

# ASHTON GATE PRIMARY SCHOOL

## Whole School Food Policy

### 1. RATIONALE

We wish to promote healthy eating to our children at Ashton Gate Primary School. In the past, as part of the curriculum and to improve the wellbeing of our children, we have incorporated:

- Healthy eating days
- Provision of fresh water through water fountains around the school for children
- Activity weeks
- Teaching about balanced diets
- Science on food types
- Food tasting
- Cooking

The **Whole School Food Policy** will cover the following:

- School meals
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Extra curriculum activities, such as cookery clubs, etc

Non – school packed lunches will be covered in the Packed Lunch Policy. Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual well-being. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence **Feed the Body, Fuel the Mind**.

### 2. AIM

- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors.
- To educate our children to understand the health benefits of a healthy diet.

### 3. OBJECTIVES

3.1 The in-house catering meets the nutritional standards for school meals

3.2 The school has introduced school meal themes days/weeks, such as:

- Year 6 Leavers' Breakfast
- International themes
- Curriculum theme days

3.3 The school will continue to include work associated with healthy balanced diets in its curriculum. The children will be taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- How to design a menu for school/at home lunch/breakfast/evening meal
- About the cost of menus, food, mainly through role play

- How to weigh and measure
- The importance of drinking water
- Food in history

The school will enlist the help of its catering team or other professionals to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

3.4 The School will provide a safe and healthy eating environment for pupil, staff and visitors having lunch in school. The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- All children are required to sit at a table in order to eat their lunch.
- Children are encouraged to eat all or at least try to eat most of the food provided either by the school or their packed lunch. The school particularly encourage children to eat all of the fruit and vegetables on their plate. Incentives such as stickers and house points are offered.
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, correct use of cutlery.
- Children are expected to behave whilst eating their lunches and to be polite and helpful.
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them.
- If children are unsure of what the meal, or any meal item, is, they can ask a member of staff to explain.
- Children leave the area where they have eaten their lunch in a clean and tidy condition.

3.5 The school will reward pupils for good meal time etiquette and good behaviour. To encourage good behaviour and social interaction during the meal time:

- Children will be provided with a positive environment.
- Children will be encouraged to behave appropriately at all times.
- Adults will model positive behaviours.
- Children are rewarded with individual stickers or class rewards for behaving well.
- Children who disrupt lunch time will be reported to the class teacher.

3.6 The school will make arrangements for monitoring and evaluating the activities to ensure these objectives are met. This policy will be monitored and reviewed every three years by the PSHE representative, school council and the governing body.

3.7 Other than packed lunch and tuck, children should only bring food into school at the request of their class teacher, such as for Christmas parties or for cooking as part of a lesson. Children should not bring any cakes, sweets, chocolates or other food items in to school to celebrate birthdays. Parents will be advised in the weekly newsletter of what food children should bring in for special events or curriculum areas.

### 3.8 Dietary Requirements

#### Diets for Religious and Ethnic Groups

The school will provide food in accordance with pupils' religious beliefs and cultural practices.

#### Vegetarians and Vegans

The school offers a vegetarian option at lunch every day. When necessary, the school can also provide a vegan option.

#### Specific dietary need - Food Allergy and Intolerance

The school has a strict no nuts policy. Nuts are not used in any food provided by the school and parents are asked not to include nuts in any foods sent in from home. The school has a Food Allergy policy that further details allergies and anaphylaxis.

Individual care plans are created for pupils with specific dietary requirements and/or food allergies. These plans document all requirements for each child and any signs/symptoms/adverse reactions for the allergies and intolerances, actions to be taken in an emergency and emergency contact details. The School Catering Manager is made aware of any food allergies/food intolerance and, where appropriate, a personalised menu is created.

Information on all special dietary requirements is provided to Class Teachers, Support Staff and the Catering Team.

### 3.9 Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

#### **Publication of the policy:**

The policy will be available on the school's website and will be incorporated into the school prospectus. The school will use opportunities such as parent evenings to promote this policy as part of a whole school approach to healthier eating. All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

Date: May 2021

Review Date: May 2024