



Southbroom
St James Academy

'We belong, we believe, we flourish'.

FOOD POLICY

Policy Date: February 2024

Review Date: February 2027

Academy Values	Friendship	Trust	Perseverance	Forgiveness	Courage	Respect
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<p>The aims of the food policy</p>	<p>Southbroom St James Academy 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.</p> <p>We aim to ensure that all aspects of food and nutrition promote health and wellbeing of pupils, staff and visitors to our school. This policy considers local and national guidance including the White Paper Choosing Health: Making Healthier Choices Easier, Healthy Living Blueprint, Every Child Matters: Being Healthy and the objectives of the Local Area Agreement in relation to reducing obesity and the National Healthy School Standards: Healthy Eating theme.</p> <p>Objectives of the whole school food policy:</p> <ul style="list-style-type: none"> • Ensure consistent messages about food across the curriculum and throughout the school environment. • To enable pupils to make informed choices about food. • To have a positive impact towards the physical development of all members of our school community. <p>Action to meet our objectives:</p> <ul style="list-style-type: none"> • We will consult pupils, parents and staff, in guiding food policy and practice in school. • We will seek advice and support from external agencies to develop our policy. • We will review our dining environment to encourage the positive social interaction during mealtimes of pupils and staff within our school and consider staff and pupils dining together to help promote a positive dining experience. • We will encourage staff to be positive role models to eat healthily where they can be observed by pupils. • We will ensure that healthier food and drink options are available and promoted. • We will work with food providers and parents to ensure that meals, packed lunches, tuck shops and vending machines, where applicable, are nutritious and healthy and meet the government's food-based standards for school lunches (2006) and New Food Based Standards for All School Food Other Than Lunches (2007). (www.schoolfoodtrust.org.uk) • We will ensure that pupils menus and food choices are monitored periodically. • We will ensure pupils have the opportunity to learn about food and nutrition as part of the school curriculum.
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	<ul style="list-style-type: none"> We will ensure that pupils and staff have easy access to free clean fresh drinking water.
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The importance of healthy eating	<p>'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 overweight or obese often experience social and psychological. This can clearly have a significant impact on behaviour and performance in schools.</p> <p>(for more information see: www.schoolfoodtrust.org.uk/ / www.foodinschools.org)</p>
Consultation process	<p>The Headteacher and Deputy Headteacher met with the school Catering staff, pupils, parents and staff to ensure that all parties were able to share and see the importance of having a whole school food policy. All menus in school are monitored and food choices are updated according to new guidance.</p>
Breakfast	<p>Our school promotes the value of breakfast and encourages every pupil to have breakfast at the start of the day to ensure they are alert and ready to learn.</p>
Before and after school clubs	<p>Before and after school clubs play an important part in developing good habits. Southbroom's Breakfast club follows our whole school food policy. Water is always available.</p>
Break times	<p>Children in KS1 have either milk or water in class and have either a piece of fruit or vegetable.</p> <p>Children in KS2 can bring in a piece of fruit for break time or a healthier choice snack.</p>
School meals	<p>Our school meals meet the latest DfES guidance on improving school meals and follow the food-based requirements for school lunches and requirements for food in school other than lunches. Our school has a system in place whereby it sends home menus on which parents indicate which foods their children will/will not eat. Based on this information received back in school, the cook is then able to plan daily nutritious healthy meals for each child containing:</p> <p>Bread, cereals and potatoes Fruit and vegetables Milk and dairy foods</p> <p>Meat, fish and alternatives Small amounts of foods containing fat and sugar</p>

	Through this inter-cooperation, pupil menus are monitored and regularly updated with parents informed of foods their children have refused to eat or have started to eat. As a result, waste food is reduced to a minimum.
Packed lunches	Our school encourages parents to provide nutritious packed lunches based on the Balance of Good Health by providing foods low in fat, sugar and salt. Foods that are encouraged include a piece of fruit, vegetable or salad and a milk-based product such as yoghurt. Sugary and fizzy drinks are not allowed, water is recommended and available for all pupils. Parents are reminded that a packed lunch needs to be wrapped and kept cold, as lack of refrigeration until lunchtime could lead to growth of harmful bacteria. Parents are encouraged to use an insulated box or bag. The head teacher monitors lunch boxes and encourages children to bring healthy packed lunches.
Water	Access to water is a fundamental human right and necessary for good health. Children should drink water regularly during the school day and the children at Southbroom have access to an individual water bottle within the classroom.
School trips	Food or drink provided on trips conforms to the latest DCSF/Department of Health/School Food Trust guidance and is consistent with the whole school food policy. Children who normally have a school dinner take a healthy nutritious packed lunch based on the Balance of Good Health that has been prepared on the school premises by the cook. Children who normally eat a packed lunch prepared at home bring theirs as normal.
Birthdays	Birthdays and celebrations are an important part of school life. There are various non-food ways of celebrating birthdays in school. We request that parents choose a healthier option to celebrate birthdays in school.
Vending machines	Our school does not have any food or drink vending machines on site.
Dining room environment	The school has a large hall to use during lunchtime. The hall has vegetables and fruit available for the children to access during the mealtimes. The children are encouraged to eat all of their food with reward stickers.
Food in the curriculum	Our school promotes healthy eating by working with pupils in science, PSHE and D&T 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 Balance of Good Health as well as basic food hygiene and food safety practices. Members of the governing body often visit the school at mealtimes to monitor that the everyday practices within the school promote the school food policy. The catering staff are all trained in food hygiene.
Food safety	All food preparation activities taking place in either a school setting, after school clubs or school meals setting will be registered with the Food Safety section at Wiltshire council. All food handlers are trained in food hygiene or supervised by a person trained in food hygiene. Members of the governing

	body will visit the school at mealtimes to monitor that the everyday practices within the school promote the school food policy.
Food for 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.
Fundraising events	Fund raising is an important part of school life. All fund-raising activities will consider the importance of the whole school food policy. When possible, the school will promote healthier choices.
Complaint procedure	Our school welcomes the views of the whole school community, and we will deal with complaints quickly and efficiently by following our complaint procedure. Copies are available from school. We will comply with the mandatory food standards and refer any complainants to the Secretary of State for direction, should we not be able to resolve a complaint about them.