

**Uffculme Academy Trust**  
**Uffculme Primary School**

# **Food Policy/Guidelines**

January 2017

Approved by The Local Governing Body on:

26 January 2017

Next review date January 2022

## Food in School Guidelines

### Food Procedures

We believe that the promotion of a healthy lifestyle is a key element of our vision for our school. We believe that the increasing problem of obesity in Britain can be tackled by increasing awareness of food and healthy choices which will influence children and their families in establishing and maintaining lifelong healthy eating habits.

### Aims

- To improve the health of our pupils, their families and staff by helping to influence their eating habits through increasing their knowledge and awareness of food issues. This will include what constitutes a healthy and balanced diet and hygienic food preparation and storage.
- To ensure that pupils are well nourished at school as we recognise how food and drink impact on a child's ability to learn.
- To ensure that everyone in school has access to fresh drinking water at all times and that children are aware of the positive effects it can have on their ability to learn.
- To ensure that food provision in school reflects the ethical and medical requirements of the staff and pupils e.g. vegetarian, medical, religious.
- To make eating at lunchtimes an enjoyable and safe experience.
- To promote practices within the school that support these aims and to work to reduce practices that negate them.

### Guidelines

- All children in Foundation Stage and Key Stage 1 are offered a fruit or vegetable snack at morning break as part of the Fruit in Schools scheme. They are encouraged to try the different fruits and vegetables available.
- All children are given the opportunity to have a cup of milk daily as part of the Cool Milk scheme which we run in school.
- All children in Key Stage 2 are given the opportunity to buy fruit from the daily fruit Tuck Shop.
- Children may bring their own fruit or vegetable snack for morning break. Other snacks are not permitted.
- The school meals are monitored by both the school and the caterers and menus are provided termly by the school.
- The Meal Time Assistants (MTAs) encourage children when they are eating their dinner to have a healthy lunchbox and praise those who have.
- Newsletters are used to remind parents of the need for a nutritious packed lunch and guidance is given as to what this could contain.
- Food containing nuts is not encouraged in packed lunches and a blanket ban may be applied if the school has a child or children with a severe allergy to nuts.

- A water cooler is available for staff; children are encouraged to bring a water bottle to class.
- A member of the Leadership Team is on lunchtime duty across the school each day and ensures that the eating environment in the dining hall is safe and positive for all.
- Fizzy drinks, sweets and chewing gum are not permitted in school except on special occasions sanctioned by the school.

## **Curriculum**

Pupils learn about food across the curriculum, including food from other cultures and countries. Specific teaching about food and healthy eating is provided in Science, Design and Technology and PSHE lessons across the Key Stages.

Extra-Curricular cooking activities such as The Christmas Cooking Club and sessions within the school curriculum (e.g. bread making in Year 5) promote healthy eating and develop a range of cooking skills.

## **Implementation and Monitoring**

The Headteacher is responsible for the implementation and monitoring of this policy, as part of the wider role of overseeing the area of Personal Development and Wellbeing.

The school will continue to work with Willand School, who currently provide our meals and menus will be reported through newsletters and the school website.

Uffculme Primary School is also committed to improving the nutritional content of pupils' lunch boxes and aims to do this by discussing with interested parties e.g. parents, School Council, the best ways to promote and achieve this

These procedures are to be considered in line with our Equality Duty (published separately) and we will ensure that at all times we will seek to promote equal opportunities and good race relations, avoiding discrimination against anyone for reasons of ethnicity, disability or gender. Appropriate action will be taken in cases of harassment and discrimination.