



## Oakland's School Whole School Food Policy October 2018

~~Review Policy date October 2018~~ ~~April 2015~~

Person responsible - Anne Clinton

This policy is in accordance with the school policies on, SEN, PSHEC , Physical Education, Equal Opportunities and Food Technology.

### Objectives

- To ensure that we are giving consistent messages about food and health.
- To improve the health and development of students, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To ensure students are well nourished at school, and that every student has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and students e.g. religious, ethnic, vegetarian, ~~m~~medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
- Wherever possible the school will ensure that students eating packed lunches and students eating school hot meals will be able to sit and eat together.
- To monitor menus/packed lunches and food choices to inform policy development and provision.
- To ensure that specific students who need additional nutritious foods/drinks to build up body weight and stamina are considered and catered for.
- The school recognises that some students may have medical conditions or difficulties requiring special diets or difficulties with eating particular foods that do not allow the standards to be met exactly. Parents are encouraged to ensure that packed lunches are as healthy as possible.
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance in appendix 1

### How will we achieve these objectives?

The school meals menu it was redeveloped in the Autumn term 2018 by the school cook and the facilities manager on the school meals service being established in house. The new menu will be monitored and evaluated during the first term of operation with staff and student groups.

#### The school actively promotes healthy food choices during the day;

- Approximately one third of Oaklands pupils are entitled to free school meals.



- Students and parents/carers have the option of purchasing a hot meal daily or providing their own healthy packed lunch.
- All snacks for students are bought centrally in departments and supplied to classes daily.
- All food is consistent with a healthy diet including ~~fresh fruit~~ fresh fruit and vegetables. Students should choose from fresh juice, water or milk to drink.
- Some parents elect to send in snacks for their own children, where they do so such snacks should follow healthy food guidelines. The school will not, in usual circumstances, serve unhealthy snacks to students.
- Cooled Water ~~is provided~~ is provided for staff and students
- Jugs of fresh water are provided at lunch times on their tables.
- The school will continue to consult students in decisions about food where appropriate
- We will never give food as a reward for good behaviour
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#### Pupils with particularly limited diets

- We recognise that a number of our autistic pupils have genuine sensory issues resulting in their being willing to eat only a very restricted diet. Where a pupil is only willing/able to eat foods we should not serve, and will otherwise not eat at all it can be necessary to allow some less healthy foods while working on the development of a more restricted diet. Where this is the case the school will work with parents and make referrals to an appropriate service so that a planned programme is established.

#### **Monitoring and Evaluation**

All teaching staff are responsible for the curriculum development with this policy. All staff are responsible for ensuring food provided within lessons and during the school day is consistent with this policy.

Packed lunches are reviewed by teaching staff. If students consistently bring a packed lunch that does not meet these guidelines the parents/carer will be contacted by the school to discuss this.

#### Appendix 1

##### **Food and drink in packed lunches; policy guidance for parents and carers.**

###### *Packed Lunches should include:*

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. hummus, falafel) every day (this is usually as part of a sandwich, roll or salad).
- Oily fish, such as salmon or tuna occasionally.
- A starchy food such as bread, pasta, couscous, rice, noodles or other type of cereal every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- If a drink is provided with the packed lunch it should be, water, fresh fruit juice, milk, yoghurt, milk drinks, or a smoothie.

###### *Packed Lunches should not include:*

- Snacks such as crisps,
- Confectionary such as chocolate bars, chocolate coated biscuits and sweets.
- Cakes are allowed but encouraged only as part of a balanced meal.



- Meat products such as sausage rolls and individual pies should only be included on a very occasional basis.
- Hot food that meets these standards may be sent to school within a flask container - this must not require further heating.