



DORIN PARK HEALTHY SCHOOL FOOD POLICY

Contents

Aims, purpose and responsibility	1
Snack (mid-morning break)	2
School lunches	2
Packed lunches	2
Healthier drinks	2
Food in the curriculum	3
Special events	4
Special dietary requirements or food allergies (medical)	4
Partnership with parents and carers	5
References and further reading	5

Aims, purpose and responsibility

At Dorin Park we aim to create a Healthy School by promoting the health and well-being of our pupils and staff. Part of this process involves promoting an environment of healthy eating and enabling pupils to make informed choices about the food they eat. This is achieved through the whole-school approach to food and nutrition documented in our Healthy School Food Policy.

Dorin Park’s Leadership Group have a responsibility for preparing the Healthy Schools Policy with input from the school’s catering team and teachers who lead on the delivery of the food curriculum. The governing board’s strategic role is to consider, agree, monitor and review the policy and its implementation.

This policy has been reviewed to comply with the mandatory national School Food Standards (January 2015). These standards cover all food and drink sold, served or brought into schools: breakfast, lunch and after-school meals, including snacks and food-related lessons.

Under OFSTED’s Common Inspection Framework, OFSTED now inspect how “children and learners keep themselves healthy, including through healthy eating”. Inspectors will look at “the food on offer and visit the canteen to see the atmosphere and culture in the dining space and the effect this has on pupil’s behaviour.” Inspectors will also look at the “breadth and balance of the curriculum, of which practical cooking is now a part.”

Snack (mid-morning break)

School will provide snacks that adhere to the national School Food Standards.

Snacks brought in from home should be: fruit, vegetables, seeds, yoghurts, plain crackers or breadsticks or fruit-based desserts containing at least 50% fruit.

KS1 pupils are entitled to free fruit and vegetables at break time.

Other key stages have a choice of healthy snack options available at the school canteen. The snacks offered include white and wholemeal toast, crumpets, fruit and yoghurts.

The following should not be brought into school unless otherwise directed by medical professionals or through discussion with the school nurse for those pupils that require a higher calorie intake:

- chocolate, chocolate-coated products, confectionery (sweets), cakes, biscuits

School lunches

We provide our pupils with the opportunity to eat a healthy, balanced meal and ensure a range of meals which take into account health needs, dietary needs and religious and ethnic preferences.

Our in-house catering team provides all our school meals in accordance with the national School Food Standards. A copy of the weekly menu is on the school website and a copy can be sent home on request. The dining area has a calm and positive atmosphere where pupils practise appropriate social skills with their peers. Staff monitor food choices and encourage pupils to try new foods.

We encourage the take-up of free school meals where there is an entitlement.

Our catering team support requests for specific diets for a pupil on a case by case basis.

Packed lunches

Packed lunches prepared by our catering team adhere to the national School Food Standards.

Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery (sweets). No confectionery (sweets), chocolate or chocolate-coated products.

We encourage home packed lunches that meet the national standards and our Healthy School Food Policy. The packed lunch should contain a carbohydrate (e.g. sandwich with a healthy filling) and pieces of fruit or vegetables. Children should bring in water or fruit juice. (Water is also available at lunchtimes in the hall.)

Any food left in home packed lunch boxes will be sent home. Appropriate storage arrangements are in place to store home packed lunches.

We will monitor home packed lunches and raise awareness of the healthy choices available if the need arises.

Healthier drinks

The health benefits of drinking water are widely known. In line with the national School Food Standards, the whole school community has access to free, fresh drinking water throughout the school day. Any other drink should comply with the national School Food Standards.

The only drinks permitted by the national School Food Standards are:

- Plain water
- Lower fat milk
- Fruit or vegetable juice (max. 150 ml)
- Fruit or vegetable juice mixed with water
- Yoghurt drinks
- Tea, coffee and hot chocolate (without added sugar)

Food in the curriculum

Food production and preparation is an important part of the curriculum for all pupils. The aim is to develop an understanding of food-related issues including food hygiene, good food choices, keeping healthy and safety issues.

My Independence Curriculum

Healthy food choices and practical food education are a part of the My Independence curriculum. The aim is to educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and making good food choices. Pupils also have opportunities to bake and cook simple recipes and to sample new foods.

