

Langtoft Primary School

Whole School Food Policy

Article 24 (Health, Water, Food, Environment) Children have the right to the best possible health care, clean water, nutritious food and a clean environment so that they can stay healthy.

Introduction

Statutory School Food Standards apply to all schools and responsibility to ensure this lies with governors and senior leaders. The purpose of the standards is to ensure that children have access to a wide variety of healthy and nutritious foods, to protect those who are nutritionally vulnerable and promote good eating behaviour.

The School Food Standards came into force on 1st January 2015 and are set out in the School Food Regulations 2014. These regulations set out the requirements for school lunches (provided to registered pupils on and off site and to any other person on the school premises). They also apply to food and drink other than lunch and up until 6.00pm (including breakfast clubs, tuck shops, mid-morning break and after school clubs). The governing body is responsible for ensuring that the School Food Standards are met.

Whole School Food Policy

The governors and staff of this school actively support healthy eating and drinking and food education throughout the school day and extra-curricular activities. We are committed to demonstrating consistent messages about healthy eating as we believe that a healthy lifestyle should be encouraged at all times.

The policy is overseen by the Head Teacher, Senior Leadership Team and the appointed Food in Schools governor. Implementation of the policy is the responsibility of all members of school staff and is incorporated into curriculum planning.

Our aim is to ensure that all aspects of food provision, food education and nutrition contribute to the health, educational benefits and wellbeing of our pupils, their families and the whole school community across the school day (until 3:15pm). We will achieve this via our school meals service, food education, cooking lessons and growing activities.

Our objectives are to:

- Be valuable role models to pupils and their families, in order to contribute to the improvement of children's health and wellbeing, behaviour, concentration and learning outcomes, by promoting a whole school approach to food education and healthy eating.
- Enable pupils to make healthier choices by increasing knowledge, challenging attitudes and developing and promoting healthy eating.

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- Provide accurate information about nutrition in relation to personal health and help pupils to understand that a balanced diet is beneficial;
- Make parents aware that lunch is part of the education process and that learning to enjoy a balanced diet is treated in the same way as any other lesson;
- Create and sustain a whole school approach to our lunchtimes, healthy eating and food education within our school community;
- Monitor school meals to ensure they are healthy, nutritious and tasty;
- Ensure that all food served in school before 3:15pm is fully compliant with the School Food Standards in line with government legislation;
(www.schoolfoodplan.com/standards)
- Increase the uptake of universal, free and paid hot school meals in line with national targets (UIFSM target uptake is 87%);
- Promote hot school meals and their nutritional benefits to children's health, wellbeing, behaviour and education;
- Actively encourage healthy packed lunches and provide information for parents on healthy packed lunches;
- Promote the importance of hydration to children's health and education, recommend water as the drink of choice for all children (including those bringing packed lunches from home), and ensure all children have access to free drinking water throughout the school day;
- Monitor and review our meals and dining service at least once a term, with a focus on the child's perspective, provide the best possible dining experience for all of our children;
- Encourage staff to lead by example and eat and drink healthily throughout school. In doing so staff will model good behaviour and social skills at mealtimes;
- Deliver effective cooking in the curriculum activities (including nutritional information) to all children, in line with legal requirements;
- Maximise free school meal uptake and Pupil Premium funding by encouraging all parents to register and supporting parents with registration for free school meals;
- Ensure Governors hold the school to account and support leadership to embed best practise in food education and provision.

We will meet our objectives by:

- Ensuring children taking up free school meals or with special dietary requirements are not stigmatised in any way;



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- Educating pupils, school staff, governors and parents on the links between healthy eating and the educational benefits, health and wellbeing of children;
- Holding meetings with our hot meals catering provider to review meal provision and ensure they are providing food compliant with the School Food Standards;
- Holding termly meetings for the Senior leadership team and lunchtime staff to review dining provision and agree improvements where necessary;
- Providing support and regular training opportunities for the lunch time staff;
- Ensuring that all children have the opportunity to learn about food, nutrition and age appropriate practical cooking skills in accordance with legislation (www.schoolfoodplan/actions/cookinginthecurriculum);
- Establishing a co-ordinated approach to ensure that snacks provide food that is compliant with the School Food Standards for the whole school day up to 3:15pm. (www.schoolfoodplan.com/standards);
- Continually marketing school meals and the benefits of healthy eating via newsletters, school prospectus, website, social media, assemblies, parents' evenings, transition meetings, school events, staff and governors meetings and link nurseries;
- Linking with health promoting national events, such as National Smile Week for Oral Health, National Roast Dinner Day, National School Meals Week, International School Meals Day, etc;
- Encouraging children to try new foods and ensuring that all food items are served at lunchtime, as they are much more likely to taste foods once they are on the plate;
- Encouraging healthy packed lunches and providing guidance for parents as required;
- Encouraging hot meals where possible to ensure pupils have at least one hot meal a day;
- Ensuring compliance with School Food Standards is specified in catering contracts.

We will monitor and evaluate our progress through:

- Reviewing policy with the senior leadership team annually (incorporating changes and legislation in accordance with updates);
- Formal curriculum: teachers having the training and skills to deliver cooking lessons in line with the DfE/PHE framework;
- Governor committee having an agenda item to look at uptake information, review food provision across the school day up until 3:15pm complies with the Food Standards and consider financial information around food provision;



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- Senior leadership team and governors consulting with pupils, parents and school staff to ensure pupils are experiencing a calm, happy, healthy lunch time; best possible food service
- Monitoring meal uptake throughout the year and promoting school meals to help children get the best start.

Policy implementation date: September 2023

Date of next review: September 2024



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