



ST. MARY'S  
ACADEMY TRUST

# St Mary's Academy Trust Whole School Food Policy

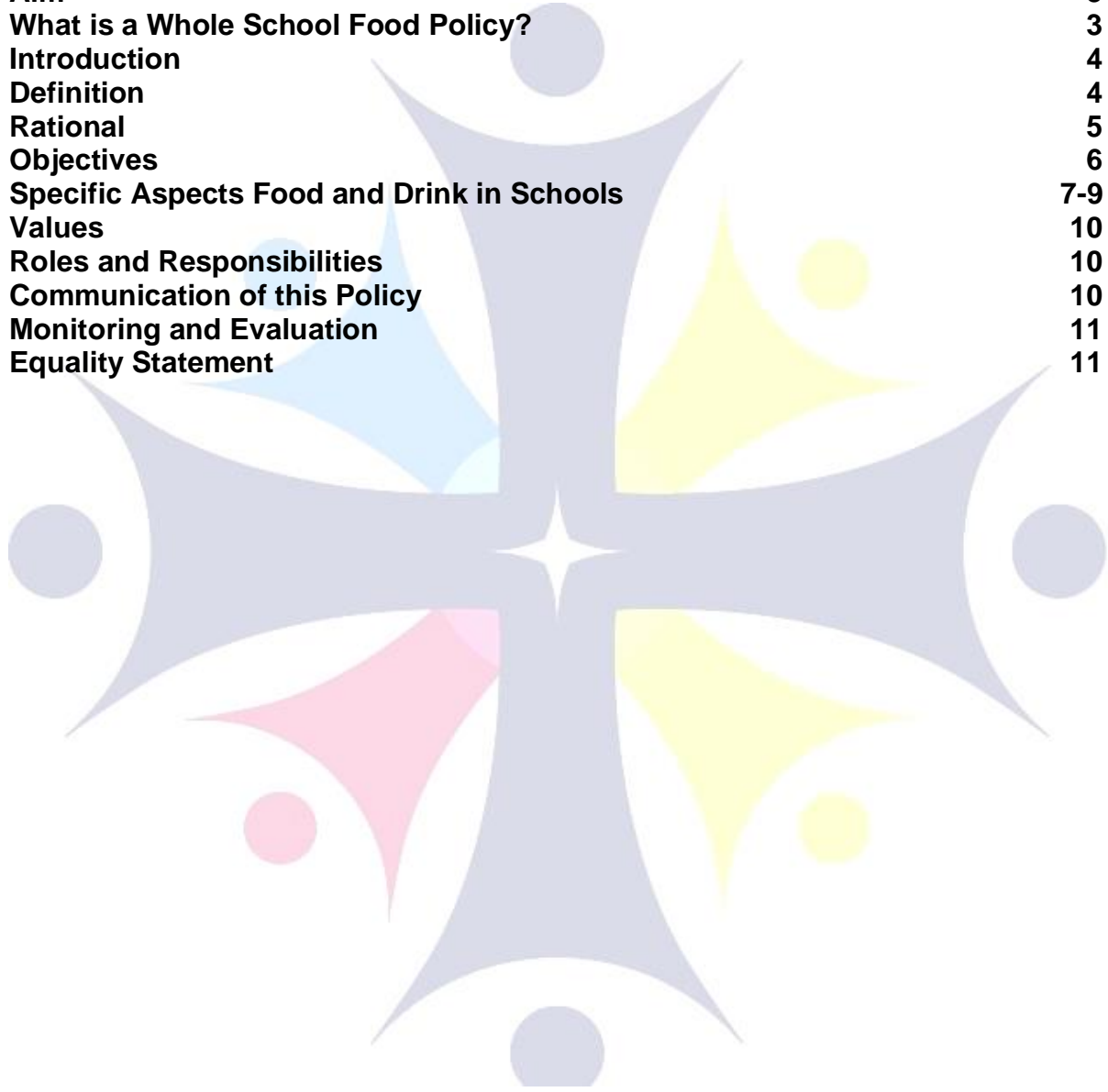


**St Mary's Academy Trust  
West Meadows Primary School**

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**Whole School Food Policy**

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## **Whole School Food Policy**

### **Aim**

For the school to promote healthy eating and provide healthy, tasty and nutritious food and drink, ensuring compliance with the [requirements for school food Regulations 2014](#), and ensuring that all aspects of food and drink consumed in schools, within St Mary's Academy Trust, promotes the health and wellbeing of pupils, staff and visitors to the school.

