

# Whole School Food Policy

Approved by:	Governing Board	Date: May 2020
Last reviewed on:	Summer 2022	
Next review due by:	Summer 2024	

## 1. Policy Statement

At **Nanstallon School** we recognise the importance of healthy food and know that good nutrition is central to good physical and mental health both short term and long term. We value the health and wellbeing of our students and we are committed to giving our students consistent messages about all aspects of health, to enable them to take responsibility for the choices they make and be informed of possible risks and benefits.

The school supports healthy eating through the Universal Infant Free School Meal, the daily fruit for pupils in KS1, free milk for reception and students entitled to free school meals, implementation of the School Food Standards, and through our curriculum teaching. We understand the importance of healthy eating as part of the personal development and welfare of the students and the need to actively counter the poor health outcomes of poor diet.

## 2. Aims

- a. To ensure that all aspects of food and nutrition in school promote the health and wellbeing of students, staff, and visitors to our school.
- b. To give pupils the information and skills they need to make healthy choices.
- c. To continue to actively support and model healthy eating and drinking throughout the school day.
- d. To ensure that food provision in school reflects the requirements of pupils and staff.
- e. To make the consumption of food an enjoyable experience.
- f. To promote positive eating behaviours and habits.

### 3. Objectives

- a. To continue to promote healthy eating by giving our students the information about food and diet and by providing them with the skills needed to make informed choices.
- b. To promote health awareness.
- c. To review the curriculum annually and ensure that information relating to food and nutrition being delivered is consistent and up to date.
- d. To promote healthy lunches in school and facilitate healthy food and drink choices.
- e. To work with parents/carers and children on ensuring that when packed lunches are provided the content of them is as healthy as possible.
- f. To ensure that a member of staff has a basic food hygiene qualification and informs/monitors staff as appropriate.
- g. To deliver healthy eating and drinking messages throughout school.
- h. To provide cooking and/or food preparation lessons in all year groups as appropriately linked to Nanstallon's Life Skills framework.

### 4. Implementation

#### a. Fruit/vegetables

- ✓ All students are encouraged to eat 5 portions of fruit/vegetables a day
- ✓ Our KS1 students are entitled to the Universal Infant Free School Meal each day.
- ✓ We will encourage healthy lunches through our teaching, our parents evenings and meetings, our publications to parents and via our website.
- ✓ All pupils who are in KS2 and who are entitled to a Free School Meal will be encouraged to take up this option.
- ✓ Our KS1 students will be offered a piece of fruit/vegetable daily as part of the Fruit in School campaign.
- ✓ Daily salad and a choice of fresh fruit for pudding are available each day.

#### b. Drinks

- i. All pupils are required to have water bottled in the classroom

- ii. There are sufficient water stations around the school for children to ensure their water bottle is always full.
- iii. Under 5s are entitled to free milk as are all children in receipt of FSM.

### **c. Restricted Food**

- i. We do not allow crisps, cake, biscuits, or baked goods for mid-morning break.
- ii. Crisps are permitted once a week in lunchboxes in line with the weekly appearance of chips on the school lunch menu on a Friday.
- iii. One non-confectionery (sweets or chocolate) small cake/baked item is allowed as part of lunch.

### **d. Prohibited items**

- i. We do not allow confectionery (sweets, chocolate, chocolate coated products) to be consumed in school.
- ii. We do not allow fizzy drinks.
- iii. When necessary, we will prohibit allergen foods to protect all pupils. Foods that are shown to be heavily laden with additives and are considered very unhealthy will not be allowed.

### **e. School Catering**

- i. Our school meals are provided by [Sarah Hooper](#).
- ii. She ensures at all times that the meals provided are fully compliant with all government health and nutrition legislation.
- iii. Ingredients are sourced from local producers wherever possible and these ingredients are as ethically produced as possible.
- iv. There is a fortnightly rota of menus and this is changed twice a year.
- v. A food hygiene rating inspection is carried out at least once every 5 years as per the current guidance.

### **f. Education**

- i. Healthy eating is not just about lunchtimes. We will teach children how and why they need to eat a healthy diet and help them to develop positive nutrition attitudes and habits.

- ii. We will teach cooking in line with the statutory requirement to do so. The PSHE curriculum will support this by teaching children about health issues surrounding diet and the science curriculum will do so by teaching about the human body and human nutritional needs.
- iii. We will teach children to be independent decision makers so that they can make best use of the knowledge they will gain.

#### **g. Incentives**

- i. Children are praised for healthy eating, trying something new, and showing good manners at the lunch table.
- ii. Adults will be encouraged to eat with the children and eat a healthy school lunch.

#### **h. Student Voice**

- i. As a school, we believe that student voice is at the heart of what we do. We recognise this in relation to nutrition and healthy eating. We will ensure that students have a voice through their classes and through the School Council about issues relating to healthy eating.
- ii. Health and Wellbeing is a standing item on the School Council agenda.

#### **i. Parent/Carer & Staff Involvement**

- i. We have a nutrition team in school which is led by [Sarah Hooper](#). This group meets at least once a term to review all aspects of nutrition in school.
- ii. Parents/Carers are invited to discuss any issues or suggestions with [Dan Nattle](#) by contacting [dnattle@nanstallon.cornwall.sch.uk](mailto:dnattle@nanstallon.cornwall.sch.uk) or at parent evenings.