



Whole school food policy

Minet Junior School

May 2024

1 Introduction

Minet Junior School provides a food and drink 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.

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

2 School Food Leadership

This school food policy and healthy eating strategy is co-ordinated by Rosalie Taylor, Assistant Headteacher, Inclusion.

The nominated school governor is Joanna Palmer.

3 Food policy aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food and drink choices throughout the school day

4 Curriculum

Food and nutrition are taught at an appropriate level throughout each key stage. This is addressed in the following ways:

- food and nutrition education. We incorporate food and nutrition learning opportunities to different subject areas e.g. PE, PSHE as well as through the requirements in science.

4.1 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.

Our healthy eating lessons teach children about benefits of a balanced diet and the impact of a poor diet, including how sugar consumed through drinks and food, impacts mood, sleep, behaviour and its link to poor oral health, excess weight and long-term conditions such as type 2 diabetes.

4.2 Leading by example and staff training.

Teachers, caterers, and school nurses 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.

4.3 Visitors in the classroom.

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. 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. The school's code of practice for visiting speakers is adopted.

4.4 Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas.

4.5 Evaluation of pupils learning

The healthy eating aspects of the National Curriculum are assessed through SATS. Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the school planning and monitoring processes.

5 National School Food Standards

The 'Requirements for School Food Regulations 2014 in England' (known as the 'School Food Standards'), are mandatory for all schools. The standards define the foods and drinks that must be provided, those which are restricted, and those that must not be provided across the school day to include breakfast clubs, free school meals, and after school food and drink provision. It is the statutory responsibility of the schools governing body and trustees to ensure that the [School Food Standards](#) are being met and Ofsted have been increasing their focus on how schools are creating a culture and ethos of healthy eating.

At Minet Junior School we ensure our food offer meets the School Food Standards through monitoring the following ways:

- Our Assistant Headteacher meets termly to monitor school food choices and menu planning.
- Our cashless system enables the kitchen to monitor pupil's choices and incorporate this into menu planning.
- Regular review meetings with our caterer Chartwells to ensure food is of good quality and enjoyed by our school community.
- Monitoring of school food choices and incorporating this into menu planning.
- Ensuring if we sell food to pupils, at food stalls, and this is more often than once every half term, we follow the statutory standards for school food.

In addition, we regularly consult with pupils and parents from our Parent Focus Group on the school food offer to minimise food waste and ensure our offer is enjoyed.

5.1 Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school operates a breakfast club that provides a nutritious meal for pupils before the school day.

Breakfast is served between 0730 and 0830 and are provided by Mrs S Elliott.

If any child arrives at school later on and has not had breakfast, the school will provide a breakfast for the child.

We provide the foods/drinks at breakfast that are nutritious, including fortified cereals, wholegrain bread, low fat, salt and sugar options.

5.2 The school dining experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- Children line up in year groups, collect their food from the counter and then sit with their friends at tables in the hall.
- There is a salad cart with a variety of salads, pasta and fresh bread available
- Water is provided and there are members of staff on duty in the hall and at the food counters.

5.3 Snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Children can bring in a piece of fruit to have at breaktime.

- The school promotes healthy snacks to parents, discouraging the consumption of snacks high in fat and sugar at break-time.
- In school, we provide free fruit to all children on a daily basis and follow the School Food Standards on which foods should not be provided as snacks.

6 Packed Lunch policy

We encourage parents to provide healthy well balanced packed lunches and promote health choices through our newsletter, website and class assemblies.

If pupils are noted to consistently bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.

7 Special dietary considerations

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

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

Individual care plans are created 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.

8 Water Only Policy

Minet Junior School is a water only school.

We encourage children to drink water throughout the school day by allowing them to have water on desks and making it readily available during lunch service. Pupils have been provided with reusable water bottles.

Water fountains are located in the playground and inside school.

Our staff act as role models by only drinking water

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

9 Sugar Smart School

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart': <https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a 'Sugar Smart' school, cakes, biscuits, chocolate and sweets are discouraged in school time. We actively do this by:

- Use of low sugar recipes in practical cooking session
- Work with our caterers to offer alternatives to sugary dessert within the Schol Food Standards) of sugary deserts, so there is consistency with our packed lunch policy.
- We do not allow fizzy drinks in school

We support parents to understand sugar facts, and the impact of sugar on oral health, sleep, mood, behaviour and long term health conditions. We do this in dedicated class assemblies, displays during our parents evening, open days and through the school newsletter.

10 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. We consult our local Environmental Health Department about legal requirements.

We ensure food safety at all stages of food preparation and storage. Our last food hygiene inspection rating was in October 2023 and the rating is a 5.

12 Review date

Date policy implemented: **May 2024**

Approved by: **Governing Body**

Review Date: **May 2027**