### **Section 1 What is a Whole School Food Policy?**

A Whole School Food Policy is a shared, evolving document for the entire school community - pupils, parents, staff and visitors to the school. It expresses a common vision of the ethos, status and role of all aspects of food within the school. It encourages all aspects of food to be brought together, clearly, coherently, and consistently.

It includes:

1. The formal curriculum e.g. subjects (design and technology, science, personal, social and health education, citizenship), equipment and resources, cooking and cookery demonstrations, educational workshops and continuing professional development for staff
2. Extracurricular activities, e.g. cookery club, school gardens, after-school clubs, and holiday clubs
3. Participation in national events and initiatives e.g., the School Fruit and Vegetable Scheme (SFVS) administered by the Department of Health and the School Milk Subsidy Scheme administered by the Rural Payments Agency (RPA).
4. Provision of all food at school e.g. breakfast clubs, school lunch, and healthy hydration.
5. Consumption of food at school e.g. eating environment, service style, time, pupils bringing food to schools and packed lunches (including information to parents).
6. Events and lettings at school e.g. school fairs.
7. Pastoral care and welfare issues e.g. behaviour, free school lunches.



## **Whole School Food Policy**

### **Section 2 Background**

The Department for England issued guidance for School Food Standards which came into force in January 2015 and relate to legislation set out in the Requirements for School food Regulations 2014. The standards are intended to help children develop healthy eating habits and ensure they get the energy they need across the whole school day.

The standards apply to food served throughout the school day, including breakfast, mid-morning break, tuck shops and afterschool clubs.

St Mary's Academy Trust and the school's governing body acknowledges their role and responsibility to ensure that lunches and other food and drink meets the school food standards.

Additional guidance is provided by the [School Food Plan](#)'

School meals at lunchtime are provided by a dedicated in-house Catering Service. School lunches are freshly prepared daily and meet the Government's School Food Standards.

A [practical guide for schools](#), states:

A child's healthy, balanced diet should consist of:

1. Plenty of fruit and vegetables
  2. Plenty of unrefined starchy foods
  3. Some meat, fish, eggs, beans and other non-dairy sources of protein
  4. Some milk and dairy foods
- ( and a small amount of food and drink high in fat, sugar and/or salt)

### **Section 3 Definition**

The school, as part of St Mary's Academy Trust, defines healthy eating as providing the body with well-balanced, nutritional food which will ensure good health and well-being.

'The [Eatwell Guide](#)' defines the government's advice on healthy eating and is a visual representation of how different foods contribute towards a balanced diet, that would provide all the nutrients required for a healthy adult or child (over the age of 5).



## **Whole School Food Policy**

### **Section 4 Rational**

The school supports a culture and ethos of healthy eating in conjunction with the government's initiative 'Every Child Matters' and the key outcomes important for children's well-being:

1. **being healthy:** enjoying good physical and mental health and living a healthy lifestyle.
2. **staying safe:** being protected from harm and neglect and growing up able to look after themselves.
3. **enjoying and achieving:** getting the most out of life and developing broad skills for adulthood.
4. **making a positive contribution:** to the community and to society and not engaging in anti-social or offending behaviour.
5. **economic well-being:** overcoming socio-economic disadvantages to achieve their full potential in life.

The school recognises that fruit and vegetables are a great source of vitamins, minerals and fibre, and an important part of a balanced diet for children and adults.

Evidence suggests that 80% of our children are not eating enough vegetables, with a third eating less than one portion a day.

The school supports the 'five a day' campaign to encourage children to eat five portions of fruit and vegetables and the annual 'Eat Them to Defeat Them' campaign from VegPower and their mission to inspire children to love vegetables.



