



Yeadon Westfield Junior School Whole School Food Policy

Written in consultation with staff. Hannah Lockwood	March 2023
Review date:	March 2025
Ratified Governors' Committee:	TLPS Spring 2023

We welcome our duties under The Equality Act 2010 to eliminate discrimination, advance equality of opportunity and foster good relations in relation to the protected characteristics of all stakeholders including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race; religion and belief, sex or sexual orientation.

We recognise the Public Sector Equality Duty to assess the impact of our policies and practices on staff and pupils and take action to remove any obstacles identified across all areas of school life, including Policies.

We believe that every person has a fair and equal opportunity to succeed, regardless of their age, gender, ethnicity, ability or cultural or religious background, sexuality or disability. We embrace all aspects of global citizenship and community cohesion, promoting British Values throughout all aspects of school life, actively tackling prejudice or extreme views.

This school is committed to safeguarding and promoting the well-being of all children and expects our staff and volunteers to share this commitment.

Yeadon Westfield Junior School is required to keep and process certain information about its staff members and pupils in accordance with its legal obligations under the General Data Protection Regulation (GDPR). The school may, from time to time, be required to share personal information about its staff or pupils with other organisations, mainly the LA, other schools and educational bodies, and potentially children's services. This policy is written in line with our agreed policy for GDPR.

Whole School Food Policy



Introduction

At Yeadon Westfield Junior School, we recognise the important part a healthy diet plays in your wellbeing and your ability to learn effectively and achieve. We are very proud that our school achieved the Healthy Schools Status in 2022. We believe that the school, in partnership with parents and carers, can make a major contribution to improving your knowledge and understanding of food and help you to make healthy food choices.



Aims

There are lots of benefits to eating and drinking healthy meals in school. Firstly, when you are well fed and hydrated you are able to concentrate for longer. Secondly, it establishes a positive relationship towards food and drink that will hopefully stay with you for a lifetime. It also promotes independence and encourages YOU to make the right choices. A healthy diet will enable you to perform at your best, both in school and hopefully away from school in any extra-curricular activities you take part in.

This policy provides a whole school approach to food and healthy eating to improve the health and wellbeing of children and families and the whole school community.

Food provision and consumption across the school day



Breakfast club

Our school has a successful breakfast club that runs every morning. The food provided is healthy and balanced, including cereals, toast and fruit options. We ensure all food served is compliant with the School Food Standards.



Mid-morning break / snacks

If pupils are bringing snacks from home, we encourage fruit and vegetables only to promote healthy snacking. We are looking into rewards for children bringing healthy snacks.



Drinks & access to water

Children are asked to bring in their own water bottle every day and are encouraged to drink regularly, at appropriate times during the day. The children can refill their bottle from the available sinks in the classroom. We are a water only school to promote positive oral health and hydration. We request that parents/carers do not place drinks such as juice into packed lunches. The exception to this is if parents choose to purchase milk (free for pupil premium) for their child which is supplied at break times.



School meals

Our school meals are provided by Catering Leeds who ensure the menus are balanced and compliant with the School Food Standards. Where possible, our school meals include locally sourced, sustainable and high quality ingredients. All our eggs are free range. We are looking to introduce vegetable sticks which will be available at dining tables to help students increase their intake of salad and vegetables.

Our school meals are freshly prepared each day by our in-house catering team who cater for a variety of tastes, diets and preferences. Our menus are varied and include a range of meals from different cultures and countries and are available to view on the school website.



Free school meals

As a free school meal (FSM) could save families up to £450 each year, our school encourages and supports pupils to claim their entitlement and communicates this regularly. Parents and pupils can speak in confidence with a member of staff about any concerns or questions they may have.



Dining environment / procedures

Lunchtime is split into two halves with Y3/4 eating first between 12.00 and 12.30pm, followed by Y5/6 between 12.30 and 1pm. Lunch is served using a family service model and pupils have the opportunity to be the server and/or clearer. We have a 'Rainbow Table' where pupils can dine as a reward for positive behaviour. Children can earn lunchtime stickers; once they have collected 10, they are able to choose a reward.



Packed lunches

Our school has a packed lunch policy in place (available on the school website) that has been developed through consultation with parents, governors, staff, pupils and support from the Leeds Healthy Eating Adviser. Packed lunches are encouraged to include at least one piece of fruit or vegetables. Less healthy snacks such as crisps, chocolate and sweets are discouraged. For advice on providing a healthy packed lunch, please refer to the Eatwell

Guide: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>



After school club

Our after school club runs from 3.25 – 6.00pm where we serve a healthy snack such as a wrap or pasta with salad. All food is compliant with the School Food Standards.



Cultural, age appropriate, and special diets

We are supportive of children with any cultural and special dietary requirements (allergies and intolerances) and this is reflected in our food menus which provide a vegetarian option each day. Whilst we recognise nuts are part of balanced diet, we do have several pupils with a severe nut allergy so we ask that you support us by not sending nuts into school as part of packed lunches or for snacks. All pupils' dietary needs are recorded and communicated sensitively with the catering team.



Special occasions, birthdays and rewards

At school discos/events we do relax our healthy eating policy. We understand and recognise the importance of celebrating birthdays, however, we encourage you not to send in cakes or sweet treats to ensure all our pupils are equal (including children with allergies) and other parents don't feel pressured to provide something. We will be looking into other ways to celebrate birthdays in school.



Monitoring food provision and consumption

Our menus, for all food served across the school day, are externally checked for compliance with the School Food Standards by the Healthy Eating Adviser and Nutritionist at Leeds City Council. We are planning to recruit pupil food ambassadors to support the school catering by carrying out our monitoring.

Food education and the curriculum



Healthy Eating in the curriculum

Our school delivers healthy eating through the Primary PSHE scheme of work, Design Technology and the Science curriculum to all pupils and we review this annually. This ensures learning is in line with current guidance and pupils are working towards the Core Food Competences.



Cooking in the curriculum

Our school is meeting the statutory requirements introduced in September 2014, for all pupils to learn cooking skills as a part of the D&T curriculum. We have a technology kitchen which enables pupils to develop a passion for food and understand the core principals of how to plan and prepare healthy meals.



Growing, sustainability, and farming

Every class has their own raised bed and are responsible for growing produce each year which can be used within their curriculum. During the Spring and Summer months, a gardening club runs and produce grown and/or harvested at school, is used in cooking projects. Growing and outdoor teaching is incorporated into a range of subjects across the curriculum such as Science, D&T, RE, Art and Maths.



Pupil involvement

We are in the process of electing a team of School Food Ambassadors to lead on food, monitor school meals and represent the voice of their peers. The school council will be interviewing applicants.

Each year our pupils complete the My Health My School Survey. This helps us to make sure that the food provision and our curriculum is meeting our pupils' needs and we can measure the impact of our food policy each year.



Parent/carer involvement and communication

We will communicate and share our policy with parents/carers each year and listen and act on views and opinions through ongoing surveys. Our menus are available on the school website.

Senior Leadership signature

Lisa Piotrowicz - January 2023