

# Oak Field School Food Policy

## Philosophy

- Oak Field School is dedicated to providing an environment that promotes healthy eating and enables children and young people to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition documented in this school food policy.
- Education staff, Health staff, and the school caterers have a key role in influencing students' knowledge, skills and attitudes about food, so we support a whole school approach where students receive consistent messages about healthy eating across the formal curriculum, food provisions, school practices and **staff acting as role models**.
- The school recognises the important connection between healthy eating and a student's ability to learn effectively and achieve high standards in school; the importance of supporting pupils to be a healthy weight for their long term health to reduce the risk of type 2 diabetes, heart disease, and certain cancers in later life; that food choices can have an impact on levels of tooth decay; the importance of balanced healthy eating to address these issues, and that it has a role to play to help students and families develop the skills, attitudes and knowledge they need to make healthier food choices.
- The school recognises the value of students having the opportunity to cook food within the school environment so they can learn about budgeting and meal planning, develop basic cooking and food hygiene skills and learn about healthy eating in an interactive and enjoyable way.
- The school provides opportunities for pupils to shop for, prepare and cook both within the curriculum and within out of hours learning.

## Aims

- To enable students to be aware of, and if appropriate to make, healthy food choices through the provision of information and the development of appropriate skills and attitudes.
- To ensure that all aspects of food and drink in school promote the health and well being of students, staff and visitors to our school.

## Strategies for putting policy into practice

### Curriculum

- Oak Field School is using the 'Good Food Deal' from the Health Education Trust.
- Food and nutrition is taught at each key stage through appropriate schemes of work. Effective teaching develops students' understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions.
- Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include sensory exploration, group discussions and role-play.

### Rewards and Celebrations

- Our school does **not** encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement such as praise, 'Star of the Week' and being invited to go out in assembly for good work are used in school.

- Parties or celebrations to mark religious or cultural occasions and fundraising events are exempt from the standards, but organisers do consider healthier alternatives where possible.

### **Food and drink provision throughout the day**

- The school actively works with the school catering team to produce nutritionally balanced lunches.
- The school provides students aged between 4 & 6 with a free piece of fruit or vegetable each school day and many pupils are provided with/buy cartons of milk.
- The school provides drinking water through taps in every classroom and in many of the other curriculum areas.
- The school's policy on snacks and packed lunches is to encourage the sending in of healthy packed lunch options with fruit and vegetables, water, milk, pure fruit juices, and healthy snacks such as raisins rather than fizzy drinks, crisps and chocolate.
- Parents / carers are invited to informal sessions where this can be discussed.

### **Growing Food**

- The school believes that providing opportunities for children and young people to grow food and learn about how food is produced is an important part of a whole school approach to healthy eating
- The school also provides opportunities for pupils to get involved in growing food through the 6<sup>th</sup> Form Enterprise Group as well as part of Nottingham in Bloom activities.

## **Roles and responsibilities**

### **Religious and ethnic groups**

- The school provides food in accordance with pupils' religious beliefs and cultural practices. This includes Halal meat once a week.

### **Vegetarians and vegans**

- School caterers offer a vegetarian option at lunch every day. When necessary the school can also provide a vegan option.
- Care is taken to meet the dietary needs of all the pupils, many of whom have complex health and/or eating and drinking needs, such as soft or liquidised food.

### **Medical diets, food allergy and food intolerance**

- The school ensures that children and young people with food allergies and intolerances and other types of medical diets receive appropriate foods to meet their needs. Individual care plans are created for pupils with food allergies and information is shared, as appropriate.

### **Food Safety**

- Appropriate food safety precautions are taken when food is prepared or stored

### **Staff training**

- It is important that staff are familiar with healthy eating guidelines. To facilitate this, all staff are offered the opportunity to participate in healthy eating training sessions
- Midday supervisors are supported to attend training around healthy eating and how to support and encourage children to make healthier choices

## **Assessment recording and reporting**

- Teachers assess work both by making informal judgements, as they observe students during lessons, and through formal assessments of the work done, gauging it against the specific learning objectives set out in the National Curriculum. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage, appropriate to their learning needs.
- Pupils' efforts are further celebrated during Friday assemblies and Key stage assemblies, when children from each class are recognised for excellent effort in school during the week.

## Monitoring and Evaluation

Education staff are encouraged to use a range of strategies to evaluate teaching and learning. These include:

- Discussion of the suitability of resources and methodology at team meetings.
- Simple evaluation sheets for completion at the end of a session - on the 'what have you learned?' model.
- Consultation with pupils through the School Council. This includes scope for the formation of task groups or focus groups of pupils to look at existing provision and to make recommendations for the future.
- Questionnaires for pupils at the end of a module or at the end of a special event about the suitability of the programme and resources.

The PSHE team, will review this document every two years – Sept 2016  
Date of review – Sept 2018