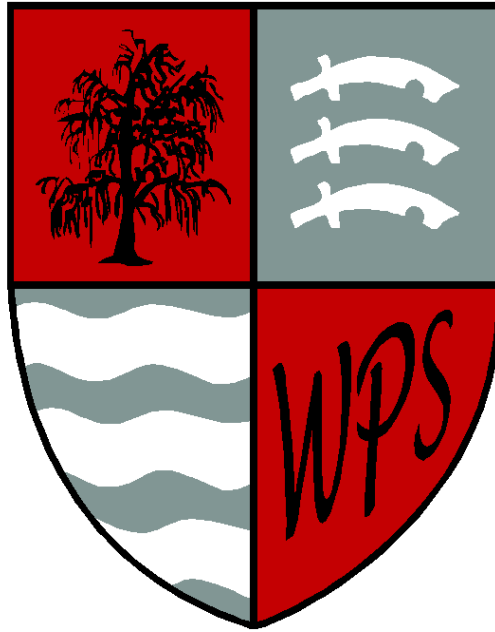


# Willowbrook Primary School



## Food Policy

## Rationale

An active lifestyle and a well-balanced diet can enhance the health of all children. There are several government policies and initiatives to help improve the diet of children, e.g. Every Child Matters, The School Food programme, School Fruit and Vegetable Scheme, 5 A DAY, The Healthy Schools Programme.

The Department for Education introduced a revised set of standards for school food on 1<sup>ST</sup> January 2015. The guideline outlines the role school governing body's play and stipulates the legal requirement for food and drink provided across the whole school day. Further information can be found at the following websites: <https://www.gov.uk/government/publications/standards-for-school-food-in-england> and at <https://www.schoolfoodplan.com/actions/school-food-standards>

The whole school Food Policy enables Willowbrook Primary School to support government initiatives and the individual needs of pupils by developing and maintaining a shared philosophy on all aspects of food and drink. It provides a public statement which demonstrates how Willowbrook Primary School cares for and makes a positive contribution to the health and welfare of pupils, staff and other stakeholders.

At Willowbrook Primary School we believe that every child is entitled to safe and appropriate provision of food and drink in order to stay as well-nourished as possible and maintain and develop their existing skills in eating and drinking. We promote a positive and healthy attitude towards nutrition which takes account of medical complexity and individual diversity. We foster an ethos of teamwork and will strive to ensure that all members of staff feel supported, informed and comfortable in working with children who have eating and drinking difficulties.

## Aims

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of every member of our school community.

Willowbrook Primary School will aim to ensure that:

### School Curriculum

- The curriculum relates to food and nutrition in different subject areas and that it is consistent and up to date.
- Opportunities are provided for pupils to prepare and explore fresh ingredients.
- Where appropriate, pupils will understand the requirements of a healthy balanced meal.

### School Meals

- As far as is possible, all school meals served will meet the Government's food based standards to ensure that pupils are getting a nutritious balanced meal.
- Water will be served with all meals and pupils will be encouraged to drink water throughout the day. Milk will also be available at lunchtimes.
- A suitable, attractive environment is provided in which to eat lunch, shared with those eating packed lunches, so that pupils can eat together.
- All snacks provided during the school day conform with healthy eating guidelines, or to specific eating and drinking guidelines for an individual where appropriate.

## Packed Lunches

- Free, fresh drinking water will be provided for all pupils eating a packed lunch.
- A suitable, attractive environment is provided in which to eat lunch, shared with those eating school meals, so that pupils can eat together
- The school will work with parents and pupils to encourage the provision of packed lunches that follow the standards listed below. Parents are provided with information on what constitutes a healthy packed lunch.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food deteriorating in quality.

### **Packed lunches should include:**

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- Biscuits are allowed but are only to be included as part of a balanced meal.

### **The following items should be included only occasionally:**

- Crisps.
- Cakes and biscuits.
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

### **Packed lunches should not include: (No nuts)**

- Peanut butter and nuts due to having children with serious nut allergies.
- Sweets or chocolate bars.
- Chocolate spread with nuts.
- Fizzy drinks.

The school also recognises that some pupils may require **special diets** that do not allow for the **standards** to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also permitted to have different food items.

## Water Provision

- Pupils and staff have access to free, clean and palatable drinking water, or other drinks where water is not appropriate, throughout the school day.
- The staff team are made aware of individual pupil's hydration needs and seek to ensure that these are met.

## Milk Provision

As part of the food standards introduced in January 2015 schools across England are to ensure lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. Willowbrook Schools catering company (Pabulum) provides milk to all pupils having a school dinner (KS1 pupils are free). Cool milk provides children in reception up until their 5<sup>th</sup> birthday with a free carton of milk, daily. After their 5<sup>th</sup> birthday the parents are given the option to continue with the 'cool milk' by registering and paying for this service which is available to all pupils.

## Pupils

- Up-to-date records of pupils' medical and dietary needs are maintained and the staff team is aware of these.

## Staff

- All staff who may handle food has basic food hygiene training.
- The staff understands what a balanced and healthy meal means.

## Allergens & Specialist Diets

- Parents should ensure that if their child has a dietary need or allergen that the school is made aware.
- The school will work with the parent to come up with suitable menu's when possible.
- The school will have available a list of all allergens contained within each menu items which will be available to the parents upon request.
- The catering staff are trained in correct segregation of foods to eliminate cross contamination.
- The school does not allow any nuts to be used in the menu.

## Roles & Responsibilities

- Senior Leadership Team Member – to oversee all aspects of food provision throughout the school, including working with the school caterers, monitoring and evaluating the implementation of the policy.
- Curriculum Leaders (PSHE, D&T, Science) – to ensure the curriculum supports healthy eating.
- Teachers and Class Staff– to follow healthy eating guidelines in delivering the curriculum and in the provision of snacks.
- Office Team – to provide support for all medical aspects of healthy eating ensuring that all pupils with specific dietary requirements are included within the healthy eating agenda.
- Midday Team – to monitor packed lunches and advice the SLT if issues arise.

The school will review and research the school food standards and guidelines in relation to the individual needs of the children at Willowbrook Primary School.