



Sir John Lillie Primary School

School Food Policy

RESPONSIBILITIES

The Governing Body (GB) recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The GB also recognises the role a school can play, as part of the larger community, to promote family health and sustainable food and farming practices.

The GB understands that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and intergenerational bonds.

We believe lunchtimes are an excellent opportunity for children to socialise with their peers and staff over a wholesome meal. All children have a range of hot and cold food provided daily by the school kitchen team. Our school lunches are provided by a catering company. They provide well balanced meals in line with nutritional guidance from the Department of Education (DfE).

As a school we also provide drinking water through the use of fountains in the playground and we encourage children to bring in a bottle of water which can be drunk during the day.

Children in years 3, 4,5 and 6 can opt to bring a healthy packed lunch.

We encourage children to bring in a healthy snack which they can eat at break time which could include a piece of fruit or vegetables.

All children in year 3, 4, 5 and 6 are offered half a bagel each morning. This is free and provided by Magic Breakfast.

MISSION STATEMENT

We aim to improve the health of the entire community by teaching pupils and families' ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This shall be established through food education and skills, the example given by the food served in our school, and core academic content in the classroom.

We are a **nut free school**.

If a child has an allergy or intolerance the parent/carer will be asked to complete a form and ask the child's doctor or dietitian to sign the form. The catering company will then ensure the child has a menu designed for their needs. All our meals are **nut free**. Our kitchen provides halal food too.

Aims

- To improve the health of pupils, staff and their families by helping to make healthy food choices through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment.
- To encourage healthy choices by offering pupils a variety of healthy, nutritious and locally sourced dishes from seasonal menus.
- To ensure that pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.

- To ensure that food provided by parents/carers for consumption on school trips or for clubs (packed lunches, snacks etc) meets the same standards as food provided by the school.
- To make the provision and consumption of food an enjoyable, social and safe experience.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

OBJECTIVES

To ensure that this policy is both accepted and embraced by

- Governors
- School management
- Teachers and support staff
- Pupils
- Parents
- Food providers
- The School's wider community
- The Local Authority

To integrate these aims into all aspects of school life, in particular

- Food provision within the school
- The curriculum
- Pastoral and social activities

METHODS

Establish an effective structure to oversee the development, implementation and monitoring of the policy and to encourage a participatory approach to meeting the objectives.

Develop an understanding and ethos within the school of safe, tasty, nutritious sustainable food, through both education and example.

To inform parents and carers of our status as a 'School lunch school' through the website, Home School Agreement, phase leaflet and conversations to enable them to make an informed choice.

Each year, to invite parents and carers in to join their children for 'family lunch'.

Create an environment, physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.

Through curricula and extra-curricular activities, help pupils develop an understanding of food issues, growing food, hygiene, food preparation, nutrition, healthy lifestyles and food industries.

Develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures.

Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practice.