



# SHANKLEA EYFS

## Food Policy

Policy Control Details			
Date policy approved:	September 2020		
Prepared by:	Kay Laughton	Signature	Date
Approved for issue by:	Gareth Pearson	Signature	Date
Review period:	1 year		
Review required by:	September 2021		
Responsibility for review:	EYFS Manager		

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, governors, LA representatives, community dietician, oral health promotion and local Healthy School Standards representative. This document is freely available to the entire school community. It has also been made available in the school newsletter, web-site and prospectus.

**Rationale** - Our healthy eating policy will encourage, reflect and build upon the values outlined in the National Curriculum and those in the schools' mission statement. It is based on the advice and guidance from the Food in Schools materials and supported by the Northumberland Healthy School Programme. Current research indicates that health issues related to diet are a major factor in ill health and mortality issues. Deprivation indices show that a third of our school population are from the most deprived catchment area in Cramlington.

Schools share the responsibility with parents and the wider community which includes school nurses and oral health to educate pupils in all aspects of food and nutrition so enabling them to make healthy, informed choices through increasing knowledge, challenging attitudes and practising skills.

#### **Aim(s)**

- To ensure that all aspects of food and nutrition on the school site promote the health and wellbeing of pupils, staff and visitors to our school at all times.
- To provide current information, support and guidance on healthy eating for the whole school community.
- To provide age appropriate knowledge and skills in order to make healthy choices.
- To provide an environment that promotes a happy, pleasurable eating experience.

## **Objectives:**

### **Core**

- To review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- To work with the school caterer to encourage pupils to make healthier choices.
- To ensure that the teacher with responsibility for food has basic food hygiene training.
- To work in partnership with parents and pupils to raise the awareness of healthy eating.
- To reduce dental caries.
- To provide free access to palatable drinking water.
- To improve the dining experience and encourage more young people to take a school lunch.
- To reduce the intake of salty, fatty and sugary foods.
- To ensure that food provision throughout the day is in line with current standards from the School Food Trust ([www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)) covers all aspects of provision, including breakfast, tuck shops, vending, packed lunches, school meals (lunch), celebration events, social events etc.
- To ensure that practical work is carried out as hygienically and safely as possible.
- To promote and enjoy the preparation and cooking of food.
- To develop social skills in a pleasant dining environment.
- To encourage experimentation with unfamiliar foods.
- To ensure that if edible rewards are provided they promote healthy eating and reduce the frequency of sugar.

## **Guidelines:**

We will meet our objectives through:

- Discussion at School Council to monitor change.
- The formal curriculum: setting up a cross-curricular teacher working group to audit food based topics at each key stage. Amending recipes to reduce the fat, salt and sugar content.
- Introducing themed lunches and work with the school caterer on a menu of meal options and a reasonable cost. Publicise the club in form time and school newsletter, plus through poster advertising in the corridors.

- Healthy packed lunches: Review schools rules on food brought in from home including snacks, rewards and packed lunches. Provide parents with appropriate information on healthy food choices.
- Provide access to drinking water
- Work with the school caterer to improve the uptake of school meals and increase the consumption of fruit and vegetables. Invite parents into school for schools lunch. Encourage staff to have a school lunch regularly. Include tasters at the table, vegetarian options and more plentiful salads.
- Supporting Food Week: Link in with national food awareness weeks/events, source funding from local supermarkets/businesses. Publicise through newsletters. Celebrate using assemblies
- Continuing Professional Development: Sending the teacher in charge of food on 1-day basic food hygiene course or other nutrition related training.

### **Monitoring and Evaluation:**

The school will monitor and evaluate objectives by:

- The School Food Sub-group/School Nutrition Action Group reporting on progress to School Council and reviewing the policy annually in light of improvements and changes.
- Auditing the formal curriculum: Head Teacher/Head of Year to receive a summary and/or observe a sample of lessons.
- Meals provision: School caterer to report on the number of pupils using the service. Ask pupils, parents and teachers their thoughts about the club and the range of food provided.
- Food Week: Headteacher to present certificates in school assembly. Display of photographs for parents' evening. Pupil and parents evaluations/anecdotal evidence.
- Extra-curricular: Club recipe book produced and reports including photographs posted on school web-site/newsletter. Evaluations from users.
- CPD: Teacher in charge of food disseminates materials at a training day with other teachers and school staff.