



Federation Food Policy

The Learn to Live Federation (incorporating Bidwell Brook School, Ellen Tinkham School and FE College) recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The Federation recognises the role the school can play, as part of the wider community, to promote family health.

The purposes of this policy

- ◆ To develop and maintain a whole federation philosophy on all aspects of food and drink.
- ◆ To make a public statement demonstrating how the federation cares for and makes a positive contribution to the health and wellbeing of the whole federation community.
- ◆ To set out a co-ordinated approach to food and drink to increase the availability of healthier options.
- ◆ To ensure equality of access and participation for all.
- ◆ To reinforce appropriate messages relating to food and drink, e.g. ensuring consistency between the formal curriculum and school food and drink provision.
- ◆ To establish effective working partnerships, working towards a common goal, i.e. school-caterer, teacher-parent.
- ◆ To ensure sustainability, through planned action, as part of the federation's development plan, including provision for resourcing and staff training to meet its aims.
- ◆ To communicate the federation's shared vision, ethos and values to pupils, staff, parents, governors and other stakeholders (including the wider community).
- ◆ To bring together all aspects of food and drink, clearly, coherently and consistently, including: cooking activities as part of life skills, participation in national events and initiatives, e.g. School Fruit and Vegetable Scheme, Healthy Schools Programme, Growing Schools, provision of food and drink at school, e.g. snack times, school lunch, fluid consumption, use of food as a reward and consumption of food and drink at school,

The aims of our Healthy Eating Programme

The federation aims to:

- Improve the health of pupils and 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
- 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
- Present consistent, informed messages about healthy eating within school through all federation practices

Last reviewed by SLT Autumn 2020

Next review due Autumn 2023

- Ensure that food provision in the schools reflect the medical and ethical requirements of pupils and staff, for example medical, allergenic, religious, ethnic and vegetarian needs
- Ensure the provision and consumption of food is an enjoyable and safe experience

The federation will work towards these aims in partnership with the parents/carers.

The food and nutrition element within the PSHE and Citizenship programme focuses on the four strands of the national curriculum framework:

- Personal development Making choices, responsibilities
- Active citizens preparing to play an active role as citizens
- Health and safety developing a healthy, safer lifestyle
- Relationships developing good relationships and respecting the differences between people

Morals and values framework and ethos of the federation statement

The food and nutrition education element of the Science, Geography, RE, PSHE and Citizenship, and DT programmes will reflect the federation's over-arching aims, and demonstrate and encourage the following values:

- respect for self
- respect for others
- responsibility for their own actions
- responsibility for their family, friends, school and wider community

Equal Opportunities Statement

The Learn to Live Federation is committed towards equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

Ethnic and cultural diversity

Different ethnic and cultural groups may have different attitudes to Healthy Eating. The federation will consult pupils and parents/carers about their needs, take account of their views and promote respect for, and understanding of, the views of different ethnic and cultural groups.

Curriculum content

Topics and themes will be revisited from year to year taking account of the pupils' development and the curriculum.

Healthy Eating is delivered within a whole school approach which includes:

- through planned aspects of PSHE, Science, DT, Geography and RE
- through pastoral time e.g. circle time
- through story time

- through the personal, social and emotional development area of learning in the foundation stage e.g. fruit at snack times
- through extra-curricular activities e.g. gardening clubs, After School Club.
- through special projects e.g. healthy eating sessions, tasting sessions, competitions
- through individual pupil targets on Home/School Agreement.

Organisation

The food and nutrition element of the formal curriculum will be co-ordinated by the class teachers and key stages teachers in close co-operation with the Senior Management team and Governors.

The programme is occasionally supported by a range of outside organisations and visitors who enhance the delivery of the programme and provide relevant and specialist information.

Specific Issues

School Fruit and Vegetable Scheme

The federation is fully involved in the School Fruit and Vegetable Scheme which provides every child aged 4 to 6 with a free piece of fruit.

School Meal Provision

Both schools adhere to the Food Schools Standards:-

<https://www.foodforlife.org.uk/schools/benefits/school-food-standards>

Bidwell Brook School has a production kitchen and meals are cooked on site with a high proportion of fresh ingredients and locally sourced meat and produce. At Ellen Tinkham School, the school meals service is contracted out to Devon Norse and food purchased through their agreed providers list. Food is provided which meets the allergenic, vegetarian and medical needs of staff and pupils. Sandwiches, salads, jacket potatoes, fruit and vegetables are readily available for all. Menus are on display in the school and can be sent home, if requested.

