



*Placing children's rights at the heart of all we undertake.*  
respect integrity humility equality care towards all



*Learning at the heart, igniting possibility!*

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## Dosthill Primary Academy

# Food Policy

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Reviewed by: C. Blewitt  
Approved by: DPA Governing Body  
Next review due: March 2020

Date: March 4<sup>th</sup> 2019  
Date: March 26<sup>th</sup> 2019

## Aims and values

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Our core moral purpose is encapsulated in the vision statement for the school: Growing Ambitions, Building Futures. Our focus is on learning not just within and across subject areas but also the personal development of all learners who attend our school. We strive to inspire all learners to go beyond what they consider possible for themselves, to experience and try new things and to realise all aspects of their potential. There are no glass ceilings put on any of our learners; we wish to ignite a passion for learning and for life that will remain with them as they move on to their next phase of the learning journey elsewhere.

## What are the aims of this Policy

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff, and visitors to our school.
- To integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities

## Our values to inform this policy

- To ensure we give a consistent message 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

## Water for all

- All children are encouraged to bring water bottles to school daily
- Filtered water is freely available throughout the school day to all members of the school community
- Children may drink water throughout the school day except in assembly
- FS and KS1 children are reminded to drink water at break times, especially during the summer months

## Rights Respecting School

### Article 24

You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

### Article 27

You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

Children are taught about their right to have water and eat healthy foods within the curriculum. This is supported throughout the day (snack time, lunchtime) and promoted in the Let's Get Cooking club.

## Food throughout the school day

## Breakfast/Breakfast Club

- Children are encouraged to recognise the importance of eating a balanced breakfast and realize that it is hard to concentrate on learning and maintain energy levels without it
- We have a well-established well-attended breakfast club, which is run by Staffordshire County Catering

Services. All food is within government guidelines

- Breakfast Club begins at 8.30am and we encourage parents, staff and others to join
- Breakfast Club is supervised by an experienced Supervisory Assistant who encourages the children to make healthy choices when purchasing their breakfast

## Break Time

- Children in KS1 benefit from the National Fruit Scheme- this entitles them to one free piece of fruit or vegetable per day
- Children from EYFS to Y4 can also purchase toast, pancakes or crumpets as a mid-morning snack.
- There is a Healthy Tuck shop for Year 5/6 children during morning break. We have sourced a supplier of healthy drinks and snacks which are 'school compliant'. The Tuck Shop is run by a group of Year 6 pupils and overseen by the kitchen team.
- We aim to reach a stage where children make informed healthy choice drinks at break times.

## School Lunches Packed Lunches

- All our school meals are provided by Fierté Catering team .
- Where possible this includes the use of fresh fruit and vegetables each day as a choice for the children
- They provide a hot meal options, all of which pay regard to nutritional balance and healthy options.
- Menus are sent home/displayed in school/ so parents can discuss food choices with their children
- Kitchen staff/dinner staff encourage children to make nutritionally balanced food choices
- We aim to support parents in making healthy choices when preparing packed lunches
- We will provide storage trolleys for sandwich boxes but as fridge space is not available in school we advise children to bring food in insulated bags with freezer blocks to keep food fresh (particularly in summer term)
- Children eating packed lunches will be able to sit and eat their lunch with hot dinner children
- Sandwich children are encouraged to have a healthy drink included in their lunch, if not fresh filtered water is provided in school but all children will need to have a suitable water container from home.
- We aim to encourage children to have at least one portion of
  - fruit or vegetables,
  - meat or fish or other non dairy protein e.g. peanut butter or hummus
  - a starchy food e.g. bread, pasta, rice
  - dairy food e.g. milk, cheese, yoghurt, fromage frais
  - oily fish to be included at least once a month
  - and water or fruit juice or milk or yogurt drinks or smoothies to drink
- We aim to reach a stage when children have a very reduced number of chocolate bars/chocolate coated biscuits and sweets in their lunch box and processed meat e.g. sausages, sausage rolls etc should be included only occasionally
- We positively discourage high fat crisps/snacks to be included in lunch boxes
- We positively discourage children from swapping food items due to the increasing number of children with specific dietary requirements

## After School Activities/Sports Activities

### Discos

- With the support of the PTA, who organize these events, we will provide filtered water to drink at all Year Group discos. The PTA provide a 'school compliant' snack for Reception and KS1/KS2 Discos. The PTA serve only food items and flavoured water.

## Sports Day

- Children are encouraged to bring a bottle of still water to drink during this event.

### School Sports Teams

- When children are competing in school teams they are encouraged to drink plenty of fluids to make sure they remain sufficiently hydrated.
- Snacks are also encouraged but may be of higher sugar content to help keep sugar levels at safe levels during/after vigorous exercise.

## Role of the Governors

Governors will monitor and check that the school food policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

### **Role of the Head teacher and Healthy school's coordinator**

The Head teacher and Science/Curriculum leaders within school are responsible for supporting colleagues in the delivery of the food policy

### **Role of Subject leaders**

Subject team leaders are responsible for curriculum development of the food policy.

Please see the long-term curriculum plan for opportunities where food and nutrition are explored by learners including within Design and Technology, Science, Personal development and wellbeing, and Religious Education.

### **Role of staff**

- Responsibility to ensure appropriate delivery of 'food related learning' in line with appropriate curriculum policy and food policy.

### **Role of parents**

- To encourage learners to make 'healthy choices' with food they consume during the school day.

### **Monitoring, review and dissemination**

- Linda Smith (Head of Fierté Catering) will monitor food they provide during breakfast club/school lunches and ensure they are within government guidelines
- Reviews will take place formally and informally to include all stakeholders – feedback will be provided to the Head teacher and Governing Body
- The policy will be reviewed annually.

We have carefully considered and analysed the impact of this policy on equality and the possible implications for pupils with protected characteristics, as part of our commitment to meet the Public Sector Equality Duty requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations.

### **Dissemination and review**

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The latest copy of the Policy is stored on 'Teams' for staff to access. It is shared with parents and carers via the school website.

The Policy will be reviewed annually (*Spring Term*) in line with the Governing Body Annual Planner.