Independent Living Skills (ILS) Curriculum (KS4 and KS5)

The Food unit of the ILS curriculum provides opportunities for pupils to:

- have hands-on experiences with food
- learn about and gain confidence in basic food hygiene and safe preparation skills
- learn about healthier eating through practical food work
- apply simple budgeting skills to their food choices
- understand where their food comes from
- grow their own food

The ILS curriculum achieves this through practical cookery lessons, running an onsite school café, horticulture and learning in the community.

Science

Healthy eating and nutrition is part of the science curriculum and helps to educate pupils about the science of healthy eating, the effects that too much sugar and fat has on our bodies, and our eating habits. It also helps pupils become better-informed consumers.

Outdoor learning

Our outdoor learning environment provides a safe space for our pupils to develop their communication and social skills, with a focus on being safe when a part of nature and keeping healthy. Food and drink provided during outdoor learning complies with our food standards and pupils are encouraged to participate with the basic food and drink preparation under close supervision. Opportunities to eat outside, such as a picnic or a barbecue or food around a fire-pit, broaden the range of eating experiences for our pupils.

Food Technology (an element of DT for KS3 formal pathway pupils)

Pupils follow the Department of Health's Eatwell Guide, which outlines recommendations for eating a healthy, balanced diet. Pupils analyse different foods, and develop a deeper understanding of nutrition and health and safety during food preparation and in the kitchen.

Enrichment

Hands-on opportunities for pupils to prepare and bake food allow further opportunities to develop an understanding of food hygiene and safety in the kitchen.

Special events

The national School Food Standards do not fully apply at parties, celebrations to mark religious or cultural occasions, or special celebration events. However, the food supplied at school events is considered to ensure that it is consistent with the school ethos with regard to food. The aim is to ensure that healthy food, dietary needs and drink options are available.

At Dorin Park, birthdays are considered wonderful occasions to be celebrated. Due to our pupils' complex needs and the distance they travel to school, many pupils miss the experience of birthday parties with their peers. Any birthday cakes sent in should be shop bought and brought in unopened; they will be eaten as part of afternoon snack/break; we will provide an alternative appropriate snack for those pupils with dietary needs.

Special dietary requirements or food allergies (medical)

Our catering team follow the *Guidance for the Provision of Special Dietary Needs in Schools (Feb 2019)*.

Special dietary needs are catered for in accordance with pupils' special dietary requirements.

Pupils with specific food-related medical conditions and allergies will be catered for if sufficient information is provided from the pupil's medical consultant, general practitioner or registered dietitian to ensure that our catering team can safely meet the needs of the pupil. Requests for specific diets or to provide school foods prepared at home will be discussed on a case-by-case basis, led by medical and sensory needs, and in collaboration with the school nurse, the catering team and our Family Liaison Officer.

The procedure for children who require a special diet is:

- Parent/Carer informs school that their child has a special dietary requirement
- School/Catering Team provide:
 - *Special Diet Application form* and (if required) *Special Diet Medical form*
- Parent/Carer completes form(s) and returns to school

Procedure and forms are published on our school website's Lunch Menus & Special Diets page:

- <https://www.dorinpark.co.uk/parents-carers/lunch-menus-special-diets/>

Food allergies

Children with specific food allergies have an Individual Health Care Plan (IHCP) which is made known to all staff. A copy is kept in class and it is displayed in the kitchen area. There are regular reviews of special diets and allergies and all parties must communicate any changes to requirements or provision.

Religious, cultural, vegetarian and vegan diets

Other pupils follow special diets for religious or cultural reasons, or because they are vegetarian or vegan. Our lunch menus will meet most needs in relation to dietary requirements.

Partnership with parents and carers

Parents' and carers' views and feedback on the school's approach to healthy eating are welcomed, enabling us to work together to promote healthy eating and a happy environment for all. Questions or requests for further information are welcomed.

References and further reading

Balance of Good Health (Food Standards Agency 2001)

Guidance for the Provision of Special Diets in Schools: www.eani.org.uk/school-management/health-safety

Change 4 Life: www.nhs.uk/change4life

The Eatwell Guide: www.nhs.uk › [Live Well](#) › [Eat well](#)