

# THORPE HALL

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## SCHOOL

### Whole School Food Policy

#### Overall aim of the policy:

Our school recognises the importance of good nutrition on pupils' emotional and physical health and wellbeing and the affects this has on an individual child's ability to maximize their educational attainment.

#### School setting:

Thorpe Hall School encourages all children, regardless of age, to enjoy healthy snacks and nutritious lunches.

#### How and why the policy was formulated:

This policy was developed to encourage all children to make good food choices, as research proves the link between concentration, achievement and food. A sample of parents, the school council and the governing body was consulted before reaching decisions. Thorpe Hall School decided that a whole school food policy was needed to:

- Promote consistent messages throughout the whole school by ensuring all policies, procedures and daily practice flow this policy.
- To make sure that nutrition has a prominent place in school life.
- To offer healthy food and drink choices at all appropriate opportunities.
- To ensure the food environment promotes a happy, pleasurable experience.

#### National guidance:

The policy was drawn up using a range of national documents including this template policy from the Children's Food Trust.

#### Where, when and to whom the policy applies:

The policy applies to all of our school community within school or on school trips during normal school hours.

#### Food and drink in School and on educational visits:

Thorpe Hall School encourages all pupils to make positive food choices, therefore, we will:

- Ensure that all food and drink served reflects the needs of all consumers and makes healthy choices easy to make.
- Regularly review occasions during the school day to ensure that food and/or drinks are available when needed and meet statutory requirements. This includes: before/after school, break times, lunchtime and special activities e.g. sports days and music events.
- Provide food and drink that allows individuals to: drink fresh water throughout the day. Eat healthily without financial disadvantage and eat nutritious food that matches individual requirements e.g. cultural and allergies.
- Enable pupils to enjoy food in a pleasant environment.
- Deliver a curriculum that teaches pupils about food manufacturing processes and the benefits of good food choices.

- Regularly monitor the impact of this policy.

**School lunches should include:**

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- • Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water, semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

**School lunches can occasionally include:**

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, as part of a meal.

**School lunches should not include:**

- Salty snacks such as crisps - instead include vegetables and fruit with no added salt, sugar or fat.
- Confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- Sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).

**Special diets and allergies:**

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school. Medical information for pupils is private and confidential. However, it is the parents' responsibility to pass any information on to the school office with regards to food allergies of pupils. Staff will be made aware of these pupils via staff training and during induction periods. A list with pictures will be displayed in the staff room outlining pupils with medical conditions. This medical information will be on the School's information management system (SIMS) for staff to download during trips and activities.

**Assessment, evaluation and reviewing**

School lunches will be regularly reviewed by teaching staff, catering staff and packed lunch buddies.

Good eating habits will be rewarded by stickers and house points.

When there are concerns regarding food choices the school will contact the parents.

### **Involvement of parents/carers**

We encourage all children to eat healthy school lunches. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which are in line with our packed lunch policy.

### **Linked policies**

Aims and Philosophy of the School, Curriculum Policy, Health and Safety and Safeguarding Policy.

### **Sharing the policy**

The school will ensure that all parents/carers are aware of the policy by, sharing information via the school newsletter, website, prospectus, in assemblies etc. The school will use opportunities such as parents' evenings and healthy living weeks to promote this policy as part of a whole school approach to healthier eating. The policy will be shared with all school staff, including teaching and catering staff.

Latest revision date:	April 21
Policy approved:	April 21
Next review date:	Feb 22