## **Whole School Food Policy**

### **Section 5 Objectives**

To ensure:

1. All aspects of food and drink in school promote the health and well-being of pupils, staff and visitors.
2. Pupils have the basic knowledge to formulate life-long skills e.g. cookery classes, healthy lunchbox workshops, gardening clubs.
3. Our pupils have the information they need to make healthy choices.
4. We aim to support children to develop the skills they need to make healthy choices which will stay with them throughout their lives.

To provide:

5. A welcoming lunchtime eating environment to encourage the positive social interaction of staff and pupils.
6. An excellent opportunity to build relationships and promote good social skills.

To promote:

7. A well-balanced and healthy lifestyle.
8. A healthy physical development of all members of our school community.
9. The important connection between a healthy, balanced diet and a child's ability to learn effectively.



## **Whole School Food Policy**

### **Section 6 Specific Aspects of Food and Drink in School**

#### **Morning Snack**

Children in Key Stage 1 get one piece of fruit provided by school as part of the School Fruit and Vegetable Scheme (SFVS). Milk is provided free of charge for those children entitled to free school meals and those who purchase it through the school office.

#### **Water**

Children are actively encouraged to bring their own bottles for water and are given free access to these, as well as water fountains located around. Water is freely available throughout the day to all members of the school community. Regular opportunities are given to drink water and children are regularly reminded and encouraged to drink water at break times.

#### **Allergies**

The school, school catering team and central catering department have responsibilities to ensure the implementation of a comprehensive 'Management of Food Allergens, Intolerances, and the provision of Special / Medical Diets policy.

Lunchtime staff are aware of children who have allergies, and this is recorded on the Special Diet and Allergens Forms SD1, SD2 and SD3. Those staff serving children school lunches must refer to these sheets, ensuring all children are catered for.

#### **Nut-free School**

St Mary's Academy Trusts operates a Nut-Free School policy.

Due to the risk to those who have an intolerance to and / or serious allergic reactions to nuts, the school will make every effort to be a nut-free school.

This is enforced, as well as possible, through a ban on nuts and nut products in school. However, the practicalities of policing all food on the premises make this very difficult. Off the premises, on a school trip for example, pupils with these allergies must take their EpiPen's with them and be supported by a teacher who is capable of helping to administer it. Teachers who accompany children on school trips have all had training in the use of EpiPen's.



## **Whole School Food Policy**

### **Section 6 Specific Aspects of Food and Drink in School (...continued)**

#### **School Lunches**

School lunches are provided in-house, and all meals must meet the new nutritional government guidelines for school catering as well as the School Food Standards.

St Mary's Academy Trust only use Red Tractor Farmed Meat, Marine Stewardship Council (MSC) Fish, locally produced fruit and vegetables, free range eggs and organic milk and bread in its menu. All food is cooked from fresh, daily, on site.

#### **Dining Environment**

The school is committed to providing a welcoming eating environment to encourage the positive social interaction of pupils and teachers.

It is recognised that the physical constraints mean we operate a number of sittings, limiting the time available for serving and eating school dinners and packed lunches. Despite this constraint, the school will aim to provide a calm, ordered environment - conducive to enjoyable eating and good manners.

The school is also committed to:

1. Helping children where necessary e.g. opening of packets, carrying trays.
2. Encouraging children to eat as much of their dinner as is appropriate with a focus on eating their fruit and vegetables before dessert.
3. Monitoring wasted food.
4. Supervising children having school dinners and packed lunches
5. Providing water jugs and clean cups on every table.
6. Encouraging children to wash their hands before eating.

#### **Packed Lunches**

The Food Standards Agency survey of packed lunchboxes showed that in general children's lunchboxes contained too much salt, fat and sugar and too little fruit and vegetables.

Our School encourages parents and children to pack healthy lunchboxes and provides information and guidance on balanced meals with plenty of fruit and vegetables, bread and protein. Food not eaten in a packed lunch should be sent home to ensure parents are aware of how much has been eaten.





## **Whole School Food Policy**

### **Section 6 Specific Aspects of Food and Drink in School (...continued)**

#### **Promotional Events**

The school will schedule a range of exciting special theme days across the school year, on these days school will offer a range of different foods, to optimise the take up of school meals and the benefits to pupils that they bring.

#### **Celebrations and Festivals**

The school recognises that food plays an important role in the celebration of different cultures and religious festivals. As part of the curriculum children will have the opportunity to experience foods significant to different countries and belief.

