

# Mytham Primary School

## Food & Health Policy



|                                                 |               |             |             |
|-------------------------------------------------|---------------|-------------|-------------|
| Food & Health Policy                            |               |             |             |
| Updated: Sept 2024                              |               |             |             |
| Review Frequency                                | Every 2 years | Review Date | Autumn 2026 |
| Ratified by Pupil Wellbeing Governors Committee | Autumn 2024   | Website     | Yes         |

### Rationale

Mytham Primary School is committed to giving all its pupils consistent messages about all aspects of health, to encourage them to take responsibility for the choices they make and to help them to understand the impact of their choices. Mytham explore and address the topic of food through our Personal Development curriculum and Science curriculum, in addition to school-wide key messages and approaches. Mytham works with NHS guidance and seeks support from health professionals to support our school food culture and agreed approaches. All of our work is underpinned by our school Vision, encouraging all pupils to be the best that they can be through our core values; kindness, resilience and respect.



We also use the NHS 5 Ways to Wellbeing to inform our practice:



## Our Aims

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make informed choices
- To promote health awareness
- To provide opportunities within the school day and beyond the school day to make healthy choices.
- To support and promote the UN Rights of the Child
- To ensure that all children with dietary and allergy requirements are supported and considered in the decisions we make as a school regarding food and food choices/ availability.
  - To ensure staff work with awareness of safe food handling
  - To provide opportunities for pupils to enjoy nutritional foods which nourish their body and help them to grow and feel well.
  - To support families and the wider school community to have access to nutritional foods and make informed choices.

## Our Responsibilities

### Governing Body

- To be aware of the policy
- To monitor that the policy is being implemented
- To evaluate the policy with SLT and approve changes
- To uphold, encourage and support the policy

### SLT

- Ensure all members of the school community are aware of the policy
- Effective information sharing with families
- Commitment to ensuring Mytham stays up to date with legislation (such as Food Standards Agency) and NHS guidance
- SLT will work with the school meals provider to ensure menus follow nutritional guidance. This also includes information about food allergens and intolerances.
- SLT will ensure that kitchen hygiene is monitored by Food Standards Agency
- Ensure that staff involved in handling/ preparing meals have had the appropriate food handling training
- Signpost/ refer families and carers who may need additional support or guidance
- To keep the Governing body informed of all changes and updates
- Directly address parents/ carers who continually allow their child to bring nut products into school.

### Office Staff

- Update the school database as soon as we are informed by parents that a child has a food allergy/ dietary need
- Ensure that each class has a new list of pupils with food allergies/dietary needs at the start of each academic year and update as required during the year
- Discuss lunchtime food arrangements with parents when informed of a food allergy.
- Ensure that the school kitchen is aware of any food allergies

### Class Based staff

- To be aware of food allergies and dietary needs within class
- Encourage and facilitate access to clean drinking water during lesson times.
- Include all aspects of food hygiene in lesson plans where applicable.
- Promote informed choices around food

- Ensure their own personal beliefs/ dietary choices around food (such as following diets/ following plans etc) do not influence the children in their care.
- Work with parents/ carers to ensure that any child with a food allergy or food intolerance is supported. No child should miss out. Teaching staff should be the child's advocate and be mindful of their needs in situations that occur e.g. parties, school trips etc.
- Staff will seek to teach links that assist the children to understand the importance of following rules around food safety. Staff will reinforce the risks to others and the possible outcome for the individual who does not follow such rules.
- Class based staff will instruct pupils NOT to share food with other children and explain why this is important e.g allergies.

#### Lunchtime Supervisors

- Ensure children eat their lunch in a sensible and safe manner
- Ensure they are aware of children who have a food allergy/food intolerance or dietary needs and be the child's advocate at meal times
- Ensure children do not share their food with other children.
- Encourage children to eat their lunch and notify class teachers when children do not eat their meal at lunch time.
- Promote good manners while eating
- Model how to use a knife and fork

#### All Mytham Staff

- Promote positive attitudes towards food and refrain from labelling foods 'bad' 'good' 'treat' 'naughty' etc, which places connotations on certain foods/ food groups.
- Respect family choices and support families as fully as possible.
- Ensure that we are a nut free school and refrain from bringing in nut products personally, or allowing others to eat products with nuts in school.
- Follow the school's policy at all times

#### Parents

- Parents/ carers are responsible for letting school know if their child has any food allergies/ food tolerances
- Ensure they complete the necessary forms and share medical updates and medication with school where appropriate. This may include sharing medical reports and contact information for health professionals.
- Support school in developing Health Care Plans where a child has a serious allergy or medical need linked to food e.g tube feeding.
- Parents/ carers should, to the best of their ability, ensure that their child has access to food for meal times and snack times at home and at school (such as home snack or packed lunches). Parents/ carers are encouraged to speak to school if they fall on hardship and are unable to provide enough food for their child(ren).
- Parents/ carers are asked to provide their children with food choices which promote health and variety, and avoid providing large quantities of sugary foods. Sweets and bars of chocolate are not allowed in lunch boxes. Fizzy drinks/ energy are also not permitted.
- Parents/ carers should read all school letters and correspondence to help them to follow school policy and expectations.
- Parents should not send any food into school which contains nuts.
- Parents/ carers should make school aware if their child has an eating disorder, and work with school and health to meet the needs of the child.

