



The Orchard Vision: *Inspiring Success*  
Values: *Determination, Courage, Respect*

## The Orchard Food Policy 2022

### **Context**

The Orchard School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. The Orchard School recognises the important connection between a healthy diet and a pupil's ability to grow, develop and learn effectively. We understand the role school can play, in support of the school community, to promote healthy choices.

### **Aims**

The aim of our school food policy is to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school. This can be achieved by

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

### **Procedures**

#### **Food throughout the school day**

##### **1. Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils. The breakfast menu includes: Cereal, toast, fruit, yoghurt and milk.

##### **2. School Lunches**

School meals are provided for all children and served between 11:45 and 1:15pm in the school hall. Children eat alongside the other children in their year groups. The school meals meet the mandatory requirements of the School Food Standards 2015. School meals always provide a protein, vegetable and carbohydrate. School dinners offer vegetarian/gluten free/dairy free options to children who require them due to diet or religious reasons. The school provides water or milk for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink although this is optional.

### 3. Packed Lunches

As an alternative to school dinners, parents may decide to send their child to school with a packed lunch. The school encourages parents to provide a nutritious and healthy meal. This requires a balance of food groups, including at least one portion of fruit or vegetables to meet one of their 'five a day'. The school communicate with parents to promote healthy eating habits, discouraging parents from including sugary items in packed lunches as much as possible. Parents are aware of and must follow the schools no nut policy.

### 4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people. The Orchard participate in the government free fruit and vegetable scheme which provides children with a daily snack options over the week include a range of fruit, vegetables and raisins.

After school club provide a healthy snack for the children attending by the school and include: toast, rice cakes, fruit and vegetables.

Other after school clubs encourage children to bring a healthy snack with them in their book bags to eat before the club begins. Parents and carers are encouraged to pack fruit, snack bars, vegetables, raisins etc.

### 5. Drinks

All children are required to bring a water bottle to school which can be refilled throughout the school day. Children have constant access to their water throughout the school day and during learning time at the discretion of the class teacher and are encouraged to drink at regular intervals.

### **Celebrations**

- The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, we do not allow children to share chocolates, sweets and cakes for birthdays.
- Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.
- During the Christmas period children are able to bring a packed lunch to school with treats for their class parties. We remind families of our no nut policy during this period.

### **Curriculum**

Food and nutrition is taught at an appropriate level throughout each year group in science, PSHE and Design Technology (cooking and nutrition). Children are taught the importance of a healthy diet and the impact this has, they are also taught how to make healthy and sensible choices when it comes to food, exercise and wellbeing. Children are able to design healthy snacks and meals and then prepare, bake and cook them at school to share with their families. The Orchard DT, PSHE and Science schemes of work develop children's understanding a balanced diet.

### **Special dietary requirements**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. We serve a halal option to meet

the needs of our school community. Individual care plans are created for pupils with food allergies and the lead member of staff for this is Mrs Sophie Bullock and Mrs Sandra Mitchell. Pupil's food allergies are displayed in a sensitive way in the staff room and adheres to GDPR guidance on displaying sensitive information relating to any child's personal information.

### **Expectations of staff and visitors**

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. We are a nut free school which means no nuts or nut products should be brought on or consumed on the school premises.

### **Monitor and Evaluation**

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.