



TREFONEN C. E SCHOOL

School Food & Nutrition Policy

At Trefonen RESPECT is our core value.

Mutual respect and good behaviour is the expectation of all adults and children at all times.

1. STATEMENT

Trefonen C.E. Primary school is dedicated to providing an environment that promotes healthy eating and healthy lifestyles that enables pupils to make increasing informed choices about the food that they eat as they move through the school. This will be achieved by a whole school approach to food and nutrition documented in this policy. The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds, the National Food Nutrition Standards and the Children's Food Trust Guidelines.

2. AIMS

- To teach pupils the importance of maintaining a healthy, balanced diet
- To teach pupils about the main food groups and how they help our bodies to stay healthy
- To assist pupils to make informed healthy eating choices
- To ensure, as far as is possible, that all pupils eat a healthy, balanced meal at lunch-time
- To ensure that all pupils understand the importance of remaining hydrated throughout the day, and the possible effects if they are not
- To develop pupils understanding and attitudes towards healthy eating, including developing their understanding of a positive self-body image

3. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage in accordance with the requirements of the Foundation Stage Curriculum, the National Curriculum 2014, our school's Personal, Social and Health Education (PSHE) curriculum.

This is addressed through our Science, Food technology, PE and PSHE curriculum, as well as both in class and at lunch time, through pupils' lunch time experience and other incidental opportunities as they arise. Through effective teaching, pupils develop their understanding of healthy eating issues and the appropriate skills and attitudes to assist them in making informed decisions.

Pupils are taught :

- about the importance of a healthy diet
- to recognise the links between healthy diet and physical activity for both their short term and long term wellbeing
- how to develop a healthy lifestyle (including issues such as body image)
- about the different food groups and types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise
- where food comes from, including through practical work with food, such as preparation and cooking
- about different foods, through celebration of a range of religious festivals and cultural events.

Pupils are encouraged to :

- discover new foods

- take increasing responsibility for their own health and well-being

Teachers and lunch-time/catering staff have a key role in influencing pupils' knowledge, skills and attitudes about food, based on healthy eating guidelines.

4. LUNCH TIME

National Nutritional Standards for school Lunches became compulsory in April 2001.

4.1 PROVIDED LUNCHES

Our school's lunches are provided by 'Academy' sent from Woodside School. The nutritionally analysed menu is prepared by Academy and meets the National Nutritional Standards for School Lunches and the Children's Food Trust guidelines. The menu is revised periodically and is available for you to view on our school website <http://www.trefonenschool.co.uk/lunches/> . We will alert you, through the weekly school newsletter of any changes to the set menu.

There are, on occasion, short term menu changes, to recognise or celebrate specific religious, cultural or historical events e.g. Christmas, Bonfire Night, Chinese New Year, Valentine's Day. We will alert you of these changes in advance through our weekly newsletter.

At Trefonen we operate a single option menu for our main meal (with a pre-ordered vegetarian equivalent). This means that all pupils receive the same set lunch plate. This ensures that every pupil receives a meal that meets the National Nutrition Standards. Pupils have the option to choose whether they would like the gravy/ sauce accompaniment to the main meal. Pupils have the option to choose the set pudding or a yogurt/fruit alternative. Individual meals for pupils with special cultural/medical/dietary requirements can be provided, with advance notice (refer to Special Dietary Requirement section below).

Pupils will be encouraged by lunch-time staff to eat a reasonable portion of their meal and to try a little of each food group. We are not able to cater for individual pupils' food preferences outside of the provision of a vegetarian or special dietary required meal.

Parents should check the 2 week rolling menu and, if the lunches are not suitable for their child, provide a packed lunch for the week. If we become aware that a pupil is averse to a particular menu option, we will alert parents, and suggest that they provide a packed lunch for that day.

Pupils are provided with water to drink with their lunch.

4.2 PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that complements the National Nutritional Standards. The school issues guidance to support parents on preparing a healthy packed lunch box (Appendix A). We also recognise parents' right to decide what their child eats. We will encourage pupils to eat a reasonable portion of the items provided in their lunch box. Uneaten items will remain in the lunch box to enable parents to monitor what their child has eaten. If we have any concerns about the contents of a child's lunch box we will contact parents to discuss it.

For educational visits or other events that mean pupils will not be on site at lunch-time, parents may pre-order a packed lunch box, which will be provided by Brooks. On these occasions parents will be provided with a packed lunch order form. These packed lunches are provided free of charge to Reception and Key Stage One pupils.

5. PLAYGROUND SNACKS

At our school we understand that snacks can be an important part of the diet of children and can contribute positively towards a balanced diet.

Fresh fruit is offered to children in Reception and Key Stage One at break-time, following receipt of a parent permission slip.

Milk is offered to children prior to morning break-time, until their fifth birthday, following receipt of a parent permission slip.

Pupils in Key Stage Two are encouraged to bring a piece of fruit or a healthy snack for playtime.

The School Council provide a healthy tuck shop on Fridays at morning break.

6. DRINKS

We encourage all pupils to bring a bottle of water each day. This should be labelled with the pupil's name.

Water is provided for pupils who do not have their own water bottle. Pupils are encouraged to drink from their water bottle during the school day.

Pupils' bottles should only contain water. If a child requires a drink other than water, due to a special medical or dietary reason, this should be discussed with the child's teacher and recorded on an Individual Medical Care Plan.

7. SPECIAL DIETARY REQUIREMENTS

There is a vegetarian option offered every day that is available for order on that day. A vegan option can be provided by pre-order. Other special diets are sometimes required for pupils as a result of a short or long term medical condition or to meet the requirements of religious or ethnic groups. The school can, in conjunction with Brooks, our supplier, provide food in accordance with pupils' special medical/religious/cultural needs or practices.

8. FOOD ALLERGIES AND INTOLERANCE

Individual Care Plans are created for pupils with special medical or other food related needs, including food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School catering staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

9. FOOD SAFETY

All of our catering and lunch-time staff and staff responsible for distributing fruit in Reception and Key Stage One receive certified Food Hygiene training. 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;
- food handlers undergo appropriate food hygiene training;
- suitable equipment and protective clothing are available.

Any food safety hazards are identified and controlled. Local Environmental Health Department recommendations are followed.

10. ANY OTHER RELEVANT INFORMATION

- Food, including sweets, is not used as a reward system in our school
- Permission is sought from parents at the beginning of the year in relation to any school activity that may include pupils' eating or tasting food, e.g. in a food technology or topic related activity.
- Where parents may wish to share food/sweets, for example in celebration of their child's birthday, or returning from a holiday, they may not do that through the school.

11. MONITORING AND EVALUATION

The school Leadership Team and Governors will keep this policy under continuous monitoring and evaluation and update it periodically, in response to any new national recommendations guidelines and school based needs.

Date: April 2023

This policy will be reviewed periodically, as required.