



Olney Middle School

Whole School Food Policy

May 2015

Agreed by FGB: 15/05/2015
Review by date: 05/2016

The policy is scheduled for review, as per the above date however if there are legal or statutory changes the policy will need to be reviewed

Author: N Norbury/ D Everson
Version: Version 1

Whole School Food Policy

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables 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 whole school food policy.

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

The nutritional principles of this policy are based on current governmental evidence based findings.

Food Policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated by Denise Everson.

Food Policy Aims

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 day.

1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

2. Curriculum

Food and nutrition is taught at an appropriate level throughout Key Stage 2.

This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. In accordance with the core principles of the National Curriculum Key Stage Two, teaching methods adopted in the classroom offer a range of opportunities for participatory learning and include practical cooking lessons during Food Technology.

Leading by example and staff training

All staff 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 staff are kept informed by way of staff meetings, notices within the staffroom and training days.

Visitors in the classroom

This school appreciates the contribution made by parents in supporting class teachers. We believe 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.

Resources

Resources for the teaching of healthy eating have been selected to complement the delivery of the curriculum at all stages within Key Stage 2.

Evaluation of pupils learning

The healthy eating requirements of the National Curriculum are assessed throughout Food Technology and PSHE curriculum.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

3. FOOD AND DRINK PROVISION THROUGHOUT THE DAY

National Nutritional Standards.

The National Nutritional Standards for School covers all food sold or served at Olney Middle School including breakfast, mid-morning break, lunch and after school club.

School Dinners

Food prepared by the in house school catering team meets the National Nutritional Standards for Schools. As a school we encourage pupils to have a school lunch provided by our catering services and free school meals are provided to all those pupils who are entitled to them and will advise on the process for obtaining a free meal.

Healthy options are promoted at all mealtimes.

Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school does not allow the consumption of snacks high in fat and sugar at break time. Children are encouraged to bring in a healthy snack such as fruit to eat at break time.

Drinking Water

The National Nutritional Standards for Healthy School Lunches 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. Children are able to bring bottled water into classrooms to drink as required. There are also water

fountains situated in various areas around the school building for the children to use as and when required.

4. FOOD AND DRINK BROUGHT INTO SCHOOL PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options.

Children are asked not to bring into school any food containing nuts as Olney Middle School is a nut free zone.

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS, VEGETARIANS AND VEGANS

The school caterers provide food in accordance with pupils' religious beliefs and cultural practices.

VEGETARIANS AND VEGANS

A vegetarian option is provided everyday at lunch. When necessary, the school will provide a vegan option.

FOOD ALLERGY AND INTOLERANCE

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. All staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. Children and staff are asked not to bring any food into school that contains nuts.

6. 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. We consult our local Environmental Department about legal requirements.

MONITORING AND EVALUATION

Parents are invited to comment on the review of the healthy eating policy and to contribute to a healthy eating approach where appropriate. The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.

DISABILITY DISCRIMINATION ACT

Olney Middle School are committed to minimising the barriers faced by disabled pupils across the whole curriculum by thinking ahead and removing potential obstacles to learning and achievement.

Staff will make reasonable adjustments to their teaching approaches, classroom routines and homework provision where necessary.

REVIEW

This policy will be reviewed every 2 years according to the School Strategic Plan.

Denise Everson (Catering Manager) Signed _____

Date

Head Teacher and Teaching Staff Signed _____

Date

Endorsed by the Curriculum Governors Signed _____

Date

Olney Middle School School Food POLICY

Date agreed by FGB:15/05/15

Review date: 05/16

Author: Nicola Norbury/ Denise Everson

The most up to date version of this policy is available on the school website. If you are reading a hard copy of this policy please check the version on the school website.