food hygiene.
- Subject Leaders work to ensure the curriculum supports, healthy eating, to monitor planning and observe lessons in support of this.
- Speech and Language Therapists provide support for pupils with specific medical / physical needs (eg. Children with dysphagia) ensuring that they are included in the healthy eating agenda.
- School Nurse will provide support for all medical aspects of healthy eating, ensuring that all pupils with specific dietary requirements are included within the healthy eating agenda. This includes the provision of food supplements, gastro and ng tubes, referrals to clinics and dieticians.

### **Monitoring and Evaluation**

- The Headteacher and the Curriculum and Progress Committee of the Governing Board will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up to date.
- This policy will be reviewed on a biannual basis.