

# Al-Khair School Oldbury

## Whole School Food Policy



<b>Approved by:</b>	Sajad Akram	<b>Date:</b> 24th September 2021
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## **Whole School Food Policy**

### **Summary**

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extracurricular events. Key changes:

- Only water to be consumed in school
- Fruit and vegetables only to be given as snacks during school day
- Stickers or group items such as stationery to be shared for birthdays as a healthy alternative to cakes and sweets.
- Healthy / balanced approach to party food within school

### **Why is a policy needed?**

At Al-Khair School we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

### **National Guidance**

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

### **Application**

This policy covers the areas of:

- Breaktime snacks including those brought from home.
- Water

- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

The policy applies to all staff, pupils, parents and partner agencies working within school.

### **Nut Free School**

The school is a nut free zone so food containing nuts must not be sent in. If a parent has sent in food which contains nuts the teacher will remove it and it will be kept in the staff room until it has been returned to the parent.

### **Break Time Snacks**

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

### **Water**

Clean drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs. On a Friday we will allow them to bring in 1 drink apart from water.

### **School lunches**

At Al-Khair all school meals will be monitored to ensure that they comply with the school food standards.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily. (Packed lunch policy)

Support and advice is provided through information on our website and annual healthy eating parent's workshop.

Any meals taken as part of on or off school site residential will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

### **Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We re enforce our delivery of the national curriculum by holding a healthy schools' week annually which enables us to focus on all aspects of well-being including healthy eating.

### **Events and Celebrations**

At Eid and at the end of the school term classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times. Please adhere to our nut free policy when providing food during these events. The teacher will monitor the food and any food which is unsuitable will not be given to the children. Some parents like to provide cakes and treats during the school year for their child's class, this must be left at the admin office.

### **Monitoring**

We consult annually with caterers, pupils, parents / carers and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals. The monitoring procedures for packed lunches can be found in the packed lunch policy.