

## MARLFIELDS PRIMARY ACADEMY

# Whole School Food Policy

Policy Author (s)	Mrs S Isherwood
Responsible Committee	Resources
Date discussed at SLT Meeting	
Date discussed at Staff Consultation meeting	
Date reviewed and approved by Committee	13 March 2024
Full Governors Meeting	27 March 2024
Chair of Governors	Mrs. M. Gartside
Frequency of Review	Review in the light of changes to legislation or operating experiences Or within <b>two years</b> of approved date from Full Governors Meeting
Review Month/Year	February 2026
Academy Website	Yes

## 1. Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

This policy is aligned with Natasha's Law, which came into effect on 1<sup>st</sup> October 2021, requiring all pre-packaged food, for direct sale, to be labelled with all ingredients, and in alignment with DfE [guidance on school food in England](#) that states that Governing Boards are responsible for the provision of school food, ensuring that the national school food standards are met in England. The guidance relates to the following legislation:

- [Education Act 1996](#)
- [School Standards and Framework Act 1998](#)
- [The requirements for School Food Regulations 2014](#)

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day. This has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

## 2. Rationale

Marlfields Primary Academy 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, and can provide a valuable role model to pupils and their families.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

## 3. Aims and Objectives

- To ensure that the school gives consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.

- 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.

## 4. Before and After School Club

As a school we operate a Before and After school club for our pupils. This is organised by the school and adheres to this Food Policy.

## 5. Snack

As part of the Government initiative School Fruit and Vegetable Scheme (SFVS) administered by the Department of Health covering all children aged four to six, Marlfields Primary Academy provide all our pupils in EYFS and KS1 with free fruit/vegetables each day. EYFS and KS1 classes include an afternoon break time snack of washed fruit/vegetables to all children, which is shared in a friendly setting for all class members. Children are given responsibility for self service and for helping to clear away. KS2 children bring a healthy snack which they eat at morning playtime - no other snack is allowed during break.

## 6. School lunches and packed lunches

All our school meals are provided by a contracted provider. They have 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.

Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we encourage parents to provide healthy food such as fruit and vegetables rather than crisps, chocolate or biscuits.

## 7. Water for all

Cooled water is freely available throughout the school day to all members of the school community. No water fountains are located inside toilet blocks. All children are encouraged to bring from home a named bottle to store their water in. Children may drink their water at any time except during the 15 minute assembly. Regular water and brain breaks are built into the school day and curriculum as part of our Mind Friendly approach

to learning. EYFS and KS1 children are also reminded to drink water at their snack time.

## 8. Food across the Curriculum

In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from and how it is prepared for consumption.

We use a range of food technology activities and food related stimuli to generate cross-curricular links to enhance learning across the school. Literacy and Numeracy activities may focus on practical food based tasks that promote development of certain skills.

We have a clear Food Technology curriculum. The curriculum develops knowledge and understanding of nutrition, recipe design, food composition and the impact of personal choices and risk taking through practical activities.

ICT can afford pupils the opportunity to research food issues using the world wide web. Pupils design packaging and adverts to promote healthy food choices.

## 9. Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. We hold parent courses based on food technology and practical cooking with children is done through extra curricular activities.

Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters. Parents are asked not to send in fizzy drinks and are reminded that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, e.g. school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

## 10. Role of the Governors

Governors monitor and check that the school policy is upheld, with lunches and other food and drink that is provided meeting the school food standards. Governors can also offer guidance where a member of the body has particular expertise in this area.

Subject Leads are responsible for the curriculum development of the Food Policy. The Principal and PSHE Lead are responsible for supporting colleagues in the delivery of the Food Policy.

## 11. Links to other policies

Health & Safety

Monitoring & Evaluation

All Curriculum policies

Equality