



Holly Hill  
Church School

## Whole School Food Policy - 2024

As a Christian school our vision is to promote 'Life in All its Fullness.' Our ethos is based on our 12 Christian values of hope, honesty, patience, joy, forgiveness, tolerance, thankfulness, respect, kindness, friendship, gentleness and love. It is within the vision and the ethos that this policy is written and will be implemented.

Date Issued: November 2024

Review Date: November 2026

Approved at FGB on 25<sup>th</sup> November 2024

Signed:

Chair of Governors

## **Introduction**

Holly Hill school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

## **Food Policy Aims**

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

## **Equal Opportunities**

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

## **Curriculum**

Food and nutrition is taught at an appropriate level throughout EYFS and KS1.

This is addressed through:

### Teaching Methods

The significance of food in our lives means it can and should be used to enrich the curriculum. In turn, the curriculum can enrich pupil's experience of food and healthy eating. The curriculum offers opportunities for children to recognise how food choices keep our bodies healthy. Children will each year study cross curricular units on Healthy Eating. These range from the choices we make, the food we eat, the impact of our food choices on our body, oral and bodily hygiene and the importance of exercise. All children are encouraged to use what they have learnt to make informed decisions about what they are eating.

### Leading by example

At Holly Hill, we strive to work together as a whole community, sharing our ideas and beliefs and all working for the ultimate good of the children in our care. We aim to show respect for ourselves and each other and this is demonstrated by the empowerment we give to our children from an early age. We aim to give children information so that they are able to make sensible choices over food.

### Resources

It is extremely important that the whole school is united in providing the children with the correct information about healthy eating. We need to give consistent messages about the importance of a healthy, well-balanced diet and regular exercise, within lessons and extra-curricular activities. This importance is demonstrated through specific planning sequences in Physical Education, Science and Design Technology ensuring that children receive the correct knowledge and develop the skills and understanding of the importance of keeping themselves healthy.

## **Food and Drink provision throughout the day**

### Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

Children are a choice of breakfast items on arrival at school each day (these can include toast, fruit, vegetables, pancakes, cereal bars etc).

#### National Nutritional Standards for School Lunches

All school food should meet standards set out by the Children's Food Trust.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

#### **Use of food as a reward**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. These include complimentary remarks, stickers, stars, assembly certificates. Food is not used for end-of-term presents to pupils.

On Children's birthdays, parents can bring in something to celebrate the birthday which will not be consumed on the school premises.

#### **Drinking Water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water.

Every child is given a water bottle which they may refill and drink at any convenient time.

#### **Food and Drink brought into School**

##### Caterers serving food on School premises

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. Where possible this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options.

To operate on school premises, caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the BOGH.

##### Packed Lunches

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

#### **Special Dietary Requirements**

##### Vegetarians and Vegans

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

##### Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

### **Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

### **The food and eating environment**

All children have lunch in the school hall within their year group.

### **Communication**

The Whole School Food Policy will be promoted via school notice boards, posters in reception and the school website.

### **Monitoring and Evaluation**

The Head of School will meet with the school cook to monitor school food choices and menu planning.

Monitoring of school food choices and incorporating this into menu planning.

Food concerns will be discussed with caterers, pupils, parents and staff as the need arises.

### **Review**

Date policy implemented:

Approved by:

Review Date:

