

# Ridgeway Primary Academy



## Food Policy

**2019-22**

## **Academy Food Policy**

This policy has been developed in order to contribute to the academy's vision:

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The policy is underpinned by the core values of the school:

***Responsibility   Respect   Resilience***

This policy should be read in conjunction with the following academy policies:

- Drugs Policy
- Equal Opportunities Policy
- SEN Policy
- Child Protection Policy
- Assessment Policy
- Teaching and Learning Policy
- PSHE

## **Introduction**

Ridgeway Primary Academy is dedicated to providing an 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 and nutrition documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents/carers, pupils, and our school nurse.

The nutritional principles of this policy are based on the School Food Standards and the NHS Eatwell Guide.

his school food policy and healthy eating strategy is co-ordinated by the curriculum leader for PHSE who liases closely with the Catering Manager

## **Aims of the School Food Policy**

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day
3. To ensure that all aspects of food and nutrition at Ridgeway Primary Academy promote the health and well-being of pupils, staff and visitors to the school.

These aims will be addressed through the following areas:

## **Curriculum**

Food and Nutrition is taught within the context of the following primary curriculum areas of learning:

- Understanding Physical Health and Wellbeing
- Scientific and Technological Understanding

## **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. To facilitate this the school maintains strong links with the LA Healthy Schools team, both of whom provide regular updates about current healthy eating and school food guidelines.

## **Visitors in the classroom**

We value the contribution made by the school nurse in supporting class teachers and appreciate the valuable contribution of outside agencies. 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 talk is suitable for the ages of the pupils.

## **Provision of Food and Drink throughout the School Day**

Food-based standards exist covering all aspects of school food. (Full details and the document relating to these are available on the government website )

## **Breakfast**

Ridgeway Primary Academy operates a breakfast club. The club offers healthy breakfast options in line with the School Food Standards.

## **Snacks in School**

EYFS and KS1 pupils receive one piece of free fresh fruit daily. Any additional daily snacks provided by parents for KS1 or KS2 pupils must be fruit, vegetables or a plain biscuit.

## **Lunch in School**

Paid school lunches are available daily, prepared by our catering team, using where possible locally sourced products. The nutritious meals meet the School Food Standards. Free School Meals are provided to those pupils in Key Stage 2 who are entitled to them. All children in Foundation Stage and Key Stage One are entitled to a free school meal. Provision is made for special diets.

## **Packed lunches**

Parents are provided with guidelines about provision of healthy packed lunches. Children are not allowed to bring “fizzy drinks” as part of their school lunch. Nuts or food containing nuts are not allowed in school.

## **Use of Food as a Reward /birthdays**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

There may be occasions where children are offered a treat in school. This may be at the end of term or to celebrate a birthday.

## **Drinking Water**

The School Food Standards recommend that drinking water should be available to all pupils, everyday, and free of charge. The school agrees with this recommendation and provides a free supply of drinking water and will encourage children to drink at frequent intervals throughout the day. Pupils are encouraged to bring their own water bottle to school daily and to replenish it at the water fountains. Water is available for all pupils on the tables at lunchtimes.

## **Special dietary requirements**

The school provides food in accordance with pupils’ religious beliefs and cultural practices as required. The school catering team offer a vegetarian option at lunch everyday.

We recognize that some pupils may require special diets. The school catering team will work with parents to meet their needs.

### **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.

### **Food Environment**

The school has three areas for food preparation:

#### **The School Food Kitchen**

The school food kitchen is situated at the back of the hall. This kitchen is used for the storage, preparation, cooking and serving of school lunches. The catering team also cooks lunches for and serves them at Great Bowden Academy.

#### **The Curriculum Food Kitchen**

A small kitchen area is situated off the main corridor and is used for the teaching of the food related curriculum through cooking with small groups of pupils.

#### **The Staffroom**

A small and limited kitchen area is available in the staffroom for members of staff to prepare simple meals and snacks.

### **Monitoring and Evaluation**

Monitoring and evaluation of the effectiveness of the School Food Policy are carried out by the Performance and Standards Committee and the Curriculum Leader responsible for PHSE.

Policy Agreed: Feb 2019

Date for Review: Feb 2022