

## Whole School Food Policy

### Introduction

We recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. We support ethical buying, and we use locally grown, environmentally sustainable food wherever possible. We use as much fresh food as possible, with our menus linked to seasonal produce. We work with our catering staff to make as much use as appropriate of organic and natural food products. We also recognise the role the school can play in promoting family health by growing some of our own produce.

### Aims

- To improve the health of children, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure pupils are well nourished at school and adopt healthy eating practices i.e. making a good attempt at first course before pudding, they have access to the prepared food, which is safe, tasty and nutritious.
- To ensure pupils have access to the safe, easily available water supply during the day.
- To ensure that the food provision in the school takes account of the ethical and medical requirements of staff and pupils, see: *Medically Identified Special Diets Policy*.
- To make the provision and consumption of food an enjoyable, sociable and safe experience in an environment where the expectation is that mealtimes are more than an opportunity to sate hunger but more an occasion to share good food and conversation with friends.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.
- To ensure that those responsible for the preparation and handling of food have received training in food hygiene. (Ofsted will be informed if a case of food poisoning should occur that involves two or more children cared for on the premises. Notification will be made as soon as is reasonably practicable, but in any event within days of the incident.)

### Food throughout the day

All foodstuffs' children consume during the day are provided by the school and any celebration foodstuffs children bring to school are first brought to the main office to ensure that ingredients do not compromise the safety of those children with food allergy or medical conditions. (*See Food Allergy & Intolerance Guidelines.*) Seasonal menus following recommendations from the Children's Food Trust for snacks, lunch and tea are prepared each week. They are displayed on the Google classroom and Orchard Forum.

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**Weaning foods** are prepared in the school kitchen and offer children an introduction to solid foods that help to minimise the risk of developing adverse reactions to foods and allergies. Foods are prepared to cultivate a savoury taste that helps to reduce the desire for sweet foods and lessen the risk of childhood obesity.

**Breakfast** is offered at breakfast club at school and nursery children. They can choose cereal, toast, spreads and milk or water to drink. Children help to prepare and clear away. Breakfast is also offered to those teachers, staff and parents who participate in running clubs before school

**Snack** is served to all children in their classrooms and includes nann, pitta bread, cripbread, toast, croissants or plain biscuits in the morning and fresh fruit or vegetables in the afternoon. There is always water or milk to drink. Children have the opportunity to serve one another and help clear away.

**School lunches** are prepared by our kitchen staff and include only good quality fresh foods. Lunch is compulsory and included in our fees. Menus reflect the time of year, ranging from warming soups with homemade bread, and stews to raw foods, fruit and salads. Menus also reflect the festivals celebrated in school, Christmas, Chinese New Year, Hanukah, Diwali, etc. Staff, as part of their terms and conditions of contract, sit and eat a school lunch with children at mealtimes enabling social interaction to take place as well as the norms and conventions of table manners to be imparted and modelled in a relaxed way.

**Tea** is served to all nursery children and to those children in after school club. It is an opportunity for brothers and sisters, cousins and friends to come together for a cooked tea. Food is prepared to reflect seasonal needs and availability. Tea also provides the chance for the children to wind down after a busy day, reflect on what they have done and listen to the activities of others.

**Water** is available throughout the day. Children are given their own water bottle that is kept in their classroom. They are washed out at the end of the school day and sterilised at the end of the week. Children are encouraged to drink freely, and water is provided in jugs at snack, lunch and tea times. Staff are mindful of those times when rehydration should be encouraged and of those children who are reluctant drinkers particularly in their early years.

### **Food in the Curriculum**

- We exploit opportunities within the existing curriculum, to discuss and work with food.
- Staff cook with the children across the age range, and organises the cooking equipment, oven, utensils and aprons.
- We recognise that food has great potential for cross-curricula work in both foundation stage and key stages 1 and 2 e.g. teeth and healthy eating scheme of work.

### **Gardening Club**

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The school is a member of the Royal Horticultural Society and has achieved the highest award for school gardening. The club gives members the experience of being outside, working with soil and therefore an increased awareness of nature and the cycle of growth. Children also work together and are encouraged to develop nurturing skills and engage in physical activity. They experience satisfaction, fulfillment and sometimes disappointment, of an end product after much sustained effort.

The plot is prepared before the winter sets in and the club runs during the latter half of the spring term and throughout the summer term. All members have a tetanus booster and are made aware of the hygiene requirements when working with soil. Suitable kitchen waste is composted and used to enrich the soil before planting takes place. We are extremely lucky to have an experienced gardener, who organises the club with other support.

### **Events**

The school holds many food related events during the school calendar such as harvest, Diwali, Hanukah, Chinese New Year etc. (see long term plan foundation stage). The school has produced a recipe book where favourite foods from school, parents and children appear.

### **Partnership with Parents and Carers**

The partnership of home and school is critical in shaping how children think about food and their health. The school has experienced considerable success in establishing good sustainable eating habits amongst its pupils as a considerable number have progressed through the nursery and into school. Parents continue to be extremely supportive of the principles as set out in this policy.

### **Monitoring and review**

The headteacher reviews this policy every two years, though may review the policy earlier than this if new nutritional guidelines are recommended by the government.

**Signed:**

**Date:** September 2022

Mrs Anne Burton  
Headmistress