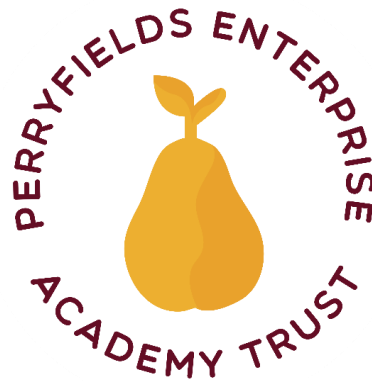


Perryfields Enterprise Academy Trust

Whole School Food Policy



Perryfields Enterprise Academy Trust	
Produced by:	Samantha Edwards RHSE and Healthy Schools Co Ordinator
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SUMMARY

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips.

WHY IS A POLICY NEEDED?

At Perryfields Junior School, we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

NATIONAL GUIDANCE

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

APPLICATION

This policy covers the areas of:

- Special dietary requirements
- Nut-free school
- Breaktime snacks including those brought from home
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

SPECIAL DIETARY REQUIREMENTS

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies by the lead member of staff for this. Pupil's food allergies are displayed in a sensitive way in relevant places around the school.

NUT FREE SCHOOL

Due to the risk to those who have an intolerance to and/or serious allergic reactions to nuts, Perryfields Junior School makes every effort to be a nut-free school. This is enforced in school through a ban on nuts and nut products.

BREAK TIME SNACKS

Any snacks that are brought from home will be restricted to fruit, fruit bars or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

Our school tuck shop also provides fresh fruit that can be purchased on a daily basis.

WATER

Clean drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

SCHOOL LUNCHES INCLUDING PACKED LUNCHES

At Perryfields Junior School, all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment."

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall. This lunch is provided free of charge.

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, our following packed lunch guidance supports parents to make informed choices to create it healthily.

PACKED LUNCHES

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible.
- 1 portion of fruit and 1 portion of vegetables or salad.
- Dairy food such as cheese or yoghurt.
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel.

Packed lunches should not include:

- Sweets
- Chocolate
- Any items containing nuts

Food not eaten in a packed lunch should be sent home to ensure parents are aware of how much has been eaten.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

CURRICULUM

Food and its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, RSHE, PE and Design and Technology. We reinforce our delivery of the national curriculum by holding a healthy schools day which enables us to focus on all aspects of well-being including healthy eating.

BEFORE AND AFTER SCHOOL CLUB

Breakfast is an important meal that should provide 25% of a child's energy requirement and support pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 7:45am. Food provision at our breakfast and after school club is compliant with the National School Food Standards. Relevant staff have a basic food hygiene and preparation certification.

EVENTS AND CELEBRATIONS

We are aware that many parents like to celebrate their child's birthday in school as well as at home, however, we do not allow any cake, sweets or chocolate into school for this purpose.

MONITORING AND EVALUATION

It is important to monitor progress and evaluate outcomes against this policy.

Perryfields Junior School is committed to:

- Developing monitoring and evaluation systems, which record levels of uptake in school meals and free school meals.
- Seeking and using feedback from pupils, parents and staff.
- Seeking and using feedback from catering staff.
- Increasing range of healthy options in line with school food regulations.

The policy will be reviewed every 2 years.