

# FOOD POLICY



## **Statement of Intent**

Our mission is to promote a love of learning in order to maximise the life chances of every child in our Trust. Through nurturing, high expectations and skilled teaching, we will have a lasting and positive impact on our local and wider community.

### **Our Vision**

TEACH Trust supports our children to become empowered citizens that make a meaningful contribution to society. Our curriculum reflects our locality and all it offers and aims to educate all children in matters which affect humanity in the wider world: these include all matters that relate to the climate and the world around us, such as climate change; the importance of respecting and celebrating the importance of equality and diversity; and being responsible global citizens.

We have the highest aspirations for our children: the broad and balanced curriculum promotes learning, provides cultural capital and supports spiritual, moral, social and cultural development. The Rights Respecting Gold awards and Anti Bullying awards reflect some of many ways in which education for character are integral to the work of our schools and highlights our focus on the children's personal development.

We aim to inspire our children to be socially conscious individuals who make a difference to the world. All our children secure the key learning and skills they will need to become lifelong learners and gain employment. Our ultimate aim is to improve all our children's life chances and prepare them to thrive in their future lives.

Under the Equality Act 2010 and the Public Sector Equality Act which came into force in April 2011, the Trust has due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations.

## **Introduction**

At TEACH Trust we promote healthy eating to our children and families and recognise the crucial role that parents/carers play in supporting the Trust's approach. Studies show that eating a healthy diet is associated with higher attainment, increased concentration levels, maintaining a healthy weight and better overall health and wellbeing, helping children to perform their best at school. Creating a culture and ethos of healthy eating supports children to gain knowledge of how to keep themselves healthy and make informed choices about healthy eating and fitness. Furthermore, we recognise that for some children, the meal provided at school may be the only, or main meal, the child may receive that day.

### **Aims:**

1. To adopt a whole Trust approach to food and nutrition.
2. To provide a range of healthy food choices throughout the day and in line with the mandatory School Food Standards.
3. To educate children to make healthy food choices in order to be better prepared to learn and achieve.
4. To ensure a consistent approach to healthy eating across the Trust community including children, staff and parents/carers.

### **Intent**

To set out the expectations of food provision provided and consumed in school, including before, during and after school; on school trips and during extra-curricular events.

Please refer to the Trust Allergy and Dietary policy, which looks more in depth at food allergies, dietary requirements and intolerances.

### **National Guidance**

This policy has been written to fulfil the following:

- Reflect the School Food Standards that were revised in January 2015 and the Eatwell Plate Model of Healthy Eating.
- Support the key outcomes of the School Food Action Plan.
- Advocate Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

### **Breakfast Club and Buddy Club**

Food provision at our breakfast and after school club (Buddy Club) is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification. Children in the clubs are offered healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities.

### **Milk**

TEACH Trust Infant Schools provide a mandatory milk scheme for all pupils, in accordance with Government guidelines. Parents are invited to register and pay, once their child is aged 5 and over, for their child to participate in this scheme and can specify if an alternative type of milk is required e.g. soya. Families in receipt of Free School Meals are eligible for free milk.

Parents of junior school children are invited to pay and register if their child would like milk, offered by Cool Milk.

### **Water**

Drinking water will be available for all children and they will be encouraged to drink water throughout the school day. Children who bring in packed lunches will have access to water at lunch time. Children are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned. There are water fountains, offering fresh drinking water in each TEACH Trust school.

### **Break Time Snacks**

The Trust understands that healthy snacks can be an important part of children's nutritional intake.

- In Early Years and KS1, fruit and vegetable snacks are provided.
  
- Other year groups are encouraged to bring in a healthy snack for morning break. The snack can consist of the following:
  - fresh fruit, whole or sliced
  - fresh vegetable snacks
  - plain breadsticks
  - plain unsalted rice/ corn cakes
  - plain unsalted crackers
  - no added sugar packaged snack

We do not allow crisps, biscuits or chocolate bars at snack time.

Children at the junior schools can purchase toast from toast club on a daily basis.

### **Hot School Meals**

A sustainable procurement process was undertaken to source the external food provider – Forerunner. TEACH Trust lunches are served in the school hall. The school meals meet the mandatory requirements of the School Food Standards 2015. All meals are planned on a three-week cycle and always contain a meat, fish and vegetarian option. The menus can be found on each school's website. Meals are prepared, packaged and advertised in line with Natasha's Law.

All children usually eat together in the school hall, thus creating a pleasurable and sociable lunch experience.

