

MANDEVILLE SCHOOL WHOLE SCHOOL FOOD POLICY

Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.

School Food Standards

This policy has been written in line with the school food standards which are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends. As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients and talk to them about what they are eating. Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets. Please see a copy of School Food Standards - A practical guide for schools (Appendix 1)

Through this policy we aim to:

- ensure that healthy food and drink is provided at all times of the day that responds to statutory guidance in relation to nutrition;
- meet the stipulated Food Standards detailed within the Requirements for School Food Regulations 2014 which came into force on 1st January 2015; be allergy aware and make the ingredients within dishes known to parents/pupils;
- ensure that we are giving consistent messages about food and health to pupils;
- provide our students with the information they need to make healthy choices;
- promote health awareness;
- contribute to the healthy physical development of all members of our school community

Rational

We believe that an active lifestyle and a well-balanced diet can enhance the health of children. There are several government policies and initiatives to help improve the diet of children, e.g. The Food in Schools Programme, School Fruit and Vegetable Scheme, Magic Breakfast, 5 A DAY and the Healthy Schools Programme. However we recognise that the nutritional and hydration needs of our pupils vary and may not always fit the government standards. Where this is the case our main priority is to meet the specific needs of the individual child. The Whole School Food Policy enables Mandeville School to support the government initiatives and the individual needs of some pupils by developing and maintaining a shared philosophy on all aspects of food and drink. It provides a public statement which demonstrates how Mandeville

School cares for and makes a positive contribution to the health and welfare of pupils, staff and other stakeholders.

School Summary

Mandeville is a primary special school for 132 pupils aged from Nursery to Year 6. Typically 31% of pupils are entitled to free school meals, this does not include pupils in Reception and KS1 who are universally entitled to a free school meal. Pupils come from diverse ethnic and socio-economic backgrounds.

The school morning break is twenty minutes and the lunch break is forty five minutes. The dining rooms and kitchens are modern and spacious. There are two dining rooms; one in the PMLD department and one in the ASC department which both seat 45 pupils and staff comfortably and there are two sittings in the ASC department. Food is prepared and cooked in the main kitchen in the PMLD department and then transported in sealed containers to the ASC department where it is plated up.

Staff are on duty at lunch time and are offered a free school lunch. Staff duties involve collection and distribution of meals from the hatch to the tables, supporting pupils as they work towards independent eating and drinking, supporting pupils to make healthy food choices, providing role models for the pupils and maintaining an appropriate ambience in the dining room, eg. keeping noise and behaviour at appropriate levels.

School is committed to pupils learning outdoors and the school grounds are designed to give pupils the opportunity to grow their own fruit, herbs and vegetables.

A higher level teaching assistant runs food technology groups for pupils and a group of teaching assistants run the Breakfast Club.

School Food Audit

Our School Food Audit showed that pupil preferences and tastes vary. Pupils consume a range of foods. Most pupils eat school lunch consisting of a hot meat/fish/vegetarian meal and desert which includes fruit or yoghurt. A few pupils eat packed lunch which varies according to individual preferences. Pupils eat a range of snacks including fruit, crisps, yoghurt and biscuits and drink juice, squash, milk or water at snack time. Some targeted pupils eat breakfast as part of the Mandeville Breakfast Club. In some classes snacks such as crisps are used to reinforce healthy eating. The school participates in the National School Fruit Scheme. Where appropriate, fruit is offered to all pupils in the school at snack time.

Equal Opportunities

At Mandeville we believe that every child is entitled to safe and appropriate provision of food and drink in order to stay as well-nourished as possible and maintain and develop their existing skills in eating and drinking. We promote a positive and healthy attitude towards nutrition which takes account of medical complexity and individual diversity. We foster an ethos of teamwork and will strive to ensure that all members of staff feel supported, informed and comfortable in working with children who have eating and drinking difficulties.

Objectives: What do we want to achieve?

To ensure that the objectives are fully integrated into all aspects of school life and are accepted and embraced by all members of the school community.

1. To have food tolerance groups for pupils who have difficulty eating a range of foods that support a balanced diet
2. To continue to run Mandeville Breakfast Club for pupils who benefit from it.
3. To offer a range of healthy snacks for pupils

Curriculum

Mandeville has developed its own curriculum to suit the needs of its pupils. This curriculum follows the 7 areas of the EYFS. As such pupils learn about nutrition on a cross-curricular level. Within Physical Development, pupils learn about teeth cleaning. As part of their PSED, pupils are given opportunities to make healthy choices at snack time and lunch time to develop healthy eating habits. Pupils learn about healthy eating in Food Technology on a topic basis, through making a variety of healthy meals and snacks such as fresh fruit salads, smoothies and sandwiches. Where appropriate all pupils are provided with opportunities to prepare and explore fresh ingredients, to design, make and sample simple meals and snacks. In RE where other religions and cultures are celebrated pupils are given opportunities to have a multi-sensory experience of different types of food. Through outdoor learning pupils have opportunity to plant and grow a range of food or edible plants. They are able to harvest and eat or cook food from the ground. Breakfast Club is an important part of the curriculum for some pupils.

