

# Danbury Park Community Primary School



## Food Policy

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*Be wise, be happy, belong*



# Danbury Park Community Primary School

## Food Policy

### 1. Introduction

- 1.1. At Danbury Park Community Primary School we aim to develop healthy eating and drinking that benefits pupils, staff, parents, caterers and others associated with the school.
- 1.2. The policy has been formulated through consultation with pupils, parents and staff, and its development will continue to be by consultation. The policy and future amendments to the policy are communicated clearly and consistently to pupils, parents and staff.

### 2. Aims and Objectives

- 2.1. Danbury Park Primary School recognises the important connection between a healthy, balanced diet and pupils' abilities to learn effectively and achieve high standards.
- 2.2. The school aims are
  - to ensure that pupils are well nourished at school and that every pupil has access to safe, tasty, nutritious food and a safe, easily available water supply during the day;
  - through effective leadership, the school ethos and the curriculum to create an environment which supports a healthy lifestyle;
  - to ensure that all members of the school community are able to make informed choices about the importance of food and its production.
- 2.3 The school recognises that sharing meal times
  - 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.
- 2.4 The school is committed to
  - ensuring that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, vegan, medical and allergenic needs;
  - providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and adults;
  - involving and enabling pupils and parents to contribute to healthy eating and taking into consideration their feedback;
  - providing pupils through the taught curriculum with knowledge, skills and understanding about the importance of a healthy diet, where food comes from, the importance of sourcing local produce to limit the negative impact on the environment and food safety and hygiene so that they are able to make informed choices;
  - providing training in practical food education for staff, including diet, nutrition, food safety and hygiene.



### **3. Products containing Nuts**

- 3.1. To support pupils and staff with life-threatening allergies no nuts or nut based products are permitted on school premises at any time.
- 3.2. The sharing and swapping of food is not permitted.

### **4. Water**

- 4.1. Research shows that plentiful drinking of water by school children can have a positive effect on behaviour and concentration. Therefore, all pupils are encouraged and regularly reminded to drink water throughout the school day.
- 4.2. Parents are asked to supply a named plastic water bottle which the children bring to school every day filled with fresh water. This bottle is stored in the classrooms for ease of access.
- 4.3. Water is freely available as part of the lunch provision and pupils are encouraged to drink by kitchen staff and midday assistants.
- 4.4. Additionally water is available in classrooms and water fountains are located in the playgrounds.

### **5. Break time**

- 5.1. Pupils in the Early Years Foundation Stage and in Key Stage 1 are provided daily, free of charge, with a piece of fruit or vegetable from the government scheme. This is eaten during the morning break. Pupils are not permitted to bring in an alternative unless there is a special medical reason and this is agreed with the headteacher.
- 5.2. In Key Stage 2 pupils are welcome to bring a healthy snack, by which we mean fruit, and vegetables from home for the morning break time. Additionally one day a week children may bring in plain biscuits, cereal bars and savoury items.
- 5.3. Sweets such as bars of chocolate, small candies and chews and lollipops are not permitted.

### **6. School Lunches**

- 6.1. The provision for school lunches is the responsibility of the governing body. We believe that at Danbury Park Primary School, pupils should be entitled to good quality, fresh ingredients, locally produced, prepared in an attractive and appetizing manner.
- 6.2. Throughout the week pupils are offered a varied menu which is based on government nutritional standards and guidelines.
- 6.3. Each day there are two choices of main course: meat/fish or vegetarian. A jacket potato with a choice of fillings is also available every day for Key Stage 2 pupils and twice a week for pupils in EYFS and Key Stage 1.



6.4. Menu information is published on the school website and in the weekly newsletter.

6.5. The amount of food eaten by pupils is monitored to ensure that they are eating enough. This information is passed on to parents if causing concern. This is also a way in which we can monitor the popularity and appeal of meals and adapt our menus.

## **7. Packed Lunches**

7.1. The school is committed to encouraging parents to provide healthier lunchboxes for children. We encourage parents to include foods which are known to have a positive impact on the child's physical development and ability to concentrate and learn effectively.

7.2. The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance.

7.3. Food not eaten in a packed lunch is taken home by the child to ensure that parents know what their child has or has not eaten.

## **8. The Dining Environment**

8.1. The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.

8.2. The school aims to provide a calm, ordered environment conducive to mutual respect and good behaviour.

8.3. Lunchtime staff engage with the pupils and talk about the food that they are eating. The Midday Assistants

- actively help pupils who find the physical process of school dinners or packed lunch difficult – for example: carrying trays, opening tubs or packets, cutting up meat;
- encourage all pupils to eat the food with which they have been provided;
- pour drinking water and encourage drinking;
- insist pupils wash their hands before eating.

## **9. Celebrations**

9.1. The school also recognises that food plays an important role in celebrations. Lunchtime menus are often specially adapted for particular celebratory or cultural reasons.

9.2. Whilst we appreciate that parents may wish to bring in treats to celebrate their child's birthday, for health and safety reasons and in order to respect other parents' wishes as regards food choices, these are discouraged.



## **10. Food in the Curriculum**

10.1. As part of the Design and Technology Curriculum pupils are taught how to cook and apply the principles of nutrition and healthy eating. We believe that learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

10.2. In Key Stage 1 pupils are taught:

- to use the basic principles of a healthy and varied diet to prepare dishes and
- to understand where food comes from.

10.3. In Key Stage 2 pupils are taught:

- to understand and apply the principles of a healthy and varied diet;
- to prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques and
- to understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

10.2. The Science Curriculum content focuses on:

- the importance of food groups and the role they play in promoting growth;
- the development of strong healthy bodies;
- what constitutes a balanced diet.

10.3 The wider curriculum focuses on

- the development of respect and understanding towards the belief and attitudes of others;
- an understanding of cultural diversity;
- how food is produced;
- the history of food;
- the preparation of food;
- the environmental effect of producing and sourcing foods;
- the development of personal and social skills.

## **11. Roles and Responsibilities**

11.1. All staff are responsible for the implementation of this policy within their specific roles.

11.2. The kitchen staff are responsible for the lunchtime provision working under the supervision of the Catering Manager and the Office Manager.

## **12. Monitoring and Review**

12.1. The headteacher is responsible for monitoring the implementation of this policy and its impact.