



Whole School Food Policy

Signed by:	
Head Teacher	Sarah Bitcon
Chair of Governors	Mrs Suzanne Clarke
Date Adopted	October 2007
Date of Review	Spring Term 2024
Date of Next Review	Spring Term 2026

Statement of Intent

At Orchard Primary School we know that what pupils eat and drink at school is important. We aim to teach pupils about food and nutrition through the curriculum and reflect these principles in the school's food menu.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also acknowledge that we can play an important role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.
- To encourage all children to take part in the '5-A-DAY' campaign.

Snack

At break-time children are only permitted to bring in **fruit** or **vegetables** as a snack from Monday to Thursday. On Friday children are able to bring in a snack of their choice but are encouraged to make a healthy choice. All Foundation Stage and KS1 children are able to have piece of free fruit or mini vegetable through the 'free fruit' campaign. Fruit and vegetables are cut up into small pieces to encourage the less enthusiastic children.

School Lunches and Packed Lunches

The school is committed to providing pupils with a healthy balanced diet, in line with the School Food Plan's "School Food Standards": A practical guide for schools, their cooks and caterers.

Our lunchtime school meals are currently provided by Pershore High School which has a healthy-food policy and complies with current nutritional standards. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a meat and vegetarian option, as well as a cold packed lunch option, all of which pay regard to nutritional balance and healthy options.

Many children bring a packed lunch to school. Parents and carers are asked to provide a healthy packed lunch; we do not allow fizzy drinks, sweets or chocolate bars (although we do allow chocolate covered biscuits at present).

Water for All

Cooled water is freely available throughout the school day to all members of the school community. Every child is asked to bring in a named water bottle to use during the school day; children may drink their water at any time except during the 15-minute assembly and whilst using IT equipment. Regular water and "brain" breaks are built into the school day by class teachers. Foundation Stage and KS1 children are also reminded to drink water at their snack time.

Milk

Parents are able to order milk for their child/ren on a half-termly basis. Children under the age of 5 and those entitled to Free School Meals are not required to pay for this.

Breakfast and After School Club

Meals and snacks offered as part of our Breakfast and After School Clubs abide by the guidelines set out by the Children's Food Trust (www.childrensfoodtrust.org.uk). Our selection of food aims to offer a healthy balance.

Food across the Curriculum

In Foundation Stage, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food:

- Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about the 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.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.
- Food Technology as part of DT provides the opportunity to learn about where food comes from and to apply healthy-eating messages through practical work with food, including preparation and cooking.

- PSHE encourages young people to take responsibility for their own health and well-being, teaching them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have across the world on people who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.
- Out-of-hours learning includes cookery and gardening clubs from time to time.

Vending Machines/Tuck Shop

We do not use vending machines in our school. Occasionally we operate a Tuck Shop run by the children; the Food Policy will be applied to all items sold.

Partnership with Parents and Carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed-lunch policies through school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out-of-school events, e.g. school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

Roles and Responsibilities

The [Governing Body](#) is responsible for:

- The provision of food for the school – ensuring pupils entitled to FSM and pupils who have requested school meals receive them.
- Ensuring the agreed food provision adheres to the food standards.
- Monitoring the school policy to ensure it is upheld.

The [Head Teacher](#) is responsible for:

- Organising food hygiene for all staff involved in food handling and preparation.
- Ensuring any external catering companies have an up-to-date food hygiene certificate.
- Creating a whole-school healthy eating strategy.
- Completing relevant risk assessments.

The [Breakfast and After School Club Manager](#) is responsible for:

- Checking the temperatures of food storage areas at the start and end of each day to ensure they are running at the correct temperature and documenting these in the food hygiene record.
- Ensuring there are sufficient numbers of colour-coded chopping boards for food preparation.
- Rotating stock to ensure food with a shorter shelf life is used and consumed before food with a longer shelf life.
- Withdrawing stock that has gone past its use by date or is not safe to eat, eg batches of food being reported as holding unsafe levels of harmful bacteria.
- Ensuring a cleaning schedule is maintained and reviewed on a regular basis.
- Ensuring the food served to pupils is nutritious and provides them with a healthy balanced diet in line with the school's healthy eating strategy.

The [contracted school caterer](#) (currently Pershore High School) is responsible for:

- Ensuring the quality of the food offered and compliance with current nutritional standards guidance as part of our contract with the caterer.
- Ensuring their working area is cleaned to the highest standards.

Food and Drink Safety

- Food will only be consumed in the school hall, on the playground and in classrooms with teachers' permission.
- Pupils will be instructed not to run when they are eating.
- Drinking water will be available from the water cooler and pupils will be permitted to refill water bottles throughout the day.
- If members of staff are drinking hot drinks, they will keep them out of pupils' reach. If hot drinks are taken out of the staffroom, lidded cups must be used. Glasses are not permitted in the classrooms or on the playground.
- Electrical equipment, such as kettles and toasters, will not be kept in classrooms, except in food technology lessons.

- Pupils will not have access to the kitchen without supervision from a member of staff.
- If pupils are in a food technology lesson (or similar), they will be supervised by a member of staff and the staff member will demonstrate how to use the equipment.

Monitoring and Review

This policy will be reviewed every two years by the Head Teacher and Governing Body, or in light of any changes to relevant legislation.

Links to other Policies

- Breakfast and After School Club Policy
- Curriculum Policy
- Nutritional Standards