

Food Policy

Approved by:	Board of Trustees	Date: 1st September 2020
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Signed by:	Chris White	Signature [signature]
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Next review due by:	May 2023
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1. Rationale

At the Open Thinking Partnership (OTP) we recognise the importance of a healthy lifestyle and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning.

Our vision for our pupils includes our aspiration for “all children to be healthy, active, and valued”. This policy is designed to ensure that all members of the school community are aware of our healthy school aims and targets. Dorothy Goodman School has been re-awarded Healthy School Status.

2. Whole School Food Mission Statement

To educate the whole school community about making healthy food and drink choices which will support their long term well-being.

3. Equal Opportunities

At OTP we believe that every child is entitled to safe and appropriate provision of food and drink in order to stay as well nourished as possible and maintain and develop their existing skills in eating and drinking. We promote a positive and healthy attitude towards nutrition which takes account of medical complexity and individual diversity. We foster an ethos of teamwork and will strive to ensure that all members of staff feel supported, informed and comfortable in working with children who have eating and drinking difficulties.

4. Aims and Objectives

At OTP we aim to:

- Improve the health of our school communities by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared

hygienically;

- To give our children and young people, parents and staff the information they need to make healthy choices;
- To ensure that we are giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet;
- To ensure that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience;
- To build the confidence of parents and pupils in our school meal services;
- To support the provision of healthy packed lunches and snacks;
- To ensure that the food provision in school accommodates the ethical and medical needs of pupils and staff eg catering for religious groups and vegetarians and people with food-related allergies.

5. The Curriculum

The schools will enrich children's experience of food, physical exercise and healthy balanced diets through the curriculum. Skills and understanding will be developed through a range of teaching approaches and resources including cross curricular links. Curriculum content will focus on:

- The importance of food groups and drink and the role they play in promoting health;
- The 'balance of good health' model;
- An understanding and respect of cultural diversity and ethical choices;
- The sustainability of our food supply and the effect on our planet.

Theme weeks, reward schemes and assemblies will also be used to explore health and food-related issues.

6. The Dining Environment

The schools are committed to providing a calm, welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.

It is also committed to the following:

- Supporting children and young people to participate in social eating experiences and promoting their independence;
- Encouraging children to widen their experience of different food and drinks and eat sufficient amounts to be healthy;
- Providing fresh water suitable for drinking for example water jugs, containing clean water and beakers;
- Encouraging children to wash their hands before eating;
- Food that is required to meet individual pupil's needs will be prepared in accordance with guidance from other professionals;;
- Feeding and drinking skills are taught where necessary in agreement with parents
- Providing plates and bowls for secondary pupils rather than 'flight trays'.

Open Thinking Partnership schools will work with parents/carers and other professionals to support pupils

who have a difficulty with restricted diets. We will try to increase the foods they will eat gradually and through a well structured programme monitored and evaluated and developed with parents/carers.

School Meal Provision and Packed Lunches

Breakfast

The schools operate a breakfast club that provides a nutritious meal for pupils before the school day.

Break

The schools discourage the consumption of snacks high in fat and sugar. At break times children and young people are provided with a portion of fruit or vegetable through the National School Fruit and Vegetable Scheme and yoghurt. OTP provides the same for young people in Key Stages 2,3,4 and 5 -providing fruit and a drink.

Lunch

From September 2014 as part of the Universal Free School Meals provision children in Foundation and KS1 will have the choice of a hot school meal or a school packed lunch. Children in KS2, KS3, KS4 and KS5 have the choice of purchasing a school meal or bringing a packed lunch from home.

Parents are encouraged to support the school's healthy eating policy by providing a healthy, balanced packed lunch. To assist parents with this guidelines are sent out providing advice about what constitutes a healthy packed lunch.

Exceptions can be made for birthdays or special occasions because of the PSHE teaching aspects of such times (e.g. sharing, celebrating something good happening with another pupil etc.)

Use of food as a reward

The school does not use food as a reward for good behaviour or academic or other achievements as other methods of positive reinforcement are used in school. Staff do not encourage the regular eating of sweets or other foods high in sugar or fat.

7. Special Dietary Requirements

Up-to-date records of pupils' medical and dietary needs are maintained, and staff are made aware of these; required information is always passed on in written form as pupils move to their next class. Where pupils require tube-feeding, or any other specialised interventions, then this is provided by trained staff; the OTP will ensure that there are sufficient trained and experienced members of staff in each school to carry out these procedures safely

Food Allergy and Intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Food Hygiene

Children and young people are always reminded about the importance of handwashing before eating or handling food. Whenever children and young people work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

All staff who handle food will be offered basic Food Hygiene training on a rota basis; there will always be at least one person in each class who is trained. Staff understand what constitutes a balanced and healthy meal.

Roles and Responsibilities

- Teachers and class staff will follow healthy eating guidelines in delivering the curriculum and in the provision of snacks; and to ensure all aspects of the whole school food policy apply as appropriate to all children and young people.
- The Speech and Language Therapists (SALT) will provide support for individual pupils in terms of feeding programmes.
- The healthcare team will provide support for health-related aspects of healthy eating. They will ensure that all pupils with specific dietary requirements are included within the healthy eating agenda as far as is possible. This includes the provision of food supplements, gastro and ng tubes, and referrals to clinics and to dieticians.

Monitoring

The Senior Leadership Team (Assistant Heads) and healthy schools coordinators will oversee the implementation of this policy and monitor it on a day-to-day basis.

Evaluation of the progress, made by the school in implementing and sustaining the aims and objectives of this policy, will be made by the governor with responsibility for healthy schools and the Head teacher.

Review

This policy will be reviewed regularly by our Governors and in response to any legislative or governmental changes regarding school food and will be published on the school website.

This policy has been drawn up following consultation with school staff including the school nurse, school health team and school council. It will be reviewed every three years as part of the school's cycle of policy review.