



School Food Policy

Status	New Policy
Agreed by Headteacher	May 2023
Review Cycle	Annual
Next Review	May 2024
Lead Staff	Lucy Morris
Chair of Governing Body	Alex Krutnik
Headteacher	Jane Hatwell

INTRODUCTION

At Stone Bay school we understand the importance of healthy eating, oral health and pupil's education.

Named member of staff leading on the Healthy Schools Award: Lucy Morris

SCHOOL FOOD POLICY AIMS

Food and experiences with food are an important part of what we do as a school. At Stone Bay, we aim to eat family style - around a table, all together. The staff will serve the pupils and, as the pupils become more able, they will begin to serve themselves. The staff will support and encourage them to eat and help them learn to assist with clearing up after their meal.

The menu, which is healthy and nutritionally balanced, is decided and occasionally changed by the School Council. All food provided is in line with the School Food Standards and the Eatwell guide.

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

<https://www.gov.uk/government/publications/the-eatwell-guide>

We will of course cater for vegetarians and for religious or medical dietary needs or allergies. We are also very happy to work with you and your child to make sure that they are able to eat the food on offer. We know that some children can have aversions to some foods and be particular with what and how they eat, but we are committed to working with you to help your child enjoy a wider range of foods. We believe eating is more than just 'refuelling' but should be an informal social situation where children and adults work together, share responsibilities, and gain those all important life skills. We are committed to working with you to make snack and lunchtime better for your child, but at Stone Bay, snack and lunch time will always be more to us than just food.

1. FOOD AND DRINK THROUGHOUT THE DAY

The School Food Standards, set out by the Department For Education (2019), are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs.

● Breakfast

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals

Healthy breakfast options:

- We offer a variety of fruit and vegetables everyday to all pupils.
- A selection of cereals which are low sugar, low salt and high fibre alternatives.

- A variety of different breads, including bagels, and toppings including low fat spread and marmite.
- Semi-skimmed milk for drinking, with cereal and low fat yoghurt.

● **Snacks**

At Stone Bay we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/or vegetable per day. Alongside this our school then provides KS1 and above with fresh fruit and/or vegetables daily so each pupil is entitled to fresh fruit and/or vegetables for a snack.

Snacks provided for children and staff are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

● **School lunches**

Food prepared by the school catering department meets the national school food based standards. We ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The school council makes suggestions regularly, ensuring that the meals reflect on the needs of the pupils.

In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

2. FOOD AND DRINK BROUGHT INTO SCHOOL

● **Packed lunches**

Parents are encouraged to provide healthy well balanced packed lunches and have been sent advice on how to ensure they are.

Preparing a balanced child's lunchbox, include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice.

INCLUDE

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat/ fish eggs and non-dairy protein e.g. pulses everyday
- Oily fish at least once every few weeks - Starchy food such as bread, pasta, rice, potatoes
- A dairy product milk, cheese and yoghurt - Water or milk (semi-skimmed or skimmed).

LIMIT
<ul style="list-style-type: none"> • Meat products sausage rolls, pies, sausages etc • Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack • Fruit juice 150mls per day
DO NOT INCLUDE
<ul style="list-style-type: none"> • Salty snacks such as crisps nuts etc • Sweets and chocolate • Sugary soft drinks

- **Drinks**

The School Food Standards states: Water should be the default drink for every child. The more it is offered, the more readily they will accept it. Sugary or sweetened drinks often have no nutritional value, contribute to weight gain, and can cause tooth decay. Free, fresh drinking water is available at all times. Milk is available for children at least once a day in addition to before and after school clubs.

- **School events**

Pupils who have school meals are provided with a nutritious packed lunch if not on the school site for lunch.

- **Birthdays and other special celebrations**

Celebrating children's birthdays with cake or sweets is not encouraged in school. If parents wish to share cake or sweets with their child's classmates, it will be sent home for parent's to give their permission.

3. COOKING AND FOOD EDUCATION IN THE CURRICULUM

At Stone Bay School, our new curriculum (2023) is adapted to meet the needs of all of our pupils with their individual needs.

Cooking and food education falls under the 'My Body/My health and wellbeing' subject. This area of the curriculum is focussed on giving our students the relevant skills to learn about physical well-being and healthy lifestyles. Students will be encouraged to hold a positive attitude towards maintaining a healthy lifestyle and to discover a range of leisure activities to ensure personal fulfilment. Students will be developing an understanding of how to look after and maintain a good physical lifestyle to impact on well-being positively.

In this curriculum area there are four main strands

- self awareness skills
- my body and my choices
- looking after my body
- using and moving my body

Pupils' learning will be embedded into the functional setting of the classroom so that they can have opportunities to practise core skills all day, everyday. With the development of these new skills, pupils will be able to transfer these functional and practical skills into the wider community settings.

Our pupils will be supported to become as independent as possible in order to move on to the next stage in their lives, building successful, safe relationships and recognising their hopes, dreams and aspirations.

- **Extra curricular activities**

We offer clubs that provide continued learning around leading a healthy lifestyle for example a physical sports club, creative club and music club. Pupils who attend after school clubs and extracurricular activities are offered fruit or breadsticks as a snack. Alternatively they can be provided with a snack from home.

4. SPECIAL DIETARY REQUIREMENTS

- Religious and ethnic groups
- Vegetarians and vegans
- Food allergy and intolerance

Stone Bay school is aware of all food allergies/intolerances and other dietary requirements of all the children. We offer a vegetarian and other alternatives at every meal.

5. FOOD SAFETY

Stone Bay has adequate facilities, suitable equipment, all food handlers appropriately trained and all possible hazards are identified.