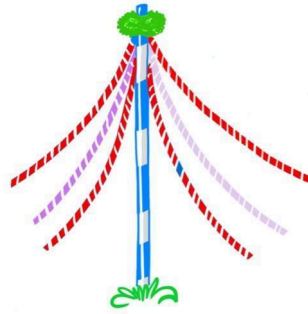


# Maypole School



## FOOD POLICY

**2024-2025**

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Authorised by:	Adrienne Cherrywood	05 Sep 22
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# 1. Introduction and Aims

## Introduction

Maypole School recognises the important part that a healthy diet plays in a child's well being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

## Aims of this Policy

The aims of this Policy are:

- To provide an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat.
- 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
- To review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- Ensure water is freely available throughout the day and drinks provided by the school are sugar free & healthy options.
- To encourage pupils to eat more fresh fruit and vegetables.
- To ensure all staff with responsibility for the formal food curriculum and for serving food have relevant basic food hygiene training.
- To ensure that all catering staff are equipped with appropriate skills and knowledge to successfully implement the Government's National Criteria

# 2. Food Standards and School Meals

## School Food standards

The school food standards state that schools must provide:

- high-quality meat, poultry or oily fish;
- fruit and vegetables;
- bread, other cereals and potatoes.

The regulations state that we cannot provide:

- drinks with added sugar, crisps, chocolate or sweets in school meals;
- more than 2 portions of deep-fried, battered or breaded food a week.

## **Breakfast**

Some pupils travel quite a distance to get to school and journeys can take up to an hour. It is important that pupils do not spend their first hours in school feeling hungry. When pupils arrive in the morning, they are all therefore given the option of breakfast.

They will be offered a choice of a healthy cereal, fruit, yoghurt or wholemeal toast and butter with either water, fruit juice or sugar free squash.

## **Lunch**

Pupils will be provided with a hot lunch each day, or a sandwich option if preferred. Some pupils may prefer to bring their own packed lunch in. However packed lunches must not contain fizzy or sugary drinks, energy drinks or chocolate snacks or sweets.

# **3. Implementation**

## **Food and Nutrition Curriculum – the Eatwell Guide**

Food and nutrition is taught at an appropriate level throughout each Key Stage, in Design and Technology / Food Tech, Science and PSHE lessons. The Eatwell Guide (see Appendix 1) is used throughout the School as a model to aid the understanding of a balanced diet.

## **Special Dietary Requirements**

The school will endeavour wherever possible to accommodate pupils' and staffs' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

## **Maypole School is a **nut free** school**

Maypole School will inform all staff, pupils, parents/carers and visitors that the school is nut free and no one should bring any items of food into the school that may contain nuts.

## **Use of Food as Rewards**

The school does not support the use of food or sweets as a reward for good behaviour or achievement. Other methods of positive reinforcement are to be used instead, in accordance with our Behaviour Policy, including reward points, certificates etc.

## **Requirement for Staff to support this Policy**

The school expects staff to contribute to and support this Food Policy at all times, both when in the School and during off-site activities out in the community. Staff and visitors will be expected to model good practice behaviour around food and drink, and to observe this Policy themselves, when in the company of pupils. For example, staff may not drink or buy fizzy or energy drinks when they are with the pupils.

## **Requirement for Staff to sit and eat with Pupils**

Staff are welcome to have breakfast at school with pupils, and are encouraged to sit and eat with them. Staff are also expected to sit and eat with the pupils at lunch time. This is a positive learning opportunity for Maypole School pupils, which we want to make a shared, enjoyable experience. Staff can have breakfast and lunch that is provided by the school at no cost to themselves.

## **Training for Staff**

All staff teaching Food Technology, and those who work in the kitchen and / or support with the preparation of breakfast and lunch, are to attain a recognised Level 2 award in Food Safety and to update this every three years.

### **Exceptions to this Policy**

For some fund raising activities organised by the School, the occasional exception may be made to the general guidance above.

