

Rationale

We believe that an active lifestyle and a well balanced diet can enhance the health of children. There are several government policies and initiatives to help improve the diet of children, e.g. School Food Regulations 2014, The Food in Schools programme, School Fruit and Vegetable Scheme, 5 a day, the Healthy Schools Programme. However we recognise that the nutritional and hydration needs of our pupils vary and may not always perfectly fit the government standards. Where this is the case our main priority is to meet the specific needs of the individual child. This Food Policy enables Kearsley West Primary School to support the government initiatives and the individual needs of some pupils by developing and maintaining a shared philosophy on all aspects of food and drink. It provides a public statement which demonstrates how Kearsley West Primary School cares for and makes a positive contribution to the health and welfare of pupils, staff and other stakeholders.

Aims

To provide an environment that promotes the health and well-being of every member of the school community by ensuring that all food provision and food messages are healthy and consistent. We recognise and are committed to the fact that healthier children learn more effectively.

Equal Opportunities

At Kearsley West 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 teamwork 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

To ensure that the objectives are fully integrated into all aspects of school life and are accepted and embraced by all members of the school community, Kearsley West Primary School will aim to ensure that:

School Curriculum

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.

Snacks

All snacks provided during the school day conform with healthy eating guidelines, or with specific eating and drinking guidelines for an individual where appropriate.

School Meals

As far as possible, all school meals served will meet the Government's food based standards to ensure that pupils are getting a nutritious balanced meal;

As far as is possible, all medical and dietary needs will be met within the Government's food based standards;

Water, juice and milk will be served with 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 meal times and throughout the day;

A suitable, attractive environment is provided in which to eat lunch.

Packed Lunches

Parents are provided with information on what constitutes a healthy packed lunch.

Water Provision

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 pupils' hydration needs and ensure that these are met.

Pupils

Up-to-date records of pupils' medical and dietary needs are maintained and staff are aware of these.

Staff

All staff who handle food regularly have knowledge of basic food hygiene and have completed relevant training.

Staff understand what a balanced and healthy meal includes.

Guidelines

In order to achieve the objectives:

A member of the SLT has been identified to oversee all aspects of food provision throughout the school day;

An effective structure will be established to oversee the development, implementation and monitoring of this policy;

A participatory approach will be encouraged for the whole school community to meet the objectives;

The School Improvement Plan will reflect our commitment to meeting these objectives.

Roles & Responsibilities

Senior Leadership Team Member – to oversee all aspects of food provision throughout the school, including working with the school caterers, monitoring and evaluating the implementation of the policy.

Curriculum teams – to ensure the curriculum supports healthy eating, to monitor planning and observe lessons in support of this.

Teachers and Class Staff – to follow healthy eating guidelines in delivering the curriculum and in the provision of snacks.

Speech and Language Therapists – to provide support for pupils with dysphagia to ensure that they are included within the healthy eating agenda.

External agencies/TA support – to 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 may include the provision of appropriate alternative food items, referrals to clinics and dieticians and/or following medical advice (e.g. with diabetic pupils).

Monitoring & Evaluation

In order to effectively evaluate this policy, we will ask ourselves the following questions on an annual basis or in light of any developments and changes in school.

Are our objectives being met?

How can we tell?

Have there been any difficulties? Why have they arisen?

What have been the successes? What made these possible?

Is it having an effect on food and drink choices, educational attainment, attendance or behaviour?

Has the school council been successful? What has it reported on?

Are there any local or national initiatives in which the school should join?

How can the policy be improved?

We will then make sure that we action any developments that need to happen, celebrate our successes and continue to engage relevant stakeholders.

We will continually review and research the school food standards and guidelines in relation to the individual needs of the children at Kearsley West Primary School.

Policy owner: Jackie Fitton

Version 4

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