



# **DURANTS SCHOOL – POLICY DOCUMENT**

## **Whole School Food Policy**

*Created: July 2019 (Carmel Wraight)*

*Updated: January 2024*

*Next review date: January 2026*

### **Purpose**

Durants school offers a caring environment and appreciates that a healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to help them establish a healthy lifestyle that we hope will continue into adulthood.

### **The importance of a good diet**

Diet is central to health and children's diet can be an important influence on their health now and in the future. We know that a good diet in childhood can help protect against chronic diseases in later life. International research shows that diets rich in fruit and vegetables are protective against cardiovascular disease including heart disease and stroke. Poorly nourished children, especially those who are overweight or obese often experience social and psychological difficulties. This can clearly have a significant impact on behaviour and performance in schools.

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. Breakfast sessions are a great opportunity to aid communication, socialise and learn life skills. Parents should be informed beforehand when their child is going to have breakfast at school to prevent their child from overeating. The breakfast is provided by Magic Breakfast and the Felix project. The breakfast menu includes a range of cereals, porridge, milk, toast, fruit and fruit juice.

Throughout the school year, there may be opportunities for parents/carers to attend breakfast sessions with their child.

### **School Lunches**

School meals are provided by Enfield catering services. The school meals meet the mandatory requirements of the School Food Standards 2015. The fish is sustainable and MSC-certified (Marine Stewardship Council). The eggs are free-range and our meat is Farm-Assured as a minimum and halal. School meals are planned on a 3-week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website. Daily, there is an unlimited salad bar with a variety of salads including Greek salad, coleslaw, tomatoes, cucumber, carrot and sultana, pasta salad and potato salads and fruit. There is a range of wholemeal, white & homemade bread. Water is available daily. Staff members support pupils at the catering hatch and should encourage pupils to have one carbohydrate, one piece of protein and a range of vegetables.

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school.

### **Packed lunches**

Our school encourages parents to provide nutritious packed lunches based on the 'Eatwell Guide' by providing foods low in fat, sugar and salt. Nuts, sweets, sugary drinks should not be included. Any uneaten food should be returned in the pupil's packed lunch boxes so the parents/carers can be aware of what the child has eaten whilst at school.

### **Snacks**

The school understands that healthy snacks can be an important part of the diet of young people. All pupils should be encouraged to have healthy snacks such as fruits, vegetables, low-fat yoghurt, crackers, plain popcorn and bread sticks. Staff can use snacks from the Felix project for their pupils.

### **Positive behaviour and food**

As a school, we are committed to working within the principles of Positive Behaviour Support (PBS). Actively improving a person's quality of life is a key PBS intervention and as such, focussing on pupils' physical wellbeing, including health and nutrition, forms an integral part of developing their

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PBS plans. A pupil's PBS plan should identify activities that may promote health that can be increased or adapted to further enhance quality of life. Where possible, behaviour strategies should never involve the use of food or drink as motivators however, where this is the case it must be agreed by a PBS coach and only used as a last resort, where the risk to the pupil by not doing so is significantly greater than that presented by using the food or drink as a motivator. There must be also be a plan in place to reduce the use of the intervention that is regularly monitored and reviewed by a PBS coach and those working with the pupil.

### **Celebrations**

The school recognises the importance of celebrating birthdays and special occasions. We welcome any parents who would like to send in birthday cake and food for their child to share with the class on their birthday. Parents/carers must be informed that NO nuts should be sent into school. For celebration events, we welcome a variety of foods, from different cultures, for children to try.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

### **Special food requirements**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies. Pupil's food allergies are displayed in a sensitive way in every classroom and around the school.

Avoidant/Restrictive Food Intake Disorder (ARFID) previously referred to as Selective Eating Disorder is an illness in which someone restricts their eating by eating smaller amounts of food or avoiding certain foods or food groups. The school uses gradual exposure to support pupils to a greater range of food. Members of staff that have had training on ARFID and gradual exposure and should ask SLT if they want more support with this.

### **Educational visits**

Educational visits are an integral part of the entitlement of every pupil to an effective and balanced curriculum. Pupils have the opportunity to visit restaurants and learn how to behave in that setting, pay and order food and socialise with their peers. Parents should be informed beforehand if pupils are having breakfast and the kitchen should be informed if pupils are eating lunch to prevent overeating. Staff should aim to take their pupils to restaurants where there are healthy options and should not visit fast food restaurants.

Exceptions can be made when educational visit finish outside of school hours and pupils need food which is quick and easily accessible.

### **Felix Project**

The Felix Project collects good quality food from suppliers, they check it's fresh and then deliver it to our school. We receive a delivery of produce from The Felix Project every week that will be used for breakfast sessions, cookery lessons and for snacks for the pupils. The food must not be used to supplement school lunch. Under no circumstance should any individual, organisation or contractor involved in any capacity with the school make any form of financial gain from the food donations delivered by the scheme. The food is delivered Tuesday and the food is stored in the life skills cupboard or fridge.

### **Food in the curriculum**

Our school promotes healthy eating by working with pupils in life skills lessons, science, PSHE and ASDAN to learn about food in the context of a healthy diet and healthy lifestyle making pupils aware of the variety of foods including foods from other cultures. Through these curricular areas, pupils develop skills in planning and preparing a diet to achieve the 'Eatwell Guide' as well as basic food hygiene and food safety practices. Class teachers should communicate with the life skills teacher and using their snack money, class budget or the Felix project provide the food they want to be cooked within the lessons.

**Parents and carers**

Our relationships with parents/carers are very important and we aim to support them with information and advice around food so that they are best prepared to make healthy choices for their families. Parents/carers can speak to their class teacher, speech and language therapists or school nurse if they feel they need support. A healthy eating workshop will be delivered for family members to attend.

**Staff**

The staff in our school are clear about the aims and objectives of our school food policy. Staff act as good role models to the pupils and undertake to adopt the whole school food policy during the school day.

**Monitoring and review**

This policy was formulated through consultation between members of staff, governors, parents, pupils, our school dietitian, and our school nurse.