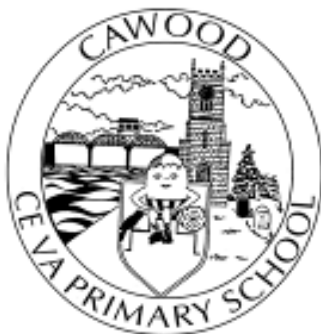


# CAWOOD CHURCH OF ENGLAND (VA) PRIMARY SCHOOL



## Food Policy

Document Status			
Date of next review	March 2025	Responsibility	Teaching and Learning Committee
Date of Policy Creation	December 2024		
Date of Policy Adoption by Governing Body		Responsibility	Chair of Teaching and Learning Committee
Revised 2021		Signed	
Method of Communication			
Website, Server			

### Mission Statement

Christian values, *Perseverance, Friendship, Thankfulness and Wisdom*, **(PFTW)** are central to the ethos of our school and we aim to provide a curriculum that is fun, creative, enriched and challenging.

We encourage all members of our school community to develop the skills and confidence to reach their full potential in every aspect of life. We strive to provide high standards of teaching and excellent learning opportunities in a safe, friendly and supportive environment.

We believe that a strong partnership between school, home, parish and community is essential to our children's development.

At Cawood – **Stepping Forward Together!**

### Rationale:

Cawood is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. Through effective leadership, the school ethos and the curriculum, we strive to create an environment which supports a healthy lifestyle.

Our school actively supports healthy eating and drinking throughout the school day, ensuring that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.

## **Aims:**

- To ensure that we give consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To take into account any special dietary requirements, e.g. allergies, religious observances
- 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
- To give all children the opportunity to eat fresh fruit everyday
- To ensure all members of the school community have easy access to free, clean and palatable drinking water
- To have a planned curriculum that ensures information relating to food and nutrition in different lesson areas is consistent and provides opportunities to learn about different food types in the context of a balanced diet
- To provide opportunities to enable pupils to learn about how to grow fresh fruit and vegetables
- To ensure a school lunch service that meets or exceeds current Government standards
- To promote a welcoming eating environment that encourages the positive social interaction of pupils and that promotes healthy eating
- To encourage healthy snacks and lunchtime food brought from home
- To ensure that we are giving consistent messages about food and health

## **Guidelines:**

1. A whole school approach to food and nutrition education is taught using a variety of teaching and learning strategies, usually through planned science, PSHE and design and technology work or within themed activity weeks such as our health and wellbeing week, but also within other subject areas such as geography or religious education.
2. All children are given equal access to food and nutrition education.
3. Parental permission and information about special dietary requirements is sought before undertaking any tasting of food. The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies. Pupil's food allergies are made clear to all members of staff through registers, in the kitchen and staffroom. We are a nut free school.
4. The children in school are given opportunities to take part in cooking activities. Each class also has their own school vegetable patch. Classes take responsibility to prepare and grow food, therefore enabling the children to learn more about where food comes from and how to prepare and cook healthy meals.
5. Healthy food choices are actively promoted through display and discussion. The Eatwell model is used throughout the school as a model of understanding a balanced diet.
6. The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.
7. We take every opportunity to work with partners in our local community to further children's knowledge of food production e.g. Stockbridge Technology Centre, local farms and farmers' markets.
8. Children are actively consulted about food provision and eating arrangements through pupil voice and their views are central to our provision.
9. Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. A link to the change4life packed lunch box is sent to parents/carers to provide them

with information to support healthy lunch box choices. ([www.nhs.uk/change4life/recipes/healthier-lunchboxes](http://www.nhs.uk/change4life/recipes/healthier-lunchboxes)) Children are encouraged to eat healthily by all staff. Allowances are always made in exceptional circumstances for e.g children requiring energy-sense foods for medical purposes.

10. The school understands that healthy snacks can be an important part of the diet of young people. The school is participating in the School Fruit & Vegetable Scheme, and provides all children in foundation and key stage 1 with a free piece of fruit or vegetable each school day. KS2 children are invited to bring in a healthy snack. This snack should be fruit or vegetables to promote good learning during the rest of the day. Parents are informed of this by letter. Pupils are allowed to bring in their own after-school snacks (fruit or vegetables) if attending after school clubs.

11. Drinking water is available to all pupils, every day, and free of charge. All children are encouraged to bring a named water bottle to school daily. Water bottles are placed in an accessible location so that children can have access to them throughout the day. The water bottles should only contain water and no juices. Children also have access to water fountains in some classrooms and/or cups in classes for children without bottles.

12. We promote the governments free milk scheme for under 5s and offer subsidised milk to all children. We use the supplier 'cool milk' as we recognise that milk is an important part in the child's daily diet.

13. During School trips a packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

14. This policy is reviewed regularly and particularly if/when there are changes to Government legislation.

15. We comply with the Government standards for all school food other than school meals sold on the premises

16. School meals: Menus for school lunches comply with The Requirements for School Food Regulations 2014 England. We contract out our meals provision to North Yorkshire County Caterers (part of Children and Young Peoples' Service). Please click on the link to read about these high standard north yorkshire food policy

## References

This policy was compiled with reference to:

School food guidance practical guide

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

Appendix 1 – We follow the North Yorkshire Healthy school's guidance.  
Please follow the link for details.