

School Food and Water Access Policy

Written by: Kaycee Fordham
Approved by: Council of Trustees
College of Management

Date: July 2018

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History of review: This is the first policy of its kind at South Devon Steiner School, reflecting the Schools' awareness of the need to promote and support a balanced and healthy lifestyle for pupils.

Date for next review: July 2020

Policy Statement

The South Devon Steiner School (SDSS) acknowledges the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. SDSS also acknowledges that it can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

SDSS acknowledges the significant role it has to play in determining health and wellbeing, establishing social roles and reflecting and shaping the school's ethos and individuals' values. The school's main aim is to develop healthy eating and drinking activities in the school that can benefit pupils, staff, parents and others associated with the school, and to ensure that pupils get the energy and nutrition they need across the whole school day.

SDSS aims to encourage a healthy and balanced approach to nutrition and food in general through its curriculum and ethos. SDSS supports the pupils and parents in health and nutrition awareness through its activities, and expects parents to supply the pupils with healthy snacks and meals at school.

SDSS understands that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friends, and inter-generational bonds. The school acknowledges that eating in school should be a pleasurable experience: time spent sharing food with peers and teachers.

SDSS recognises the importance of good water provision and is committed to promoting good habits for hydration throughout the school day and in particular following exercise and in warm conditions.

SDSS also understands the importance of well-maintained, clean and socially safe toilets, as part of its water promotion approach. The school acknowledges the work it needs to do to bring the Hood Manor boys toilets up to a good standard and will prioritise this.

The Outdoor Curriculum and Gardening Lessons provide pupils with many opportunities to understand healthy food production. Pupils work with produce they have planted, grown and harvested to prepare / cook healthy food as part of their education.

This policy takes into account that whilst all parents strive towards providing their child with a varied, balanced and healthy diet, there are occasions when a child may need to follow a more selective or wider diet than this policy allows for. Examples of this might include a student with an eating disorder who must consume high calorie, high fat snacks, or a child on the autistic spectrum who will only eat a small number

of food items because this is what makes him/her deal with (food based) anxiety.

This policy also takes into account that families will be operating on differing budgets and will provide their child/ren with the best food possible on the budget available to their family.

This policy is relevant to classes 1-12.

Procedure:

South Devon Steiner School does not provide school lunches. Instead, parents of Lower and Upper School pupils are asked to supply healthy snacks and packed lunches for their child/ren.

The School does have a parent who provides a number of hot 'main meals' on Tuesday's, Wednesday's and Thursday's during term time. These can be booked and paid for via Reception. If you book a 'main meal' for your child, please ensure you still send the other items they need for a healthy and balanced lunch.

Eating Snack and Lunch at School

SDSS understands the importance of providing an attractive and sociable environment for eating together. Teachers are tasked with creating a pleasant dining space for their pupils. This often includes cleaning the classroom after the morning lessons and before lunch, using table cloths and vases of flowers, moving desks together to form a central dining table and saying a verse with the class before commencing the meal.

Teachers eat snack and lunch with the children and young people in their individual classrooms each day.

Lunch boxes are stored in the classrooms in the child's 'cubby hole' space.

Healthy Lunch Boxes and Snacks

Packing a lunch box from home means you can offer your child a range of healthy lunch options from the five food groups, within your family budget:

- vegetables
- fruit
- grain foods – bread, pasta, breakfast cereals, rice, corn and so on
- dairy – milk, cheese, yoghurt and so on
- meat, fish, chicken, eggs and legumes, including peas, beans, lentils, chickpeas, nuts, tofu and so on.

Parents are encouraged to provide a healthy 'main meal' with a protein element, a healthy snack, fruit and a water bottle each day that their child stays at school for lunch.

General guidance also encourages parents to use a good range of colour as this is a helpful indicator for how broadly one is using the various food group. The more colour in your child's lunch box, the better.

Parents are encouraged to experiment with the amount of food they send to school with their child. If your child eats everything in their lunchbox each day, they might need a little more. If one or more items come home each day, perhaps a little less food would be best to avoid waste.

Parents are asked not to send in sweets, confectionary, chocolate, chocolate biscuits, fizzy drinks and sugary drinks such as fruit juices and squash, and are asked where possible not to send in pre-packaged food for their child.

Parents are asked to keep products including refined sugars including fruit sugars and honey such as fruit straps and sweetened muesli style bars to a minimum.

Parents are asked to consider food safety when choosing items to put in your child's lunch box i.e. if you are sending meat or fish on a hot day, you will need to provide a cool box for your child to ensure the food remains safe for the duration of the morning.