### **Awareness of the difficulties Pupils may have regarding food**

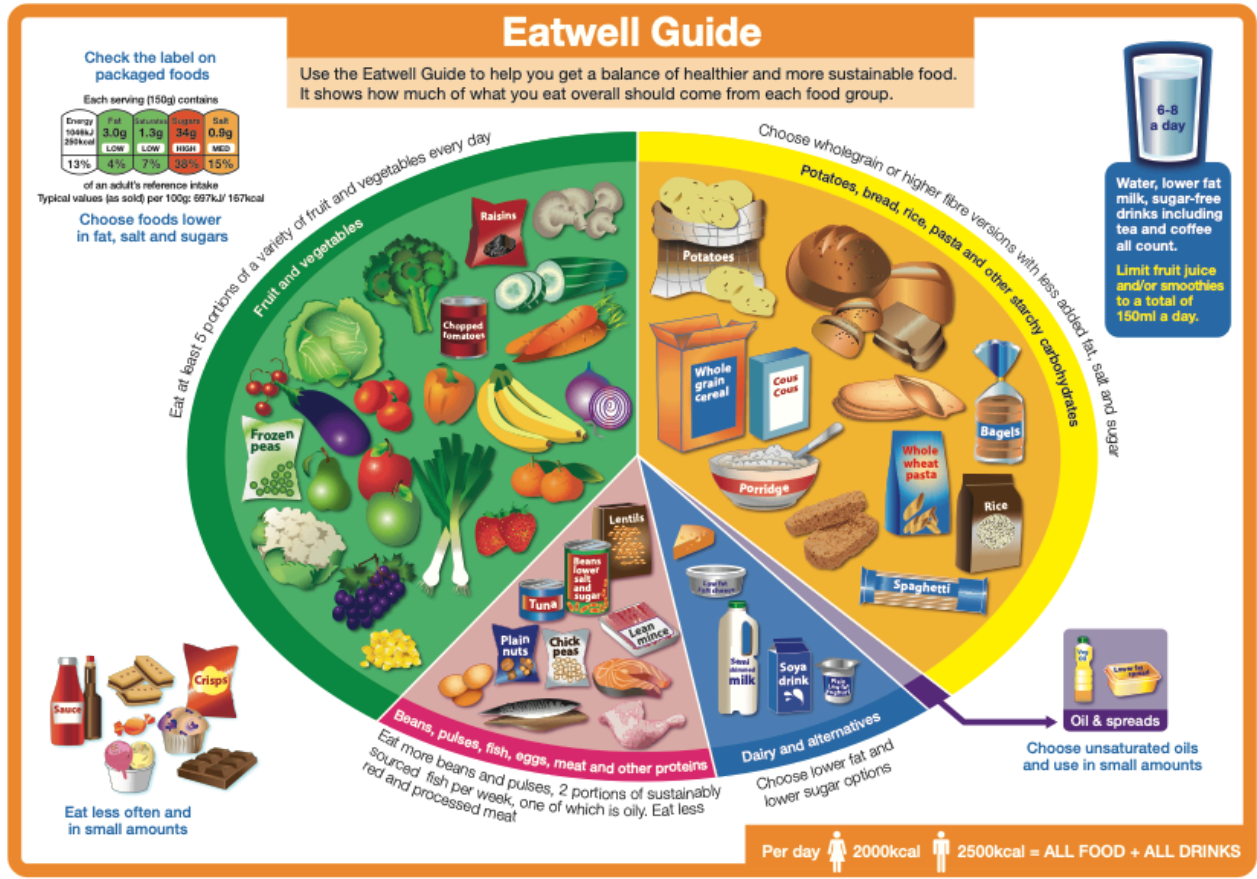
Maypole School understands and acknowledges that some of our pupils find food and eating a challenging experience, and that it is sometimes hard to change longstanding unhealthy eating choices and habits.

In addition, Staff must be aware that due to their complex needs, some pupils:

- may not like their food prepared or touched by other people;
- may not like certain colours or textures;
- may not like trying new foods;
- may not like different foods touching on their plate;
- may not like eating with others.

We must respect the choices and preferences that our pupils make, and ensure that we do not diminish the pupil by making negative comments about their eating habits. Modelling and sharing, and having a happy meal time together with healthy discussions about food and diet, will provide the most effective learning opportunities.

# Appendix 1.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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