Where appropriate therefore, pupils will understand the requirements of a healthy balanced meal.

School Meals

All school meals meet the Government's food based standards to ensure that pupils are getting a nutritious balanced meal. Ealing schools and LBE work with Harrison's to ensure that school meals meet these standards.

As far as is possible, all medical and dietary needs are met within the Government's new food based standards. Water will be served with all meals and pupils will be encouraged to drink water throughout the day. For pupils where water is not an appropriate drink, other non-fizzy drinks will be available at meal times and throughout the day. A suitable, attractive environment is provided in which to eat lunch

Packed Lunches

Packed lunches, for both pupils and staff, are stored in a healthy way (refrigerated or in cool boxes on educational visits). Any packed lunches requiring heating are reheated safely, ie thoroughly to an appropriately high temperature. Parents are provided with information on what constitutes a healthy packed lunch.

Breakfast Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. We operate a breakfast club that provides a nutritious meal for targeted pupils at the beginning of the school day.

Tuck Shop

The school tuck shop is prepared for and run by the pupils and supervised by a teacher or TA, it provides a range of healthy snack foods.

Use of Food as a Reward

Food can be used as a reinforcer only when there is no suitable alternative for the pupil. However care must be taken not to make pupils reliant on it, therefore it needs to be gradually phased out and replaced with other reinforcers. Any child who has food reinforcement needs will have this written into their behaviour support plan (BSP).

Water Provision

Pupils and staff have access to free, mains drinking water or other drinks where water is not appropriate, throughout the school day. Staff are aware of individual pupils' hydration needs and ensure that these are met.

Pupils

Up-to-date records of pupils' medical and dietary needs are maintained and staff are aware of these

Partnership with parents

The partnership between home and school is critical in shaping how pupils behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. Due to their disability pupils can have issues with food and often present as 'fussy eaters' and may struggle to engage at meal times or refuse to eat healthy options. Home/school programmes can be very successful in shaping their food tolerance and behavior.

Staff

Key staff who handle food have basic food hygiene training and then cascade the training to other staff (HLTA, Breakfast Club staff). Staff understand what a balanced and healthy meal means.

Guidelines: How are we going to meet our objectives?

A participatory approach will be encouraged for the whole school community to meet the objectives.

Review of this policy is the responsibility of the Governing Body through school's established policy review procedures. The middle leader for healthy schools plays a key role in the development, implementation and monitoring of this policy.

People with key responsibilities for food in schools

Head teacher: The Head Teacher will oversee all aspects of food provision including working with the school caterers and the monitoring and evaluating the implementation of this policy. On a day to day basis this is delegated to the Harrison's kitchen staff, the middle leader for healthy schools and class staff.

Catering company (Harrisons): are responsible for menus, nutritional analysis and standards. Harrison's contract with schools is monitored through the Ealing Schools Catering Consortium (ESCC)

School cook - responsible for managing the kitchen staff team; preparation, cooking and serving of school lunches and monitoring of the menus.

Middle leader for healthy schools - responsible for ensuring that the Healthy Schools Policies are put in to practice

Middle leaders for curriculum – to ensure the curriculum supports healthy eating, to monitor planning and observe lessons in support of this.

Teachers and Class Staff: to follow healthy eating guidelines in delivering the curriculum and in the provision of snacks. To ensure all aspects of the Whole School Food Policy apply as appropriate to children who have enteral feeding (eg gastrostomy, tube fed) following medical guidance. To attend training and follow specific feeding programmes for pupils who have complex difficulties with eating and swallowing, to follow appropriate safety advice.

Speech and Language Therapists: to provide support for pupils swallowing difficulties or who are unable to swallow to ensure that they are included within the healthy eating agenda. To provide training for staff to manage feeding programmes for pupils who have difficulty swallowing.

Medical Team: to provide support for all medical aspects of healthy eating ensuring that all pupils with specific dietary requirements are included within the healthy eating agenda. This includes the provision of food supplements, gastro and naso-gastric tube feeding, referrals to clinics and dietitians.

The British Dietetic association have no policy to support professionals in schools to deliver a blended diet. This is not practice in school.

Monitoring & Evaluation

We will continually review and research the school food standards and guidelines in relation to the individual needs of the children at Mandeville School. The Governors will review the policy on an annual basis however if any changes to regulation then it will be updated as and when needed.

Related Mandeville School Documentation:

Healthy Schools Policy

Safeguarding policy

Behaviour & Discipline Policy

Managing Pupils with Complex Medical Conditions in School

September 2018