

St Christopher's School
A Brighton College School



FOOD AND NUTRITION POLICY
(This policy applies to EYFS)

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole-school approach to food and nutrition documented in this whole-school food policy.

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage. This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers' planning meetings.

Leading by example and staff training

Teachers and caterers have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

Staff eat with the children at lunch times and act as good role models for healthy eating, eating the same foods as the children. This is also a time to socialise and learn about different foods.

Visitors in the classroom

This school values the contribution made by visitors (assembly talks on nutrition, teeth and eating etc). We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

Resources

Resources for the teaching of healthy eating in PSHEE have been selected to complement the delivery of the curriculum in other subject areas. Samples from some of these resources are displayed in the PSHEE teacher's folder and are clearly linked to the term's programme of work.

3. FOOD AND DRINK PROVISION

School meals offer a balanced, nutritious and varied diet. A menu is available on the school portal which all parents can access. We use suppliers who are fully vetted and audited by our caterers and who provide 'Red Tractor' meat. (Red Tractor was launched by the food industry to promote clearer labelling and ensure food originates from a trustworthy source.) Our fish comes from suppliers who have achieved MSC standard. (MSC is the Marine Stewardship Council and they assess if fisheries are well-managed and fish are caught from sustainable fish stocks.)

Our school food and drink compares most favourably with the standards set out in the government's School Food Plan, a set of standards for all food served in maintained schools which was launched by the Department for Education in 2015

SNACKING

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school discourages the consumption of snacks high in fat and sugar at break-time.

NUTS – are never allowed on school premises.

USE OF FOOD AS A REWARD

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive encouragement are used in school.

DRINKING WATER

As part of a whole-school ethos we encourage all children to have a sports-type drink bottle in class from which they may drink at any time. We ask that no fizzy or excessively sweet drinks are brought in to school

PACKED LUNCHES

Packed lunches prepared by the school caterers adhere to the healthy eating guidance.

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices.

VEGETARIANS AND VEGANS

The school caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

FOOD ALLERGY AND INTOLERANCE

Individual care plans are created by the school caterers for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

6. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include:

- ensuring that adequate storage and washing facilities are available;
- that food handlers undergo appropriate food hygiene training; and
- that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

REVIEW

Date policy implemented: October 2015

Review Date: October 2018