### **Packed Lunches**

'The Department for Education – Checklist for school lunches 2022' guidance aims to support pupils to have a balanced lunch which best prepares them for learning in the classroom. If possible, packed lunches should include the following:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; (choose wholegrain where possible)
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Portion size is also important, and is the same as for hot meals. Packed lunches should keep the following to a minimum (only 1 of each):

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

Packed lunches should not include sweets or confectionary.

Packed lunches are informally monitored and if your child's teacher has any concerns, then a phone call home may be made.

### **School Trips**

A packed lunch will be provided for all children who are entitled to a free school meal and for all children who have booked a hot school meal for that day. Children are welcome to bring their own packed lunches on trips, however, these lunches must follow the same food and drink guidance described above, where possible.

### **Special Occasions**

Occasional external fund-raising events, or special school occasions, may include the sale of food such as cakes or ice creams. Curriculum themed activities may introduce children to food from other cultures as part of a classroom lessons and any dietary requirements will always be adhered to.

### **Curriculum**

Food production and preparation is an important part of the curriculum for all children and is taught across the curriculum through science, PHSE, PE and DT. Food technology is taught in each year group in the Junior Schools.

### **Curricular and extra-curricular activity**

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE, PE and in DT. Termly clubs also support the teaching of food and healthy eating and include an after school cookery club. Staff delivering cooking sessions and clubs have achieved Level 1/2 in Food Safety and Hygiene.

### **Special dietary requirements**

Schools in the Trust do everything possible to accommodate children's specialist dietary requirements including allergies, intolerances, religious or cultural practices. Staff are made aware of children who have specific medical dietary requirements by the Medical Admin Officer in each school. Details are held on the School's Information Management System and Individual Healthcare Plans created with parents and health professionals. Medical Folders containing pupil's medical information are held in each classroom, year base area, Breakfast /Buddy Club (after school club) and the School Office. Pupils with a high medical risk wear a red band for immediate identification

and their photo and condition is displayed in class rooms, year base areas, kitchen, Breakfast/Buddy Club room, school office and the staff room. It is the responsibility of parents to ensure the school has up to date dietary information for their child.

**Expectations of staff and visitors**

The Trust expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of children. The role of all staff, in particular, the lunchtime team, Breakfast Club and Buddy Club staff is an extremely important one, in ensuring that mealtimes for the children are a pleasurable experience, in turn embedding a positive food culture.

**Parents, carers and family members**

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

**Monitoring and review**

The Trust Food standards action plan clearly identifies the actions to be taken and by whom to ensure that a positive food culture is embedded within TEACH Trust. This policy will be reviewed every 2 years.

**Links to other policies:**

- Medical policy
- Health and Safety policy
- Allergy and Dietary policy

**Equality Impact Assessment**

Question	Response	
Which relevant groups and stakeholders have been consulted with in relation to this policy?		Please tick
	Pupils	✓
	Trustees	✓
	Staff	✓
	Parents/Carers	✓
	Local Authority	
	Trade Unions Other Advisors (give details)	
What are the arrangements for monitoring and reviewing the actual impact of the policy?	Termly	
	Annually	✓ Every two years
	When applied	
	If legislation changes	✓
	If a formal complaint	✓

<b>Characteristic Group</b>	<b>Is there a potential for positive or negative impact?</b>	<b>Please explain and give examples of any evidence/data used</b>	<b>Action to address potential positive/negative impact (e.g. adjustment to the policy)</b>
<b>Disability</b>			
<b>Gender reassignment</b>			
<b>Marriage or civil partnership</b>			
<b>Pregnancy and maternity</b>			
<b>Race</b>	✓	Children may not be able to eat certain foods due to beliefs	Staff are aware of these children through allergies and dietary needs register
<b>Religion or belief</b>	✓	Children may not be able to eat certain foods due to beliefs	Staff are aware of these children through allergies and dietary needs register
<b>Sexual orientation</b>			
<b>Sex (gender)</b>			
<b>Age</b>			
<b>SEN</b>	✓	May not be sure why they can't eat a certain food and so may need extra explanation e.g. social story	Possible social story and support to the parents
<b>Vulnerable</b>	✓	Families may have limited food and so give their child whatever is in the cupboard	Support for parents to ensure suitable foods are sent in
<b>Traveller, migrant, refugees and people seeking asylum</b>	✓	Language may be a barrier in understanding the policy or informing the school of any particular needs	Translation of the policy and any correspondence sent from school if needed
<b>EAL</b>	✓	Language may be a barrier in understanding the policy or informing the school of any particular needs	Translation of the policy and any correspondence sent from school if needed

Review Date: - September 2023

Next review date: - September 2025