



## Oakridge Schools Federation Food Policy

Approved by:	Full Governing Body
Review frequency:	Every 3 years
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Next review date due:	Spring 2027

At Oakridge Schools Federation we recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognise the importance of food related skills in enriching our social development. We have been working towards the Healthy Eating strand of the Healthy Schools Award and recognise that 'Being Healthy' is one of the five outcomes of 'Every child Matters'.

### AIMS

The general aim of Oakridge Schools Federation is to provide a stimulating, purposeful, educational environment enabling children to develop academically and socially, so preparing each child for the opportunities, responsibilities and experiences of life.

More specifically – through our food policy – we will endeavour

- To maintain or improve the health of the whole school community through education –increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely
- To ensure that children are well nourished at school. With every child having access to safe, tasty and nutritious food and water during the school day
- To increase children's knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and the environment
- To ensure that the food provision in school reflects the ethical and medical needs of the staff and pupils e.g. catering for the needs of religious groups, vegetarians, people with specific food-related allergies
- To meet the nationally agreed and locally accredited Healthy School standard in Healthy Eating and the DCFS standards

### OBJECTIVES

These aims will be met in lessons through a cross-curricular approach, and also through shared eating times and through social and pastoral activities.

### CURRICULUM

Within the PSHE curriculum healthy eating, food safety and an understanding of where our food

comes from, will be taught. Where possible this will be linked to other curriculum areas for example;

Art – observational drawing of fruit, healthy eating posters  
DT – recipes, food preparation, cooking and food safety  
English – instructions – recipes

Maths – weights and measures

PE – healthy eating and exercise

Science - healthy lifestyles, the eat well plate, bacteria, how plants grow

RE – the rich diversity of other cultures and times

Geography - where food comes from, sustainability

History – how people used to eat, Tudor explorers- scurvy, Victorians - rich and poor

Opportunities to support and extend the curriculum will be made through

1. External visits e.g. to the local supermarket
3. Visitors e.g. local food producers, cooking demonstrations,
4. Healthy eating projects e.g. design a healthy school dinner competition
5. Healthy Schools Weeks,
6. SHARED EATING

### **Break time**

Children will continue to be encouraged to eat only healthy snacks from the healthy tuck shop run by children in school or fruit or healthy snack brought in from home.

### **Lunch time**

This is seen as a pleasurable time, a social occasion in which the children are encouraged to sit down together and to enjoy their meal. Our school meal providers are Dolce and we continue to work closely with them to improve the quality and uptake of school meals. Children may bring packed lunches to school and, although we accept that it is up to the parents what they put into their children packed lunch box, we shall continue to emphasize the importance of a healthy lunch by promoting good practice.

To meet the National Nutritional standards, lunches for pupils at Oakridge Schools Federation will stick clearly to Dolce food policy.

### **HEALTH AND SAFETY**

It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating.

Food will be stored in appropriate places and parents will be reminded that the packed lunches have to be stored in the classrooms or lockers and be encouraged to use appropriate packed lunchboxes.

Catering staff will hold the required food hygiene certificates.

All staff and parents involved in preparation of food will be aware of food safety and hygiene issues

and behave accordingly.

As staff we will be aware of the apparently growing tendency for eating disorders in younger children and ensure that we know how to recognise and respond appropriately should the need arise.

#### **LINKS WITH HOME**

We recognise the need to work closely with parents and the wider community. We will endeavour to keep parents informed of what we are teaching the children and why, as well as keeping them up to date with national and local health information and initiatives, working closely with the school nurse and other members of the Primary Care Trust.

#### **MONITORING AND EVALUATING**

We will continue to monitor and review this policy. We will create opportunities for discussion with the children (through school council), staff, parents and governors through meetings, the school newsletter and questionnaires.