



Whole School Food Policy

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Governing Body Approval:	Personnel/LGB
Latest review approval	TBC
Renewal Period:	2 yearly
Next Renewal Due:	May 2025
Document Version:	1.1

Chair of Governors: Peter Way

Signature

Date

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables students to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, parents, students, and our school nurse. This school food policy is co-ordinated by Clare Malston.

Aims

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- To support students to make healthy food choices and be better prepared to learn and achieve.
- To ensure a consistent approach to healthy eating across the school community including students, staff and parents/carers.

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports students to be ready to learn at the start of each day. The school provides brown toast with olive oil spread for any students who have not had breakfast at home.

2. School Lunches

School meals are provided by Miquill and served between 12:25 and 13:25 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. Miquill's Guide to Implementing Healthy Eating in Schools is attached (Appendix 1).

School meals are planned on a 3-week cycle and always contain a meat and a vegetarian option. Jacket potatoes and sandwiches with a variety of fillings are also offered daily. The school meals menu can be found on our school website.

3. Packed Lunches

The school's packed lunch guidance aims to support students to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets or fizzy drinks
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

*****St Philip's operates a strict NO NUTS policy*****

Fresh water is available for all students throughout the day.

The school's packed Lunch guidance can be found on the school website.

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people. Fruit is provided as snacks for students in Key Stage 2 and Key Stage 3. Students are able to bring healthy snacks from home to eat at break-times.

5. Drinks

Fresh water is available for all students throughout the day from water coolers situated around the school. Students are encouraged to bring in water in a reusable bottle and refill it when necessary. Energy drinks, fizzy drinks and high sugar still drinks are not permitted in school.

6. School trips

A packed lunch will be provided by the school, for all students who usually have a free school meal. Students are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Celebrations

For celebration events, we welcome a variety of foods, from different cultures, for students 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.

Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Food Technology. The Eatwell Guide is used throughout the school (see appendix 2) as a model of understanding a balanced diet. Students learn about growing food in Horticulture. After school cooking club provides further opportunities for students to learn how to make a healthy meal or snack. Staff delivering cooking sessions have achieved Level 1/2 in Food Safety and Hygiene. Many students, particularly in key stage 4 and 5, will be issued with EHCP outcomes associated with preparing healthy meals.

Special dietary requirements

The school does everything possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans or risk assessments are created for students with food allergies or eating and drinking needs and each head of key stage takes responsibility for those students in their key stage.

Head of Key Stage 2	Andrew Irving
Assistant Head for Key Stage 3	Clare Malston
Head of Key Stage 4	Lara Birkett
Head of Key Stage 5	Amanda Skidmore

Students' food allergies are displayed in staff only places around the school including main office, kitchens and staff room.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink in line with the policy, when in the company of students. Staff are encouraged to eat a school lunch and sit with students in the dining hall.

Parents, carers and family members

Our relationships with parents/carers is 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.

Additional needs

St Philip's School is a special educational needs school for young people aged 9 -19 years. Many students have additional needs such as mild to moderate Autistic Spectrum Disorders, language impairment or emotional issues; a few have sensory or medical needs. The school recognises that some students may have restrictive diets due to their additional needs. The school accommodates these students' eating and drinking needs by allowing flexibility around the food policy where appropriate and after discussion with parents.

Monitoring and review

This policy has been developed in consultation with staff, students, parents/carers and governors. The policy will be reviewed every 2 years.