

# Wyvern Federation



## Food Policy

**Created by: Amanda Bell**

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Updated on:	Changes made / notes:
September 2017	Meal provider updated to AiP (Alliance in Partnership)

**Wyvern Federation**  
**School's Food Policy**

**Key Contacts:**

Head teacher's details: Christopher Toye (Executive Head teacher)

Food in schools / healthy schools lead details: Amanda Bell

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**Review date**

February 2018

**Consultation**

Consultations with parents and pupils are ongoing in both a formal and informal way. Parents are given an opportunity to provide feedback on school lunchtime meals at least annually and their feedback is passed on to the meal provider, Alliance in Partnership (AiP), for consideration during menu development.

This policy is based on consultations which took place in October 2015 and February 2016

**Introduction and Context for policy**

This policy comes within the overall school policy on PSHCE (Personal, Social and Health Education) working towards the Healthy School Standard. The school has an appointed governor to take a lead around PSHCE on behalf of the governing body.

This policy is available on request for parents and this is made clear in the school prospectus.

**1.0 Aim**

To ensure that pupils at Wyvil Primary School, Aurora House and Vauxhall Primary School are well nourished in school, develop a positive outlook in relation to healthy food and food provision reflects Government led standards.

**2.0 Objectives**

Pupils have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.

1. To recognize and acknowledge the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.
2. To ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
3. To ensure that all members of the school community are able to make informed choices about the importance of food and its production.

4. To promote the school's role, as part of the larger community, to promote family health, and sustainable food and farming practices.
5. To ensure that all menus served in school meet statutory Government nutritional guidelines

### **3.0 Strategies to Achieve Objectives - Healthy Eating in School.**

#### **3.1 Food provided during the school day (Breakfast, mid-morning snack and lunch).**

- Settings which provide breakfast, snacks and lunch will offer a menu which meets the Education Regulations (Nutritional Standards Requirement for school food) (England) 2007.

Working in conjunction with our lunch provider, AiP, the lunch menu will meet the Soil Association's Food for Life Bronze standard for school meals. The Bronze Standard ensures:

- Meals contain no undesirable food additives or hydrogenated fats
- 75% of dishes are freshly prepared
- Meat is from farms which satisfy UK welfare standards
- Eggs are from cage-free hens
- Menus are seasonal
- Training is provided for all catering staff
- No GM ingredients are used
- Free drinking water is prominently available
- No fish are served from the Marine Conservation Society (MCS) 'fish to avoid' list
- Information is on display about food provenance
- All suppliers have been verified to ensure they apply appropriate food safety standards

At breakfast club, pupils have a choice of cereals, toast and fresh fruit. To drink they are provided with milk and water. The sugar and salt content of cereals is monitored and high sugar foods are avoided.

All pupils in the EYFS and KS1 receive a free piece of fruit at break time.

The promotion of Healthy Packed Lunches is to be carried out annually by providing parents with written information on what to include in a healthy, balanced packed lunch according to the Food Standards Agency Guidelines for a Healthy Packed Lunch and School Food Trust Guidelines. Lunchtime supervisors will monitor discretely the contents of pupils' packed lunches and report any concerns to senior staff, who will meet with the parents / carers to further advise / support as required.

Details of children with allergies and dietary requirements are circulated to all lunchtime serving staff and updated as soon as new information is received.

#### **3.2 Water Consumption**

- Plentiful drinking of water has been recognised in improving behaviour and concentration. Pupils are encouraged to bring water bottles in each day and are allowed free access to drinking water in class. Water is provided on the tables at lunchtime.

### **3.3 Rewards**

- Wyvil Primary School, Aurora House and Vauxhall Primary School recognise that pupil achievement(s) should be celebrated and rewarded when appropriate, and that food may play a role in such celebration. Any food given will meet the Government Regulations for School Food. Other forms of reward will also be actively promoted e.g. book tokens, trips, special lunchtime events.
- At Aurora House for some pupils we may occasionally use motivating foods to encourage communication, particularly if they are pre-verbal and have a very limited range of motivators to request in a communication session.

### **3.4 The Dining Environment**

- Wyvil Primary School, Aurora House and Vauxhall Primary School are committed to providing a welcoming eating environment that encourages positive social interaction. This is done by staggering and varying the dining times of each year group so that children of different year groups have an opportunity to eat together. Children who bring packed lunch are encouraged to sit with those who do not and vice versa to avoid any feelings of separation. Senior staff maintain a presence in the dining hall to ensure a calm and positive experience for all pupils. Music is regularly played to create a pleasant atmosphere.
- At Aurora House a number of our pupils have limited diets, due to sensory sensitivities associated with autism, and we the centre employ a Sensory Behavioural Eating Specialist to support these pupils (and their families) to eat a wider variety of foods. This can involve support at lunchtimes, in 1:1 sessions, or small groups. The specialist offers training to parents and staff also.
- At Wyvil and Vauxhall Primary School a number of pupils who have been identified as having additional needs in relation to food (such as reluctance to eat) are monitored daily and eat their lunch in a social group with an adult.

### **3.5 Food in the curriculum**

- Schemes of work will reflect the whole-school emphasis on healthy eating - particular reference will be made in Citizenship, Science and PE.
- All pupils will be given the opportunity to take part in a structured programme that promotes healthy eating these are:
- Embedded in the Science curriculum in both KS1 and KS2
- Promoted at least once each term through assemblies

### **3.6 Pupil Consultation**

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- Young people will be given regular opportunity to be consulted appropriately about their food choices – including school meals and food and drink other than lunch.
- Tasting events and consultation with the students from the school council, and any other nominated pupils, takes place twice a year and feedback is used to inform menu choices.

### **3.7 Partnership with parents and carers and pupils**

- The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Staff at Wyvil, Aurora House and Vauxhall Primary School work very effectively to build a relationship of mutual trust and respect. It is an important part of this policy that this partnership is not compromised by adopting approaches which could be seen as patronising, superior or ignorant of families' situations. Therefore any advice given to parents and carers about how they provide for their children nutritionally needs to be sensitive, collaborative and led by senior staff who are fully aware of any family situations and concerns.
- Parents and carers and pupils must be regularly updated on food policies and guidance. This will be done by written communication and by promotion of this information at parents' evenings.

### **4.0 Monitoring and Evaluation**

This policy is monitored by the governing body and will be reviewed every two years, or before if necessary.

Policy Adopted by Governors on: February 2016

Policy Last Reviewed on: Sept 2017

Policy Due for Review on: February 2018