



## **Pudsey Waterloo Primary School** **Whole School Food Policy**

### **Introduction**

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food 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; Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH)

### **Food Policy Co-ordinator**

This school food policy and healthy eating strategy is co-ordinated by Mr Dan White.

### **Food Policy Aims**

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes;
- To provide healthy food choices throughout the school day.

These aims will be addressed through the following areas:

#### **1. Equal Opportunities**

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

#### **2. Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage, including science lessons, design and technology lessons and focus weeks.

## **Teaching methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

## **Leading by example and staff training**

Teachers, support staff, caterers and parents have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

## **Visitors in the classroom**

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

## **Resources**

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas.

## **Evaluation of pupils learning – Primary**

The healthy eating aspects of the National Curriculum are assessed through science and design technology teacher assessments in KS1 and KS2. In EYFS, assessments are made through observations and interactions with children linked to the physical development strand.

## **3. Food and Drink Provision Throughout the School Day**

### **Before and After School Club**

The school operates a before school care club with a free breakfast. The breakfast menu includes cereals, toast, fruit, fresh juices, water and milk. Children are able to choose their breakfast and we actively encourage children to exercise healthy eating choices.

A snack is offered at the after school care club which follows Healthy School guidelines and includes food such as: sandwiches, salad, fruit and yoghurt.

## **During the School Day**

In EYFS a snack of fresh fruit and water is available throughout the day. School milk is offered to those families who request it. Anyone who is entitled to free school meals is also eligible for milk free of charge.

Children in KS1 are offered fresh fruit at morning break or can choose to bring their own fresh fruit or vegetable snack. School milk is offered to all children. Anyone who is entitled to free school meals is also eligible for milk free of charge.

Children in KS2 can choose to bring their own fresh fruit or vegetable snack. School milk is offered to all children for a charge. Anyone who is entitled to free school meals is also eligible for milk free of charge.

## **National Nutritional Standards for School Lunches**

School follows all National Nutritional Standards for school lunches. Leeds catering agency are our current providers who provide detailed weekly menus with four choices of main meal for every child who has a school lunch.

## **Use of Food as a Reward**

As a Healthy School we do not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school such as merits, scrabble tiles, stickers etc.

## **Drinking Water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. Children are encouraged to bring their own bottle. It is the parents responsibility to ensure these bottles are washed daily and returned to school.

## **4. Food and Drink Brought Into School**

### **Packed Lunches**

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with healthy packed lunches that complement these standards. Advice is provided on the newsletter periodically which gives information about recommendations for healthy packed lunches, for example sandwich, fruit, yoghurt, fresh juice or water. Confectionary, fizzy drinks and peanut products are not allowed.

## **5. Special Dietary Requirements**

### **Special Diets**

#### **Vegetarians and Vegans**

School caterers offer vegetarian and vegan options at lunch every day.

## **Food Allergy and Intolerance**

Individual care plans are created for pupils with severe food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

School caterers are made aware of any other food allergies/food intolerance. Requests for special diets are made via the school to the caterers who will seek expert advice and provide guidance and menus as appropriate.

## **6. Food Safety**

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; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. The Environmental Health Department will provide advice and guidance as appropriate.

## **7. The Food and Eating Environment**

We encourage good eating habits and self-help skills in the school dining rooms and classrooms and during before and after school care clubs. We encourage parents to support their child to use a knife and fork correctly and choose a variety of foods. Menus are available on the school website and are displayed in the external school notice boards to support parents with this.

**This Whole School Food Policy was adopted by Pudsey Waterloo Primary School on 30/11/2020**

Chair of Governors – Caley Smith		
<b>Signature:</b>		
<b>Frequency of review:</b>	2 years	
<b>To be reviewed and approved by:</b>	PWPS Full Board	
<b>Date of next review:</b>	October 2024	

**REVIEW RECORD**

Date of review	Reason for review	Date of next review
10/10/2022	Agreed review schedule.	October 2024

<b>Name:</b>		<b>Signature:</b>	
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on behalf of PWPS Full Board

Date of review	Reason for review	Date of next review
01/07/2024	Agreed review schedule.	October 2026

<b>Name:</b>			
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on behalf of PWPS Full Board

Date of review	Reason for review	Date of next review

<b>Name:</b>		<b>Signature:</b>	
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on behalf of PWPS Full Board

