



Leighfield

Leighfield Academy

Food Policy

Adopted by the Governing Body 2nd December 2014

This policy will be fully reviewed 2018, although changes may be necessary before then to comply with legislation.

Aim

Leighfield Academy aims to promote healthy eating through the curriculum and the school ethos in order to promote children's health both now and in their future life. We aim to provide knowledge of what healthy eating means, understanding of why it is important, and the skills to choose a healthy and balanced diet. We also aim to provide opportunities to eat a healthy meal/snack in school.

Co-ordinator

The headteacher is the school food co-ordinator. In addition, the PSHE and science co-ordinators oversee food education in the curriculum.

Food Education.

Opportunities to learn about food are provided through the Science and Design & Technology curriculum and also in the Early Years Foundation Stage as part of the Early Learning Goals. The general delivery of PSHE, as part of the life and ethos of the school underlines the importance of making healthy food choices (e.g. assemblies, lessons) and is part of our working towards the National Healthy School Standard. The healthy eating aspects of the Science National Curriculum are assessed through Science Assessments and through our observations of the choices made by pupils.

Provision of Food in School.

The Lunchtime Environment

Lunches are eaten in the school hall. The room has heating, ventilation and windows. Older and younger year groups are mixed on tables so that older pupils assist younger pupils and demonstrate good behaviour and manners.

School Dinners

Each child has the opportunity to buy a hot school meal if they so choose. Meals are prepared and cooked in our kitchens. There is a three week menu which complies with national nutritional standards. There is always a vegetarian option available and school caterers are made aware of any food allergies and provide an alternative where necessary.

A free meal is provided for key stage one pupils and older children who qualify for free school meals.

Packed Lunches

Children may choose to bring in a packed lunch from home. The school actively encourages healthy packed lunches. Sweets are discouraged. No products containing nuts should be sent in to school E.G. peanut butter, chocolate nut spread and cereal bars containing nuts.

Treats

Parents are requested not to send in sweets to school, except for children's birthdays or if a child is leaving the school. This includes refraining from putting sweets in packed lunches.

All staff are requested not to give out sweets to children at school other than for birthdays.

Morning Break

All children in the Early Years Foundation Stage and Key Stage 1 are offered a piece of fruit free of charge at morning break under the government Fruit for Schools scheme.

Key Stage 2 children are able to purchase fruit on a termly basis or they may bring a piece of fruit or raw vegetables to eat at playtime.

Milk is available free of charge to pupils aged under 5 and to those in receipt of Free School Meals. All other pupils are able to pay for milk on a termly basis.

Water is always available in school. Children bring their own named water bottle, which can be filled at the water coolers. The children are responsible for taking their bottle home regularly for washing. Paper cups are available when needed.

Food Made by Children in School

From time to time children produce food in school at an after school club or as part of the curriculum, e.g. science, design & technology, RE, literacy. This food may include cakes or biscuits and provides an opportunity to discuss the role of these foods in a balanced diet. Parents will be informed of these activities, and the medical register is checked for children with allergies.

Allergies

School Dinners. School meals do not contain nuts. Provision is made for children with other allergies.

Packed Lunches. No items containing nuts should be included.

Epipen training is given to staff and dining supervisors.

Epipens are stored in boxes, in the staff room, which is always accessible . Each box is clearly labelled, with a photograph of the child and contains parental contact details.

Staff Training

Catering staff attend training courses, under the direction of the catering provider, to ensure they are trained adequately regarding current nutritional requirements, food storage and other health and safety requirements.

Teaching staff are kept up to date with changes in curriculum requirements via training courses and staff meetings, when appropriate.

A member of staff is trained in food hygiene.