



Shawlands Primary School Policy

**School Food Policy
REVIEWED EVERY 3 YEARS**

Reviewed SUMMER 2023

Approved by the Governing Body on:

Signed.....

Responsibilities

The School recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The School also recognizes the role a school can play, as part of the larger community, to promote family health and sustainable food.

Aims

- 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 a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- 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 an easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To ensure that all packed lunches brought from home and consumed in school (or on school visits) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.
- To encourage a happier and healthier population of children and young people.

Methods

- Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.
- Discuss any concerns about school lunches or packed lunch contents with parents at the soonest opportunity to suggest healthier options without challenging parental rights.

School Dinners

- All children have 3 hot food options each day. Menus are distributed to all families and are on the school website. Children choose their dinner online either in advance or during registration.
- The options are all healthy and nutritious and link to national standards. They include a hot traditional meal, a vegetarian option or a jacket potato with various fillings.

Food and Drink in Packed Lunches

- The school provides facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school works with the pupils to provide attractive, clean and appropriate dining room arrangements
- SMSA staff monitor what children eat and what they bring to school whilst children are eating
- The school works with parents to ensure that packed lunches abide by appropriate

standards

- Ideally each packed lunch needs to contain a sandwich, prepared fruit or vegetables, item of dairy and one small sweet snack.
- Fruit flavoured drinks or fruit juice are not recommended as the sugars are on the child's teeth all afternoon. Water is encouraged as the drink of choice for all children.

Assessment, Evaluation and Reviewing

- We work with groups of schools and external services to review our food provision and communicate any changes with parents
- Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisors and advice offered

Pupils requiring special diets are catered for. Our catering staff meet with parents to arrange special provision. We would suggest that any parents thinking of joining Shawlands or starting with us in EYFS meet with us at the soonest opportunity to discuss any specific dietary requirements.

Involvement of Parents and Carers

Most pupils eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches which follow the school food policy.

Dissemination of the Policy:

The school keeps all parents/carers informed of latest developments and advice via the school's weekly newsletter.

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