#### **Food in the Curriculum**

The significance of food in our lives means it can and should be used to enrich the curriculum. In turn, the curriculum can enrich pupil's experience of food and healthy eating.

The curriculum offers opportunities for children to experience food from different countries, historical periods and cultures as well as reinforcing the need for a healthy, balanced diet.

Children will each year study a unit on Healthy Eating and are encouraged to use what they have learnt to make informed decision about what they are eating.

#### **Out of School Activities**

On special occasions e.g. Christmas Fair, we accept that a wider range of confectionery, drinks and crisps may be available, with parental supervision.

However, we encourage friends of the school to consider this policy, especially with regard to quality and choice. For example, it may be possible to purchase good quality sausages and burgers with an accompaniment of lettuce or cucumber.

Where healthy options have been used we need to highlight this and advertise the fact that we are making healthy choices.



## **Whole School Food Policy**

### **Section 7 Values**

At school we strive to work together as a whole community, sharing our ideas and beliefs and all working for the ultimate good of the children in our care.

We aim to show respect for ourselves and each other and this is demonstrated by the empowerment we give to our children from an early age.

We aim to give children the information needed to make sensible choices over food.

We have not banned all sweets, crisps, cakes etc from our school as then the children would not have the opportunity to make informed choices.

Our School Council should be ensuring the children's voices are heard in this regard so that policies like this remain relevant and new ideas are brought forward.

### **Section 8 Roles and Responsibilities**

It is extremely important that the whole school community is united in providing the children with the correct information about healthy eating.

We need to give consistent messages about the importance of a healthy, well-balanced diet and regular exercise, within lessons and extra-curricular activities.

Communication with parents ensures that similar messages are reinforced at home.

It is assumed that the Governors and School support the principles contained in this policy through the provision of high-quality and healthy food, appropriate marketing and literature and well-trained catering staff.

The Whole School Food Policy Group will report regularly to the Governing Body about all aspects of food in the school.

### **Section 9 Communication of this Policy**

This document is freely available to the entire school community and located in the policy documentation files located in the school reception areas as well as on the school website.



## **Whole School Food Policy**

### **Section 10 Monitoring and Evaluation**

Evaluation of the progress made by the school in implementing the aims and objectives of this policy will be made by the Whole School Food Policy Group supported by regular reports from the in-house catering team.

These reports should cover catering responsibilities and include:

1. Updates on food content, presentation, nutritional standards, sourcing of ingredients and monitoring food waste.
2. Overall hygiene
3. Equipment, kitchens, and dining facilities
4. Other issues including variations from menu, staff changes, changes to numbers of pupils taking school meals; changes to costs and SMAT developments.

### **Section 11 Equality statement**

West Meadows Primary School is committed to valuing diversity and to equality of opportunity.

We aim to create and promote an environment in which pupils, parents and staff are treated fairly and with respect, and feel able to contribute to the best of their abilities.

The Governing Body believes that there should be no discrimination on account of someone's gender, marital status, colour, race, nationality, ethnic or national origin, disability, religious beliefs, age or sexual orientation.

Full consideration has been given to this during the formulation of the above policy as it is the Governing Body's aim that no-one with the school or St Mary's Academy Trust should suffer discrimination (either directly or indirectly), harassment or victimisation on any of these grounds.

### **Section 12 Data Impact Assessment**

At all stages of this procedure data obtained will be used only for the purpose for which it is intended and will be stored securely with restricted access to those involved in the process. Following the process data will be stored on the electronic personal file for the duration of the employees' employment with the Trust and for 6 years thereafter. The data will be destroyed at this time using a confidential shredding service.



## **Whole School Food Policy**

### **Section 13 Equality and Diversity**

This policy has been impacted assessed by the HR Committee, if on reading this policy you feel there are any equality and diversity issues, please contact HR who will, if necessary, ensure the policy is reviewed.

Signed .....R. J. Marsh..... Headteacher

Date .....4.12.23.....

Approved by LGB

Date .....4.12.23.....

Date Revised .....August 2023.....

Date Approved By HR Committee.....October 2023.....

Date of Next Revision .....August 2025 (or when legislation changes).....