Parents are asked to provide any cutlery their child might need in order to consume the food they bring to school.

Birthdays and Celebrations at School

It is custom that when a child has a birthday, s/he brings a cake to school to share with his/her friends. Please keep cakes simple and home-baked where possible. Parents may wish to take into account any child in the class with allergies or intolerances, or who simply does not eat dairy, gluten or eggs for example.

It is not always possible to cater for everyone's needs but checking in with other parents can provide notice to send their child in with a diet appropriate alternative if they won't be able to eat the cake being provide for the birthday or celebration.

Specific Dietary Needs

Allergies

SDSS encourages parents of children with allergies to communicate these with the school as early in their application process as possible. For serious allergies, it may be necessary for class teachers to designate the class room a 'free' zone – this usually applies to nuts.

When a child in the class has a serious allergy, the school asks for the support of all parents to keep that child safe. This could include excluding a particular food from all packed lunches.

Specific Diets (Food group elimination)

SDSS acknowledges that a number of families choose to eliminate some of the five main food groups from their child's diet for medical or other purposes. Parents are encouraged to thoroughly research how to supplement their child's diet to ensure they are receiving all the nutrients they need to grow healthy and strong.

SDSS acknowledges that some pupils may need to consume food which does not fit within this policy, on a short term or ongoing basis. Parents are asked to inform the school if their child needs to follow a specific diet which does not fall within policy. This could be for medical or other reasons.

Parents of children who have particular dietary needs are asked to communicate these with the other parents in their class where this is appropriate, and with the teacher. Details should also be included in your child's Parent Contract in the consent forms section.

Fundraising and Food

During each academic year, the School has two large fundraising events (Summer and Advent Fairs) alongside many smaller fund raising activities which help to support the school and its activities.

Parents are often asked to bake and cook food products for these fund raising events.

Parents are asked to read the School's Food Hygiene document. Parents are also encouraged to access the School's online Food Hygiene Training. Those parents holding the catering activity must complete the online Food Hygiene Training. Please contact Kaycee Fordham for details.

Parents are asked to limit sugar / refined fruit sugars in baking recipes and to use organic ingredients wherever possible.

Parents are asked not to send in sweets, confectionary, chocolate, chocolate biscuits, fizzy drinks and sugary drinks such as fruit juices and squash.

ALL food sent to school for sale must be accurately labelled to include all ingredients and in particular potential allergens.

All items provided by parents for sale by the school must be vegetarian i.e. must not contain meat or fish. This is for Food Safety and Hygiene reasons.

The school does support occasional cake and ice cream sales for fundraising purposes. Parents are asked to bake their own cakes and/or to choose good quality shop bought items which fit with the outline of the policy above.

Access to Water

Plentiful drinking of water is actively encouraged and modelled by all school staff.

All classrooms in the Lower School have a sink area with a drinking (potable) water tap. Parents are asked to provide their child with a named cup/mug to be kept at school for drinking water. Cups should be washed with hot soapy water and the sink area sanitised as part of the weekly classroom cleaning routine.

Hood Barn has a dedicated 'Common Room' facility where Upper School students can access drinking water at all times.

Pupils are encouraged to drink between lessons and at each break and lunch time.

Pupils are also encouraged to drink before physical exercise.

Pupils can access their classroom / Common Room for water during break and lunch times. In Hood Manor, this access is via the Reception desk.

Parents are encouraged to provide their child with a water bottle to be taken onto the playground with them on each day their child stays to lunch at school. Bottles should be clearly named. This is particularly important during spells of hot weather. Parents are responsible for keeping the water bottle clean and sanitised.

All pupils have access to drinking water during Gardening lessons at the Outdoor Kitchen.

Compliance:

- PART 5 Premises of and accommodation at schools - Education (Independent School Standards) Regulations 2014
https://www.legislation.gov.uk/uksi/2014/3283/pdfs/uksi_20143283_en.pdf

References:

- Water Provision – School Food, Top Marks document (DfE and Department of Health, Social Services and Public Safety).
- The Requirements for School Food Regulations 2014.
- The Products Containing Meat etc. (England) Regulations 2014.
- The Food Safety (General Food Hygiene) Regulations 1995.
- DfE ‘School food in England’ 2016.
- The School Food Plan ‘School Food Standards: A practical guide for schools, their cooks and caterers’ 2014.
- Ethos and Aims (of South Devon Steiner School)
<https://www.southdevonsteinerschool.org/ethos-and-aims.html>