

# Yatton Federated Schools School Food Policy

Document Information			
<b>Reviewed by:</b>	PQA	<b>Responsibility:</b>	PQA
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<b>Signature (FGB)</b>	Not required	<b>Signature (Head)</b>	Not required

## 1. Introduction

At Yatton Federated Schools, we believe that good food is vital to children's health and academic achievement. Many studies have shown that hunger affects concentration and that well-nourished children fare better at school and this principle underlies this policy. The aim of this policy is to ensure that all aspects of food and drink in school comply with the School Food Regulations 2014 and promote the health and well-being of our pupils. This policy will cover:

- Healthy Eating, as part of the curriculum
- School meals
- Packed lunches
- Tuck Shop and Snacks
- Breakfast Club, After School Club and any other food provided in school other than school meals
- Extra-curricular activities

## 2. Healthy Eating as part of the Curriculum

Pupils at all key stages will be taught:

- the components of a healthy diet
- the importance of healthy eating both now and in the future
- how to design a balanced menu
- how to weigh and measure ingredients through cooking lessons and activities

The Federation will enlist the help of the school nursing team and other external support to help promote healthy eating habits (e.g. Tesco's Farm to Fork project), where appropriate.

## 3. Lunchtimes

The Federation will provide a clean, sociable and healthy eating environment for pupils having lunch in school. In doing so:

- All children are required to sit at a table in order to eat lunch (except if pupils opt to eat their packed lunch outside in the summer months when the weather permits).
- Children are encouraged to eat all or at least try to eat most of the provided either by the school or in their lunch box. We monitor the amount of food children eat and liaise with parents through the class teacher should there be any concerns about the amount of food being consumed by a child. We encourage parents to communicate with us if they have any concerns or worries about their child eating lunch.
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time e.g. children who have problems eating their lunch, spill or drop their lunch, do not eat their lunch or skip lunch.
- Children are expected to behave whilst eating their lunches and to be polite and helpful.
- If children are unsure of what the meal is, or any food item is, they can ask the catering staff to explain.
- Children should leave the area where they have eaten their lunch in a clean and tidy condition.
- Pupils will be rewarded for good meal time etiquette and good behaviour.

#### **4. School Meals**

The school is part of the North Somerset Contract for the provision of school meals and the Federation works with the contractor to ensure that food served complies with current nutritional standards. All pupils at Yatton Federated Schools will be routinely provided with the option of a hot meal. The catering contractor will be invited to parent Induction Evenings to provide taster menus for parents and menus will be made available in advance to support parents and their children in taking up the option of a hot meal.

We will encourage parents of Infant pupils to take up the offer of a Universal Infant Free School Meal (UIFSM) as well as provide information to all families to ensure that those entitled to Free School Meals (FSM) apply if they meet the eligibility criteria.

#### **5. Packed lunches**

Packed lunches remain an option for all key stages although it is well known that it is much easier to provide a lunch that meets nutritional standards in a hot meal than a packed lunch. If parents choose to send their child in with a packed lunch, they will be encouraged through the prospectus and other school communication to provide a well-balanced and nutritious lunch. When pupils are out of school on an educational visit, pupils will often need to provide a packed lunch. Packed lunches will be available free of charge upon request to all Infant aged pupils and also to those Junior aged pupils entitled to a Free School Meal.

#### **6. Healthy Snacks**

All Infant pupils are provided with a portion of fruit or vegetables daily (usually given at morning break) free of charge as part of the School Fruit & Vegetable Scheme. Junior pupils do not currently have this option, and therefore pupils are allowed to bring in a healthy snack to eat at morning break. A tuck shop is also available offering fruit and healthy snacks daily.

#### **7. Extended Schools Provision**

The School Food Regulations govern all food and drink on offer within the school and apply across the school day, including food served at Breakfast Club and After School Club. Our extended school services use the "*checklist for school food*" to ensure that the school complies with these standards.

#### **8. Drinks**

The importance of keeping children well-hydrated is well known and all pupils are encouraged to bring a water bottle for their use during the school day. Easily accessible fresh drinking water is made available to all students throughout the day and is always available to those children having a school lunch. All Infant pupils under 5 are offered a 300ml carton of semi-skimmed milk daily for free as part of the school milk scheme. Once children have their fifth birthday, parents are given the option to purchase school milk across both schools. The school will provide milk to all pupils entitled to Pupil Premium free of charge.

#### **9. Catering for pupils with special dietary requirements**

The Federation caters for all dietary requirements and allergies that we are made aware of. For pupils with special dietary requirements having a school lunch, parents must complete a diet referral form. The form must be accompanied by a professional dietician or doctor's letter and be returned to Edwards and Ward via the school before the child starts having a school lunch. Registration forms for both Breakfast and After School Clubs have space available for parents to advise staff of dietary requirements.

#### **10. Celebrations, fund-raising and rewards**

Exceptions to the School Food Regulations include food served:

- At parties or celebrations to mark religious or cultural occasions
- At fundraising events
- As very occasional rewards for achievement, good behaviour or effort
- When teaching food preparation or cookery skills

Some parents like to send birthday treats to school to celebrate their child's birthday. All birthdays will be celebrated, but snacks that are high in sugar and fat such as cakes and sweets will not be given out in school. Parents are welcome to provide an alternative birthday treat if they wish, but there is no obligation to do so.