



FOOD POLICY

Date of completion: November 2024

Date ratified by Governors:

Date for further review:

Eating in school must 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, updated February 2023, 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.



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The Food in Schools Programme, School Fruit and Vegetable Scheme, 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 174 pupils aged from Nursery to Year 6. Currently, under government initiative, Children from Reception to year 6 are entitled to a free school lunch. Pupils come from diverse ethnic and socio-economic backgrounds.

The school morning break is twenty minutes and the lunch break is forty-five minutes, with an afternoon snack included in the day. The dining rooms and kitchens are modern ~~and spacious~~. There are two dining rooms; one in the Ocean department and one in the Sky department which both seat 45 pupils and staff comfortably and there are two sittings in both departments. Food is prepared and cooked in the main kitchen in the Ocean department and then transported in sealed containers to the Sky department where it is plated up. Some pupils have lunch in their classroom, depending on the needs of the pupils and space available in the dining hall. Children in the satellite site eat their food in their classroom.

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 or classrooms, 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, e.g. supporting children to keep regulated.

A higher level teaching assistant runs food technology groups for pupils and all pupils have food technology sessions in class or in the multi-use room.

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 when they arrive at school if parents have difficulty in supporting them to eat at home. In addition to this, if pupils are hungry during the day and need to eat outside snack or lunch times, they will



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be offered food. 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 and/or sensory food play activities in class for pupils who have difficulty eating a range of foods that support a balanced diet. Classes have regular messy play sessions in tuff trays or individual trays, using different foods to support the children in encouraging them to explore food through their senses, touching, smelling, and choosing whether to taste, with no pressure for them to eat. If a child is very selective with eating we will keep a food diary to monitor and celebrate new foods tried.
2. To offer a range of healthy snacks for pupils, such as breadsticks, crackers, fruit, cereals, yoghurts. Requesting from parents that they send in a healthy snack for the morning and afternoon, giving them suggestions of what they can send in. (see appendix 1 suggestions for health snacks.)
3. Working with parents – healthy eating information shared in the home welcome pack. Parents coffee mornings support parents to provide healthy food. Newsletters share relevant information regarding healthy eating.

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 Personal, Social and Emotional Development, 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



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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. We recognise and celebrate food from the different cultures represented at Mandeville pupils are given opportunities to have a multi-sensory experience of different types of food.

During snack time we will respect children choice of food.

When food is used during teaching time, e.g. cooking, tuck shop, maths lessons, teachers will offer healthy options.

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 ISF to ensure that school meals meet these standards.

As far as is possible, all medical and dietary needs are met within the Government's 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 and the opportunity for pupils to learn to socialise and communicate is fundamental.

Taster meals

Children are able to have taster meals from the school meals menu, as part of developing their tolerance to new and different foods.

Some children on Gastrostomy feeds have some small tastes in school. These tastes are brought in from home daily and stored in the fridge until required. The tastes are given as directed on the child's individual mealtime plan, provided by SALT. Children are regularly assessed by SALT health regarding their safe swallow.

Packed Lunches

Packed lunches, for both pupils and staff, are stored in a healthy way (refrigerated or in cool boxes on educational visits). Parents are provided with information on what constitutes a healthy packed lunch. ~~No home food is heated in school. Packed lunches are all cold food.~~

Children can have food from home heated. There are two trained food health and safety members of staff who will advise on safely heating packed lunches.

Food Allergies and Intolerances – Natasha’s Law

Parents are required to complete a Pupil Information Sheet, which includes a section on medical information. Further information will be gained from home visits/ Introduction phone calls to clarify the nature and seriousness of any medical conditions.

All pupils with a medical diagnosed serious food allergy will have an individual health care plan or allergy action plan. This information is shared with all appropriate stakeholders/staff and appropriate training is given to class staff.

The school nurse writes the individual health care plans; these are then sent to parents to sign.

The information provided to the school is shared with the Catering Company who will liaise with parents/staff to devise a special diet. Classroom staff are aware of the special diet and oversee the collection of the school lunch.

Catering staff display a poster at the point of food service, detailing all pupils with a food allergy or intolerance; this includes a recent photograph. This information is regularly updated (at least annually)

The Catering Company have their own Allergen Policy and are required to have in place robust procedures. Staff are trained to ensure they are knowledgeable about allergens and are on how to handle food safely to avoid cross contamination.

Catering staff are advised of the ingredients for all dishes and are alerted when they contain any possible food allergens.

