



Potley Hill Primary School Food Policy

1.0 Introduction and Context

- 1.1 This school recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.
- 1.2 We also recognise the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.
- 1.3 The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

2.0 Vision

- 2.1 The educational vision is to improve the health of the entire community by teaching pupils and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The vision shall be accomplished through food education and skills (such as cooking and growing food), the food served in school, and core academic content in the classroom.

3.0 Aims

- 3.1 To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- 3.2 To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- 3.3 To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food, and a safe, easily available water supply during the school day.
- 3.4 To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- 3.5 To make the provision and consumption of food an enjoyable and safe experience.
- 3.6 To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

4.0 Objectives

- 4.1 To work towards ensuring that this policy is both accepted and embraced by:
 - Governors

- School Leadership Team
- Teachers and support staff
- Lunchtime staff
- Pupils
- Parents
- Food providers
- The school's wider community

- 4.2 To integrate these aims into all aspects of school life, in particular:
- Food provision within the school
 - The curriculum
 - Pastoral and social activities.

5.0 Methods

- 5.1 Establish an effective structure to oversee the development, implementation and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.
- 5.2 Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- 5.3 Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- 5.4 Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

6.0 Structures and organisation

- 6.1 The PSHE Manager will take lead responsibility for the implementation of the policy. They will link up with senior Mental Health leader and School Council Leader.
- 6.2 A whole school approach will be used which will include consideration of curriculum, food service, pastoral and social care.
- 6.3 An annual report will be prepared by the school council which will address the following issues:
- Description of the level of service
 - Meal uptake
 - School meal promotion marketing plan
 - Progress in meeting food policy goals
 - Quality of food being served (hygiene, nutrition, sustainability)

This will be shared with parents and governors.

7.0 Integrating into the curriculum

- 7.1. Food topics covered within curriculum areas across the school include:
- Art e.g. observational drawing of food, healthy eating poster design
 - PSHE e.g. healthy lifestyles
 - Design and Technology e.g. cooking, healthy meals

- English e.g. food diaries, following instructions, recipes
- Geography e.g. what food grows where, transporting food, waste
- History e.g. past diets, discoveries
- Computing e.g. recording results of a food survey, data handling
- Maths e.g. weights and measures
- Physical Education e.g. links between healthy eating and exercise
- Science e.g. effects of heat on food, plant growth, nutrition

7.2. Cross-curricular topics could include:

- Nutrition
- Dining
- Cooking (in school and after school clubs)
- Menu planning skills
- Food hygiene (e.g. common food poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant, pests)
- Cultural diversity
- Food production, marketing and labelling
- Recycling
- How plants grow

7.3. Examples of activities that could support curriculum work are:

- Relationships with local food businesses, e.g. farms, shops and restaurants
- Tasting sessions
- Cooking demonstrations
- Healthy eating drama activities
- Healthy eating projects
- School website with pages on food issues and links to other related sites
- Debates/guest speakers
- Eating experiences integrated into the curriculum for all subjects
- School gardens.

8.0 The school environment

- 8.1 Currently, all lunchtime meals meet all government nutritional standards. The meals are nutritionally balanced and vegetarian options are available. The school operates a 'nut-aware' policy. All pupils choose their own meal option.
- 8.2 The dining area is a safe, pleasant and clean environment. We have sufficient lunchtime supervisors available in the lunch hall and playground. In the summer term, children are permitted to have a 'picnic lunch' outside. In order to give the children sufficient time to eat, lunchtimes are staggered. Pupils are encouraged to show good table manners, with stickers being awarded to those children and a weekly 'Star of the Week' chosen by lunchtime staff to be celebrated in a Friday celebration assembly. Ultimately, pupils can work towards their 'STEP' badge (sorry, thank you, excuse me, please). All children are encouraged to wash their hands before being dismissed for lunch. This is overseen by class teachers. Seating arrangements are regularly reviewed to ensure sufficient seating and ease of movement around the room. Children are expected to put any waste into the bin provided and stack trays. Water and beakers are provided for children at lunchtime
- 8.3 All kitchen staff have received appropriate training and qualifications.

- 8.4 All pupils are encouraged to bring in healthy morning snacks e.g. cereal bars, fruit, yoghurt.
- 8.5 Crisps, fizzy drinks, sweets and chocolate are not permitted as snacks at morning break.
- 8.6 The school council periodically carries out packed lunch surveys and aims to provide guidelines on healthy packed lunches.
- 8.7 The school does occasionally operate 'cake bakes' though these are strictly limited. The proceeds of these bakes are donated to the PTA or other local charities.
- 8.8 We do not permit children to hand out cakes and sweets on their birthday – this was historically a request from the Parent Council.
- 8.9 Each child has a beaker or bottle in class to access water during the school day. In PE sessions, children are able to take regular water breaks.

9.0 Raising Awareness

- 9.1 The school council will encourage caterers to use locally grown produce and organic produce where possible.
- 9.2 The school will aim to maximise the reduction of waste by recycling, reusing, composting and purchasing recycled products.
- 9.3 The school aims to ensure maximum uptake of meals and that all pupils entitled to a free meal receive one.

10.0 Food Hygiene

- 10.1 The Design and Technology subject leader, together with the Health & Safety Manager will be responsible for ensuring compliance with these requirements.
- 10.2 For cookery or food preparation in school, one member of staff participating in the cooking should hold a basic food hygiene certificate. They have the responsibility to oversee other members of staff and parent volunteers.
- 10.3 For the main catering kitchen, independent food hygiene inspections of the food storage, meal preparation and food serving areas are made regularly. A copy of the inspectors' reports should be provided to the school. The kitchen has a cleaning and disinfectant schedule that can be inspected.
- 10.4 Pupils are reminded to wash their hands every time they go to the toilet. All pupils are expected to wash their hands before going to lunch.
- 10.5 All adults who assist with cooking activities must be aware of the food hygiene guidelines, as set out in the file kept in the food technology room.
- 10.6 For any activity which involves food tasting, permission should be sought from parents. Each teacher should also keep a medical list in their assessment files showing any allergies.
- 10.7 In the event of an outbreak of food poisoning, the school kitchens would be closed, the

Department of Health, representatives of the catering company and representatives of Hampshire County Council would all be called in.

11.0 Monitoring and Evaluation

11.1 School Council: Report on progress and review policy annually in light of improvements and changes.

11.2 CPD: Design and Technology subject leader disseminates materials from external training with other teachers.

11.3 Monitoring by PSHE subject leader.

Approved: March 2024

To be reviewed: March 2027