

Slaithwaite CE J & I School



Food and Allergies Policy

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Food and Allergies Policy

"Children need a healthy balanced diet which is rich in fruit , vegetables and bread/other cereals/potatoes, contains moderate amounts of meat (or alternatives) and dairy products and contains much less fat, sugar and salt than many children currently eat." (Food policy In Schools, National Governors' Council and Food Standards Agency, June 2005).

The school has a comprehensive medical policy. In appendix 5 of this policy the Councils policy and procedure for catering is outlined. This outlines the councils approach to Food allergies. When a child enters school parents/carers are asked to identify if their child has an allergy. The school will then record this information on the database. Appropriate bodies are then notified and a care plan put in place if this is required. Liaison with parents is done by the school and information passed to all relevant parties by the Headteacher.

At Slaithwaite CE J & I School we are committed to promoting healthy eating as part of a healthy lifestyle. We acknowledge that poorly balanced diets can affect both short term health e.g. tooth decay from the frequent consumption of sugary food and drinks, and long term health e.g. increased risk of heart disease through a diet high in saturated fats. We believe that we have an important role in helping children to develop positive attitudes towards food and good habits for life.

At Slaithwaite CE J & I School we have adopted a proactive approach striving to ensure that food practices in school make a major contribution towards children achieving a balanced diet.

Aims

We believe that the school can play an important part in supporting parents in helping children to develop healthy eating habits by:

- Developing a willingness to eat and enjoy a wide range of foods
- Educating children so that they can make informed choices about what they eat in order to maintain a balanced diet

- Promoting healthy eating at snack and mealtimes (including school shop, lunchtime etc.)

Objectives

These aims are to be met by:

- Offering children the opportunity to taste and cook different foods e.g. through food technology lessons in school and tasting a variety of breads and fruits from around the world in geography lessons and snack in KS1.
- In science by teaching children about which foods belong to the different food groups.
- Helping children to recognise in simple terms the nutritional content of different foods so they begin to understand which foods they should eat a lot of and recognise those that they should have in moderation.
- Encouraging children to choose fruit and vegetables as a snack by actively promoting the consumption of 5 A Day through the National School Fruit and Vegetable Scheme.
- Promoting the drinking of water and milk rather than drinks containing sugar.
- Teaching children how to design a healthy meal or lunchbox and explaining the reason for their choices.
- Encouraging children to and praising them for making healthy choices during break times and lunch times.
- Monitoring what children are eating and liaising with parents if there is a concern.
- Restricting the eating of sweets and crisps to special treats e.g. birthdays, Christmas parties.

- Working closely with the school meals service to ensure that the choice offered is tasty, nutritionally balanced and meets the needs of children on special diets.
- Providing parents with menus to enable them to make informed choices about lunch time provision of food for their children.
- Liaising with After School Club to ensure that their provision is in line with school policy.
- Providing positive adult role models e.g. parents helping to cook in school, staff eating fruit, teachers making healthy choices at lunchtime.
- Providing nutritional information through leaflets and newspaper articles on parents' notice board.
- Continuing to meet the criteria set out for the Kirklees Healthy Schools status and the Kirklees Healthy Choice Award.
- Involving the children in the food policy through the school council.
- Creating a relaxed, sociable and attractive dining experience.

Reviewed March: 2018

Next Review March: 2019