Whole School Food Policy

Rationale:
We believe that an active lifestyle and a well balanced diet can enhance the health of children. There are several government policies and initiatives to help improve the diet of children, e.g. The Food in Schools programme, School Fruit and Vegetable Scheme, 5 A DAY, the Healthy Schools Programme. However, we recognise that the nutritional and hydration needs of our pupils vary and may not always fit the government standards. Where this is the case our main priority is to meet the specific needs of the individual child. The Whole School Food Policy enables Southfield Primary School to support the government initiatives and the individual needs of some pupils by developing and maintaining a shared philosophy on all aspects of food and drink. It provides a public statement which demonstrates how Southfield Primary School cares for and makes a positive contribution to the health and welfare of pupils, staff and other stakeholders.

Aim:
To ensure that all aspects of food and nutrition in school promote the health, wellbeing and learning of every member of our whole school community.

Description of school:
Southfield Primary is in the heart of Lewsey Farm and encompasses a range of pupils from a variety of backgrounds. Pupils range from 3-11. A higher than average number of children receive free school meals. School meals are provided by Luton Borough Council.

Food Provision:
Children eat in the Key Stage 2 hall whether they are having packed lunch or school dinners. Children are encouraged to display appropriate table manners and have the opportunity for positive social interactions. The eating environment is accessible to all and is maintained in a welcoming and attractive way. The menu is shared on the weekly diary every Friday for the week ahead allowing children and parents to make informed choices.

School Lunches:
A school rota ensures that all classes have the opportunity to queue first for their hot school dinner. They can select their choice from a wide range of nutritional foods which is displayed by food group so that children can be encouraged to make balanced choices. The Kitchen Staff and Midday Supervisors are made aware of any children with dietary needs and allergies, the menu is designed to cater for these needs. Luton Borough Council take responsibility for ensuring the food served
meets current Food Standards. Midday Supervisors monitor what children are eating and any concerns are reported to the teaching staff, who then share these concerns with parents.

**Packed Lunches:**
Packed lunches, for both pupils and staff, are stored in a healthy way (lunch trolley). Parents are provided with information on what constitutes a healthy packed lunch. We support and encourage parents to provide a healthy packed lunch for their child(ren) in line with the Food Standards Agency Guidelines for school lunches, this includes:

<table>
<thead>
<tr>
<th>Encouraged Foods</th>
<th>Discouraged Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads and Cereals, e.g. thick sliced bread (wholegrain), pitta, bagel, tortilla, pasta, couscous, noodles, rice</td>
<td>Snacks, e.g. crisps, salty crackers or breadsticks</td>
</tr>
<tr>
<td>Fruit and Vegetables, e.g. fresh fruit, salad vegetables, sliced or baby vegetables, fruit salad in juice, dried fruit</td>
<td>Confectionary, e.g. chocolate bars or chocolate spread</td>
</tr>
<tr>
<td>Milk and Dairy, e.g. portion of milk (skimmed or semi-skimmed), cheese, drinking yoghurts, smoothies, yoghurt, cheese dips with vegetable dips</td>
<td>Cakes and biscuits are allowed, but only as part of a balanced diet. Try to encourage, plain or fruit scone, malt loaf, flapjack</td>
</tr>
<tr>
<td>Meat and Fish, e.g. portion of lean meat and fish, ham, chicken, beef, tuna, salmon, mackerel</td>
<td>Processed meat products, e.g. pork pies, sausage rolls, corned beef should be used occasionally</td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
</tr>
<tr>
<td>Hummus</td>
<td></td>
</tr>
<tr>
<td>Beans / Lentils</td>
<td></td>
</tr>
</tbody>
</table>

**Drinks:**
Fresh, palatable, free drinking water is available throughout the day across the school. Drinks that are encouraged are water, fruit juice (with at least 50% fruit juice), vegetable drinks, semi-skimmed or skimmed milk, yoghurt, smoothies. Fizzy or carbonated drinks are not permitted. For safety reasons, glass containers are not permitted in lunch boxes.

**Food provided by the school apart from lunch:**
All food provided by the school complies with Food Standards Agency Guidelines and will be continuously reviewed in line with changes.

**Roles & Responsibilities:**
- Senior Leadership Team – to oversee all aspects of food provision throughout the school, including working with the school caterers, monitoring and evaluating the implementation of the policy.
- Curriculum Leaders (PSHE, D&T, Science) – to ensure the curriculum supports healthy eating, to monitor planning and observe lessons in support of this.
- Teachers and Support Staff – to follow healthy eating guidelines in delivering the curriculum.

To ensure all aspects of the Whole School Food Policy apply as appropriate.
- Speech and Language Therapists – to provide support for pupils with dysphagia to ensure that they are included within the healthy eating agenda.
- Medical Team/trained members of staff – to provide support for all medical aspects of healthy eating ensuring that all pupils with specific dietary requirements are included within the healthy eating agenda. This includes the provision of food supplements, gastro and ng tubes, referrals to clinics and dieticians.

**Monitoring & Evaluation:**
In order to effectively evaluate this policy, we will ask ourselves the following questions in light of any developments and changes in school.
- Are our objectives being met?
- How can we tell?
- Have there been any difficulties? Why have they arisen?
- What have been the successes? What made these possible?
- What do parents and pupils think about our policy?
- Is it having an effect on food and drink choices, educational attainment, attendance or behaviour?
- Has the school council been successful? What has it reported on?
- Are there any local or national initiatives in which the school should join?
- How can the policy be improved?

We will then make sure that we action any developments that need to happen, celebrate our successes and continue to engage relevant stakeholders.

We will continually review and research the school food standards and guidelines in relation to the individual needs of the children at Southfield Primary School.