

SCHOOL FOOD POLICY

BUXTON INFANT SCHOOL

This policy was reviewed by the Governing Board on 18th January 2024

It will be reviewed January 2026

Signed:

Date:

School Food Policy

Aim

At Buxton Infant School we understand the importance of healthy eating, oral health and the pupils' education.

Food Policy Aim(s)

Food and sharing food are an important part of what we do as a school. At Buxton Infant School we arrange the tables so that the children sit in class groups eating together at the same time. We ensure each class of children have their 'own' midday supervisor who assists them in the dinner hall – helping them serve their food, encouraging them to eat, teaching them to use cutlery and helping them learn to assist with clearing up after their meal.

The menu, which is healthy and nutritionally balanced, is provided by Derbyshire County Council. It provides a vegetarian option and can also be adapted for children with medical dietary needs or allergies. We are also very happy to work with parents/carers to make sure children are able to eat the food on offer. We know that some children can be limited in what they will try, but we are committed to working with parents to help children enjoy a wider range of foods.

We believe eating is more than just 'refuelling' but should be an informal social situation where children work together and share responsibilities. As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory from January 2015. These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches and after school clubs.

We aim to improve the children's understanding of the terms such as "balanced diet" and "healthy eating" and increase their knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment. We also aim to increase pupil, parent/carer & staff knowledge and awareness of food issues, including what constitutes an environmentally sustainable diet, and hygienic food preparation and storage methods

For more information, please refer to: <http://www.schoolfoodplan.com>

The Food Policy is Implemented through the:

- School Ethos
- Curriculum
- Break time
- Lunchtime
- Extra-Curricular Activities
- Staff & Visitors
- School Visits & Events
- Community Involvement

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are also encouraged to participate and model healthy eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe & effective learning as well as providing a foundation for good health.

Curriculum

EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms.

PSHE, Geography, Science, Food Technology, RE & Languages may all contribute to the curriculum delivery of food education based on the principles laid out in our objectives.

Curriculum delivery will involve practical food experience delivered by properly trained staff & will be adequately resourced.

It may be appropriate for a wide variety of foods to be prepared and consumed within the curriculum or at a celebration. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met.

Parents/carers sometimes wish to give out birthday food. This will be at the parent's discretion and will be given out at the school gate.

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues.

Break time

At Buxton Infant School we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/or vegetable per day. Pupils are offered fruit to eat and water to drink at break times, which is consumed in the classroom, fruit is not taken into the playground to ensure the health and safety of all children.

Children in Reception have a "rolling snack" of fruit and milk available to them which they can access at a time of their choosing.

Any other snacks provided for children and staff are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

Lunch time

Meals provided by Derbyshire LA exceed national nutritional standards and are guaranteed to be free from nuts. The school meals service will cater for a wide range of dietary needs and allergies on request. Our Kitchen has the highest hygiene rating of 5. In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for

school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

The school understands its duties under Natasha's Law with regards to allergies and food safety.

Extra-Curricular Activities

We offer clubs that provide continued learning around leading a healthy lifestyle for example ECO club, multi-sports club and dance club.

Oral Health

Buxton Infant School supports positive oral health through the provision of information to parents and carers on transition to school. Teeth cleaning also forms part of the PSED Curriculum within managing personal hygiene.

Staff & Visitors

Staff will be encouraged to promote the food policy.

School Visits & Events

Food served at events & offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

Community Involvement

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example, practical healthy lunchbox advice at a parent event or school councils generated healthy snacks list issued by them to parents.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian & for appropriate serving.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate & up to date.

Policy Review

This document is freely available to the entire school community. It is freely available from the school office and the website. This policy will be reviewed every two years.

Adopted by the governing board of Buxton Infant School on **18th January 2024**