



# Yes we can

## School Food Policy

### Aim

Henry Fawcett is a two-form mixed entry school based in Lambeth. The school takes great pride in ensuring both pupils and staff experience high standards of food and hygiene within the school. The aim of this policy is to ensure that Henry Fawcett pupils are well nourished in school and food provision reflects Government led standards.

### Objectives

Pupils have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.

1. To recognize and acknowledge the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.
2. To ensure that 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. To ensure that all members of the school community are able to make informed choices about the importance of food and its production.
4. To promote the school's role, as part of the larger community, to promote family health, and sustainable food and farming practices.
5. To ensure that all menus served in school meet statutory Government nutritional guidelines

### Strategies to Achieve Objectives - Healthy Eating in School.

#### Food provided during the school day (Breakfast, mid morning snack and lunch).

- The school provides breakfast for those children attending Breakfast Club, snacks and lunch will offer a menu which meets the Education Regulations (Nutritional Standards Requirement for school food) (England) 2007. The school has a fully functioning kitchen allowing food to be prepared and cooked on site.
- The lunch menu offers both meat and vegetarian courses with a salad bar. The menu differs daily and is in line with school food guidelines. Children are provided with a salad bar where pupils serve one another. Fruit is also available for children as a desert.
- Breakfast is in line with national school food guidelines. A breakfast club is provided for children which allows them to eat a healthy, nutritious meal before school starts.



## Yes we can

- Children are provided with water on the table to accompany their meal.
- To meet the Food Standards Agency Guidelines for a Healthy Packed Lunch and School Food Trust Guidelines:

Children are to bring in healthy foods within their lunch.

Foods containing nuts and chocolate are not allowed on grounds of health and safety

- Fruit is provided to children in KS1 during break times.

### Water Consumption

- Plentiful drinking of water by pupils at Henry Fawcett has been recognized in improving behaviour and concentration. Children are allowed to bring in a bottle of water and are allowed to drink this during the day and drinking water is provided within each classroom for children who do not have their own bottle.

### The Dining Environment

- Henry Fawcett is committed to providing a welcoming eating environment that encourages positive social interaction. Children sit at round tables and conversation is encouraged whilst children eat.

### Food in the curriculum

- Schemes of work will reflect the whole-school ethos and bespoke Henry Fawcett curriculum outcomes, including healthy eating - particular reference will be made in topic lessons, Science and PE.
- All pupils will be given the opportunity to take part in a structured programme that promotes healthy eating, these are:
  - Children learn about healthy eating through science, PE and topic lessons.
  - Children are also encouraged to help with the 'Edible Garden' where fruit and vegetables are grown, which is a great way to promote healthy eating to both adults and children at the school.
  - A gardening club is held for children to help learn about the growing process.
- The school has a bespoke child size kitchen which is used throughout the school day. Children have cooking clubs and class teachers are encouraged to use the kitchen as part of the curriculum.

### Pupil Consultation



## Yes we can

- Young people will be given regular opportunity to be consulted appropriately about their food choices – including school meals and food and drink other than lunch.
- Children are offered a choice of foods at meal times and are also served salad by school ambassadors.

### **Partnership with parents and carers and pupils**

- The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.
- Parents and carers and pupils must be regularly updated on food policies settings and can find information at the school office and are kept informed via text message.
- Parents will also sign a pack lunch policy to ensure they are aware of the school's expectations.

### **Monitoring and Evaluation**

This policy will be monitored throughout the year and a final consultation and editing of the policy will happen within a year. The Healthy Schools initiative will be lead and monitored by the Curriculum Team.

Date agreed by governing body on	Signature of Chair or Vice Chair
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*Yes we can*

Date agreed for review March 2018	Frequency of Review Annual / <del>Bi-annual</del> / <del>Three year cycle</del> or earlier as required
Responsibility for Review Committee /Headteacher	