Orchard Lea Federation Food Policy

Date agreed: June 2023
Date for renewal: June 2026

Rationale:
The Federationl recognises the important connection between healthy eating, a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health. The school recognises that sharing food is a fundamental experience for all people, a primary way to nurture and celebrate our cultural diversity and an excellent medium through which to develop social skills.

Aim:
To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the Federation.

Objectives:

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To provide an opportunity for pupils to prepare and cook healthy food options.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
- To introduce and promote practices within the schools to reinforce these aims, and to remove or discourage practices that do not support them.
- To monitor menus and food choices to inform policy development and provision.

These objectives will be met by:

• Food issues being taught through discrete/cross-curricular subjects i.e. Science, P.H.S.E & food technology.
• Annual intercultural events and theme days. For example, Chinese New Year.
• Teaching of food safety and hygiene.
• Regular liaison with School Health and HC3S representatives and their inclusion at Parents/Carers/ pupil events.
• Pupil and Staff conferencing.
• Talks by outside agencies.
• Consultation re pupil involvement in the Fruit and Vegetable Scheme.
• Promotion of healthy lunch box options.
• Agenda items at Governor Meetings.

In order to achieve our aims and objectives we believe that it is necessary for the Federation to actively promote healthier food choices during the day by:

- Ensuring that all pupils have a healthy snack option at break times (see below for preferred choices)
- Ensuring that lunchtimes have a high focus on healthy meal and packed lunch choices.
- Participating in the Fruit and Vegetable scheme (Infant school).
- Participating in the, 'Eat them to defeat them' scheme.
- Providing a specified dining area promoting healthy options and a safe, comfortable place to eat.
- Providing healthy choices at all school events.
- Ensuring that water is provided freely throughout the school day together with provision of a water bottle for each child by the PTA on entry into YR.
- Enabling access to TJ's at Orchard Lea Junior School, where healthy choices are always available for pupils attending wrap around care.

Infant School preferred snack choices	Junior School preferred snack choices
During years R to 2, pupils will be provided with free fruit each day. Pupils may bring in their own pots of fruit. Parents can donate fruit to be shared with the class such as a melon cut into chunks.	Fruit/vegetables Pupils may visit the tuck shop where we will provide fruit juice, bread or milk.

Lunches

All pupils in the Infant school are entitled to a free hot school meal. We encourage pupils to take up this offer as it provides a healthy meal, opportunities to eat socially with friends and also the development of using cutlery and table manners. In the Junior school, pupils have access to the same menu which parents will pay for unless in receipt of free school meals.

Pupils across both sites are able to bring in their own packed lunches from home. These should be separate from the snack provided for break times. We encourage pupils to bring in healthy, balanced lunches.

To support parents with providing packed lunches, some items we would **prefer not** to see in a lunchbox are:

- Chocolate bars, sweets or lollipops
- Sausage rolls/pies or pasty
- Fruit juice/fizzy drinks/squash or milkshakes
- Biscuits/ cakes or chocolate biscuits

Keeping hydrated

We recognise the importance of keeping hydrated during the school day. All pupils will be provided with a free water bottled on entry into YR to support with this. Pupils will need to come to school with a clean, labelled water bottle each day. Pupils will be able to refill the bottled during the day. **Please do not provide any other alternative to water.**

Dietary requirements

We will be able to discuss your child's dietary requirements on entry into school and we ask parents to inform the schools immediately if a child's requirement changes for any reason.
Both schools operate a strict 'no nuts' policy and we ask that parents do not send pupils into school with any food containing nuts. The school will ensure that in the event of any events/lessons that involve sharing or tasting food, parents will always be informed and the school will work with families to ensure that pupils are kept safe.

Health and safety

In addition to the 'no nuts' policy, we ask that pupils do not share food with their friends. We recommend that items such as grapes are cut into smaller pieces to aid swallowing.

Staff are not able to give out treats brought in by pupils on their birthdays.

Special Events

Throughout the year the Federation may wish to raise funds for the school through fayres, discos or sales. On these occasions, we may consider that we will sell food items that we may otherwise label 'unhealthy' such as cakes, popcorn or biscuits. These events will be outside of the normal school day and considered a special treat/event.

Clubs outside of normal school hours

Clubs such as breakfast clubs will ensure that healthy food choices are given to pupils at all times.

Complaints

Should you wish to raise a concern regarding the food/drink in school then please contact the Class Teacher in the first instance. Should your concern not be resolved then you can contact a Senior Leader or find a copy of the complaints policy on our website.