We ask all parents to be supportive of our food policy as it serves two purposes

a) Part of promoting a healthy lifestyle for all

b) To ensure that we keep all our pupils safe. These may not be your child but we ask that parents are empathetic towards others. Food allergies can be life threatening.

### Pupils

- Pupils to engage with school curriculum to learn more about food choices and nutrition.
- Pupils to be made aware of food allergies at an age appropriate level. This will support the protection of pupils with allergies.
- Pupils will not share their food with any other child. They understand that doing so *could* result in the schools behaviour policy being applied or parents/ carers being contacted.
- Pupils to refrain from making comments or remarks about other children's food choices.

### Providing food for lessons and special events

- Food must be purchased, stored and prepared in ways which follow recommendations from the Food Standard Agency.
- Ensure arrangements are made for pupils with food allergies/ food intolerances to engage with the lesson by facilitating adaptations

### Mytham Wrap-Around Care

Mytham's before and after school provision is run by Mytham staff who follow our school policy at all times. Senior leaders ensure that appropriate training is completed to ensure food storage and preparation follows agreed guidance and legislation.

### Snack Times at Mytham

All children are provided with the opportunity to eat a mid-morning snack. This can be provided by school (parents/ carers can pay for this snack each term), or alternatively can bring a food item from home. Mytham regularly send home guidance on what to provide to parents/ carers in school letters and the Friday Flyer.

All pupils are entitled to a fruit snack in the afternoon, and this is provided by school. Alternatively, pupils can bring fruit from home if they wish to do so.

### Lunch Times at Mytham

All children attending Mytham are provided with the opportunity to have a meal at lunch time. This can either be a hot school dinner, provided by the school kitchen, or a packed lunch from home. Children are encouraged to eat, but will not be asked to finish their plate or packed lunch if they feel they are full or do not like an item. Lunch staff are on hand to support our children as needed, such as helping to open packaging or supporting the cutting up of food.

You can find out more about school meal menus, Bolton LA Food Values and dietary information here:

<https://www.bolton.gov.uk/schoolmeals>



### Food as rewards

- Food should not be given as a 'reward' in class
- Birthday cakes/sweets from home are not allowed
- Children are encouraged to understand the need for balance as part of a healthy lifestyle and mind-set. We believe that banning certain foods completely gives out the wrong message to children. On special occasions such as Christmas party day; cakes, biscuits and sweet treats may be consumed by children in the school day, however these are in small amounts. Alternatives are provided for children with allergies/food intolerances.

### Food in Forest School

Trained and fully qualified Forest school teachers help our children to prepare food in Forest School. This helps them to learn about food hygiene and nutrition. At Forest School:

- School policy is followed at all times
- Risk assessments are followed at all times
- There will always be drinking water available at the hub tree.
- Everyone must thoroughly wash their hands before preparing, serving or eating food.
- Warm drinks and snacks ensure all children are warm and energy levels are maintained when very active.
- The FSL will be aware of any dietary needs in the group e.g. allergies, religious, and ensure these are met.
- Food and food preparation/serving tools are stored hygienically and follow the recommended storing instructions.

Our Forest School Code reminds children "Never eat or drink anything found in the Forest School or put your hands in your mouth". Occasionally the FSL may choose to show the children 'wild food' e.g. raspberries growing within the forest and invite them to taste them. The FSL will first have undertaken a risk assessment prior to picking, preparing or eating any foods.

### School Vegetable Patch/ Growing Gardens

Mytham pupils may be involved in planting, caring for, and harvesting fruits and vegetables from our outdoor bedding boxes or planters. This may be part of our curriculum or linked to extra-curricular opportunities or clubs (such as gardening club or Eco club). Sometimes the produce is picked and prepared in school e.g making a salad from home grown-lettuce, or picking and cooking apples from the orchard. Mytham staff will:

- Ensure all children wash their hands thoroughly and do not eat products that have not been approved for consumption by the teacher.
- Follow all risk assessments
- Always follow school policy
- Ensure they are aware of allergies/ intolerances (such as strawberry allergy)
- Prepare foods in safe ways which promote high levels of hygiene

### Bake-Sales

School occasionally have bake-sales for charity events. Mytham staff will ensure:

- all baked items are prepared following regulations and the school policy
- Risk assessments are followed at all times
- Items sold are fresh

-Items are sold to children who have a parent/ carer present who can monitor choices made by the child and take responsibility for the consumption of items which are purchased.