

**Holy Trinity Catholic Academy
Boundary Road Newark NG24 4AU**



Food in School Policy

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**POLICIES & PROCEDURES
DOCUMENT CONTROL SYSTEM**

Document Title: **Food in School Policy**

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Food Policy

Holy Trinity Catholic School is dedicated to providing an environment that promotes healthy eating and enables children to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition documented in this school food policy.

Aims

The main aims of our school food policy are:

To enable children to make healthy food choices through provision of information and development of appropriate skills and attitudes.

To provide healthy food choices throughout the school day.

These aims will be addressed through the following areas:

Curriculum

Food and nutrition is taught at an appropriate level throughout each keystage in science, PSHE and DT and other cross curriculum themes.

This is addressed through:

1. Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include group discussions, role play and debates.

2. Leading by example

Staff have a key role in influencing children's knowledge skills and attitudes about food.

3. Curriculum provision and enrichment opportunities including during Healthy Week, competitions and activities offered and supported by the School Chef and kitchen staff team

Food and Drink Provision in the School Day

The Government introduced compulsory national standards for school meals and the school follows the guidance as determined in the DfE School Food England document and primarily the School Food standard. These standards apply to all hot and cold midday meals prepared for children. The standards describe how many servings from each food group of the Balance of Good Health should be available at lunch. Food prepared by our school cooks meets the national nutritional standards for school lunches.

Cool Milk scheme

The school participates in the Cool Milk scheme. Free milk is offered to all families eligible for Free School Meals and for Foundation Stage children up to the age of 5 years. Parents of children over the age of 5 who are not eligible for Free School Meals can still apply online and pay for their child to receive milk.

School Fruit Scheme

Holy Trinity is participating in the National School Fruit Scheme, and provides all children in EYFS and KS1 with a piece of fruit at break time. Children in KS2 may bring a piece of fruit or healthy snack into school at break time or may use the Tuck Shop when available.

KS2 Tuck Shop

The school kitchen supply a healthy snack which can be purchased at break time by children in KS2.

Drinking Water

We agree with the national nutritional standards that recommends drinking water should be available to all children throughout the day. We also encourage parents to send in water with their child that can be drunk throughout the day. There is also drinking water available in each classroom.

Packed Lunches

We encourage parents to provide children with packed lunches with fresh fruit and vegetables and other healthier options, and recommend one treat.

Nut Free Policy

Due to the fact that we have a small number of children in school with nut allergies, we insist that no nuts are brought into school as part of snacks or packed lunches.

Growing Food

We believe that giving children the opportunity to grow food and learn how food is produced is an important part of a whole school approach to food and nutrition. Food is grown in our school garden and is often where abundant shared with the kitchen team for preparation and use in school meals.

Special Dietary Requirements Vegetarians

We offer a vegetarian option at lunch every day.

Food allergy and food intolerance

Parents provide information with any dietary needs of their children and document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details. The school kitchen is made aware of any food allergies/ food intolerance and requests for special diets and these children are provided with specific tailored meals on a different coloured plate. Full

information from Aspens, our school catering company is available on our school website.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: adequate storage and washing facilities are available; that refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training and that suitable equipment and protective clothing are made available. Any food safety hazards are identified and controlled. We consult with Aspens, our catering company, Our Lady of Lourdes Catholic Multi-Academy Trust and our local Environmental Health Department about any issues or legal requirements where necessary.

Monitoring & Evaluation

This policy is monitored every two years by the Local Governing Body.