At ETS the pupils have lunch in their own classrooms. At Bidwell Brook and ET FE College the pupils eat in the hall. The school council is regularly asked to report on school dinner provision. They occasionally consider the organisation of the dining experience and the food provided.

Packed Lunches

Parents/carers are encouraged to provide healthy packed lunches for their children and fizzy drinks, chocolate and sweets are discouraged. Although healthy packed lunches are encouraged we do acknowledge that due to the pupils special needs food can be a difficult issue and that those pupils who choose to bring packed lunches often do so because they

Last reviewed by SLT Autumn 2020

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have very significant food issues. Nevertheless, with support and encouragement the eating habits of even the most difficult eaters can slowly be changed for the better. With this in mind healthy packed lunch suggestions and reminders will be included in school newsletters at regular intervals. All packed lunches are stored away from direct sunlight at a cool temperature.

Water Provision

All pupils have access to drinking water at all times. Pupils are never refused a drink of water when they request one and extra drinks of water are offered during hot weather and during sport activities. Where appropriate pupils are also encouraged to have their own water bottles and consumption is permitted both in the class, and during break and lunchtimes.

Snack time

We ask families to send in a piece of fruit. The school will support pupils with providing a piece of fruit for a snack if they regularly come in to school without one.

Confectionary, sweet biscuits and crisps are not provided as part of class snack time but may occasionally be offered as treats e.g. at parties.

Hot drinks may be drunk by pupils who request a hot drink and this is also encouraged as part of life skills in our F.E. department.

Snack time is an important part of our PSHE curriculum, a time when pupils learn many valuable social skills, such as waiting their turn, sharing, communicating preferences etc. Where appropriate pupils help to prepare and serve the snacks, and to clear up afterwards.

Special Events

The federation ensures that good quality, healthy, food options are available at special events. Both pupils and staff birthdays are usually celebrated with a small party. This is very important for our pupils. They learn social skills, they learn about the passing of time and getting older and often it is their only opportunity to celebrate their special day with their friends. At these celebrations we will not provide a cake but healthy options such as a special fruit e.g. fresh pineapple or grapes may be provided. It is important that adults do not make assumptions that only unhealthy foods will be considered a treat by pupils and that there can be another focus of a celebration other than food e.g. games and singing.

Cooking

Pupils are charged termly for ingredients, when appropriate.

Growing Food

Both schools within the Federation (Bidwell Brook School & Ellen Tinkham School) have allotments, and pupils are involved in growing their own fruit, vegetables and herbs.

Last reviewed by SLT Autumn 2020

Next review due Autumn 2023

Reward systems

All staff recognise the need for consistent messages about healthy eating within school. Sweets are not routinely used to reward good behaviour or work

Free School Meal Provision

The Learn to Live Federation encourages all families entitled to free school meal provision to access this assistance. Monitoring of uptake is undertaken confidentially.

Hygiene

Pupils are encouraged to wash their hands after going to the toilet and before handling food. All government regulations appertaining to food hygiene are complied with by food service providers. All staff employed in preparation of school meals hold a basic food hygiene certificate. Several class based members of staff also hold basic food hygiene certificates.

Allergies

Parents/carers inform the school if a pupil suffers from an allergy, identifying the foods to which s/he reacts and the usual symptoms of the reaction. Details of allergies are included in pupils medical health care plans. All staff are regularly updated as to which pupils suffer from allergies and are trained in basic life support and rescue medication, including administration of adrenalin via EpiPen.

Food poisoning

In the event of a food poisoning outbreak advice will be sought from the LEA Health and safety department and the local environmental health office.

Leadership and management

Kitchen Managers at both schools are responsible for ensuring that menus meet all relevant nutritional guidelines and government standards and that allergen information is provided to all staff to enable the correct meal choices to be made for any pupils with special dietary requirements.

Class Teachers are responsible for ensuring that snack and cooking provided for pupils meet the guidelines within this policy. Staff discussions about standards, provision and developments should take place regularly.

Review

This policy will be reviewed tri-annually in line with the federation's policy review programme.

Last reviewed by SLT Autumn 2020

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