Risk Assessments are in place; each class completes a Classroom Risk Assessment in the Autumn Term that details pupils with medical needs. In addition, a risk assessment is carried out ahead of any planned school trips that will include a named person to oversee the safety of pupils with a serious medical condition. A trained first aider attends all school trips.

Staff receive regular first aid training, which covers how to deal with allergic reactions and how to recognise and treat symptoms of anaphylaxis.

Pupils with a serious condition will have their own medication e.g. antihistamine medication/Epi-Pen and this will be kept close at hand. Staff in that class will receive additional medical training to be able to support the needs of that child.

The school have emergency epi-pens provided in an accessible but secure locations. Staff receive regular training in their use.

Staff are alert to the need to consider allergies for all school activities and events, including cooking lessons, birthday and Christmas parties and packed lunches.

Mandeville is a NUT FREE school and parents are notified of this in the new starter pack and are reminded of this regularly via the school newsletter and by personal contact where needed.

If staff become aware that a pupil has a food allergy or intolerance, they should let the class teacher and medical lead know straight away, so that further information can be obtained to ensure the safety and well-being of the child.



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The school catering company, ISF, works with school and parents/carers to make sure that children with food allergies are catered for, being given individual menus where necessary.

Pupils

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

Gastrostomy Feeds by medical team and by trained members of school staff

Connection of Enteral feed pump and administration of feeds

Administration of water/ feed via gastrostomy/ PEG

Milk feeds are made up in the medical room and delivered to classes. Amount of feed and frequency of feeds assessed and updated regularly by the dietician

Any milk left over at the end of the day is stored in the fridge

Medical team available if any complications with feeding arise

Blended Diets via gastrostomy

Can be given by specially trained class staff / medical team. This needs to be approved by the consultant and the dietician. The dietician will also have completed a risk assessment

Prefilled syringes are sent into school by the parent in a cool bag that can be stored in a fridge at school and brought back to room temperature by submerging in a container of warm water or on countertop. They should not require heat probing/temperature measuring.

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.

Tuck Shop

The Main school and the Satellite site has a school tuck shop. They are prepared for and run by the pupils and supervised by a teacher or TA, they provide a range of healthy snack foods.

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 learning and sensory differences, pupils can have issues with food and often present as ~~'fussy eaters'~~ selective eaters and may struggle



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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 Training

Key staff who handle food have basic food hygiene training. Staff understand what a balanced and healthy meal means.

Key staff hold certification for Pediatric First Aid which includes training on how to respond to an allergic reaction. Key staff are trained in the administration of the Adrenalin Auto-Injector (e.g. Epi-Pen) for named pupils as prescribed by their doctor.

The Occupational therapist provides training and offers individual support for children who are selective eaters.

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.

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 ISF kitchen staff, the middle leader for healthy schools and class staff.

Catering company (ISF): are responsible for menus, nutritional analysis and standards. ISF 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.

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 (e.g. 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



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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.

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:

Safeguarding policy

Behaviour Policy

Managing Pupils with Complex Medical Conditions in School

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Appendix 1

Chewy Foods

1. Dried fruit
2. Dates
3. Beef jerky
4. Bagels
5. Granola bars
6. Cheese
7. Celery
8. Sausage sticks



Crunchy Foods

1. Pretzels
2. Nacho
3. Crackers
4. Bread sticks
5. Popcorn
6. Roasted chickpeas
7. Carrots
8. Apples
9. Banana chips
10. Dry cereal
11. Toast
12. Snap peas
13. Dried veggie chips
like beet or sweet potato
14. Kale chips
15. Peppers
16. Cucumbers
17. Pita chips
18. Rice cakes



Sweet Foods

1. Bananas
2. Strawberries
3. Melon (Cantaloupe
Honeydew
Watermelon)
4. Peaches
5. Pears
6. Plums
7. Berries
8. Grapes



Sour, Tart, & Spicy Foods

1. Pickles
2. Greek yogurt
3. Lemon or lime
slices
4. Kiwis
5. Grapefruit
6. Olives
7. Cranberries

Cold Foods

1. Popsicles or ice
pops
2. Smoothies
3. Frozen yogurt bites
4. Frozen yogurt
5. Milk
6. Frozen peas
7. Frozen berries



Smooth & Creamy Foods

1. Yogurt
2. Hummus
3. Hard-boiled egg
4. Soft cheese
5. Avocado
6. Oatmeal
7. Spinach dip
8. Fruit Smoothies

