



## School Food Policy

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| <b>Status</b> | Updated |
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| <b>Agreed by Headteacher</b> | May 2024 |
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| <b>Review Cycle</b> | Annual |
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| <b>Next Review</b> | May 2027 |
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| <b>Lead Staff</b> | Rob Di Spirito |
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| <b>Chair of Governing Body</b> | Alex Krutnik |
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| <b>Headteacher</b> | Jane Hatwell |
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## Vision and Values

Our school vision is to provide an *outstanding, nurturing, learning environment*, where all our pupils can achieve their full potential and progress to lead happy and fulfilling lives.

Our mission is to provide each and every pupil with the best possible education, delivered in an environment that is supportive, caring and safe.

### *“Getting it right for every pupil”*

At Stone Bay we focus on *Evolving Excellence* in all that we do, working towards making our school the best it can be for pupils, staff and families. We are creating lasting *Trust* with all our stakeholders, *Empowering* each other to learn and grow. By adhering to policies and clear processes we ensure *Fairness* and transparency in our decision making and actions, whilst ensuring we are *Collaborating* with others and always looking for ways to help each other to deliver excellence for our pupils.

## Rights Respecting Schools

The Unicef UK Rights Respecting School Award (RRSA) is based on principles of equality, dignity, respect, non-discrimination and participation. The RRSA seeks to put the UN Convention on the Rights of the Child at the heart of a school's ethos and culture to improve well-being and develop every child's talents and abilities to their full potential. A Rights Respecting School is a community where children's rights are learned, taught, practised, respected, protected and promoted.

Stone Bay has been awarded the Silver Award by UNICEF. This is awarded to UK schools that show good progress towards embedding children's rights in the school's policy, practice and ethos, as outlined in the RRSA Strands and Outcomes

## Staff wellbeing

The Leadership Team and the Governing Board of Stone Bay School are committed to promoting positive mental, physical and emotional wellbeing and to providing suitable support for all staff. Taking action to prevent ill health and promote good health makes good educational and business sense, as sickness absence carries high costs both in monetary terms and in terms of the impact upon performance, teaching and learning, morale and productivity, which may disrupt or compromise pupil progress.

All members of staff are entitled to be treated fairly and professionally at all times. The Governing Board of Stone Bay School takes very seriously its duty of care as an employer to all members of staff and a number of policies and procedures have been made in relation to this duty.

## INTRODUCTION

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

Named members of staff leading on the Healthy Schools Award: Lucy Asaw and Robert Dispirito

## **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, snacks, lunches and after school clubs.

#### **● Breakfast**

Breakfast is an important meal and should make up a quarter 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 EYFS and KS1 to one piece of fruit and/or vegetable per day. Alongside this our school then provides KS2 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.

- **Residential Meals and Snacks**

Provision and preparation of food and drinks

All children, including those with special dietary, medical or religious needs, are provided with good quality, nutritionally balanced meals with choice and variety and of sufficient quantity. In line with the National Minimum Standards for Residential Special Schools we offer good quality facilities that are provided for the hygienic preparation, serving and consumption of children's main meals. All food that is cooked for the children is probed to ensure it reaches the correct temperature before serving it. The temperatures are recorded as per food hygiene requirements.

These are situated in the flats and the main school kitchen. Children and young people in the flats are encouraged to help prepare snacks and make choices using their preferred communication systems (which could include PECS, POD or communication books, Makaton or gesture).

In addition to main meals, children have access to drinking water and to food or the means of hygienically preparing food at reasonable times. Schools are sensitive to children's individual needs in this respect. Fruit and water are readily available at all times

Children and young people at Stone Bay have a diagnosis of autism and complex learning and communication needs. They are provided with appropriate assistance to eat, in a manner which promotes dignity and choice. Children are encouraged to complete tasks such as serving their own cereals and making their own drinks but given assistance where required.

Parents sometimes choose to send in home cooked foods for their child, this is stored and reheated according to H&S guidance.

## 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.

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| <b>INCLUDE</b> <ul style="list-style-type: none"><li>● Minimum of 1 portion of fruit and 1 portion of vegetables everyday</li><li>● Meat/ fish eggs and non-dairy protein e.g. pulses everyday</li><li>● Oily fish at least once every few weeks - Starchy food such as bread, pasta, rice, potatoes</li><li>● A dairy product milk, cheese and yoghurt - Water or milk (semi-skimmed or skimmed).</li></ul> |
| <b>LIMIT</b> <ul style="list-style-type: none"><li>● Meat products sausage rolls, pies, sausages etc</li><li>● Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack</li><li>● Fruit juice 150mls per day</li></ul>   |
| <b>DO NOT INCLUDE</b> <ul style="list-style-type: none"><li>● Salty snacks such as crisps, nuts etc</li><li>● Sweets and chocolate</li><li>● Sugary soft drinks</li></ul>  |

### ● 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. Cooled water is freely available throughout the school day to all members of the school community. 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 subjects 'My Body/My health and wellbeing' 'My Thinking/Functional Living' and 'My Creativity/Independent Living Skills'. These areas of the curriculum are focussed on giving our pupils the relevant skills to learn about physical well-being, healthy lifestyles and the skills they need to explore/cook tasty, healthy foods.

Pupils 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. Pupils will be developing an understanding of how to look after and maintain a good physical lifestyle to impact on well-being positively.

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 a healthy snack. Alternatively they can be provided with a snack from home.

### **4. SPECIAL DIETARY REQUIREMENTS**

- Religious and ethnic groups - the school provides food in accordance with pupils' religious beliefs and cultural practices as required.
- Vegetarians and vegans - the school offers a vegetarian and other alternatives at every meal.
- Food allergy and intolerance - Under section 100 of the Children and Families Act 2014, the school has a duty to support pupils at their school with medical conditions. This includes ensuring a pupil with an allergy is able to eat a school lunch.

Stone Bay school is aware of all food allergies/intolerances and other dietary requirements of all its pupils. All catering staff receive allergen training and an allergen information poster is displayed on site. It is the responsibility of staff to inform the school of any allergies they have. Please see our Pupil Allergy Policy for more information.

## 5. 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 safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

Also see the following Policies

Pupil Wellbeing Policy

Pupil Allergy Policy

Stone Bay Curriculum Policy

Health and Safety Policy