



**National  
Autistic  
Society**



**Vanguard  
School**

# FOOD POLICY

<b>Version</b>	<b>Date</b>	<b>Distribution</b>
2.0	23 <sup>rd</sup> May 2019	NASAT Vanguard Project Group
2.1	17 <sup>th</sup> June 2019	NASAT Vanguard Project Group

## **1. Introduction**

Diet is central to health and children's diet can be an important influence on their health now and in the future as well as their receptiveness for learning in school. A good diet in childhood can help protect against chronic diseases in later life. International research shows that diets rich in fruit and vegetables are protective against cardiovascular disease including heart disease and stroke. Poorly nourished children, especially those who are overweight or obese, often experience social and psychological issues. This can clearly have a significant impact on behaviour and achievement in school.

For more information see: [www.schoolfoodtrust.org.uk/](http://www.schoolfoodtrust.org.uk/)

## **2. Target audience**

In order for this whole school policy to be a success, it is important that the policy is read and implemented by all persons who use the premises including pupils, teaching and support staff, volunteers, placements, governors and visitors.

## **3. Monitoring**

All areas of NAS Vanguard School food policy including menus and food choices will be regularly monitored by the school, and the information reported to the Governing Body. All members of the school community (pupils, parents, staff, governors, placements, volunteers, and visitors) will have access to our policy and we welcome feedback from all stakeholders.

## **4. Aims**

We aim to ensure that all aspects of food and nutrition promote health, well being and learning for pupils, while similarly benefiting staff and various categories of visitors to our school. This policy takes into account local and national guidance including Choosing Health: Making Healthier Choices Easier, Healthy Living Blueprint, Every Child Matters: Being Healthy the National Healthy School Standards: Healthy Eating theme.

To achieve these aims we will:

- Ensure consistent messages about food arise across the curriculum and throughout the school environment
- Enable pupils to make informed choices about food

- Sustain a positive impact towards healthy physical development and lifestyles of all members of our school community

## 5. Actions

Action to meet our objectives involves the following.

- We will continue to consult pupils, parents and staff, as well as expert guidance in the literature, when driving the evolution of this food policy and allied practice in our school
- Accordingly we will seek advice and support from external agencies to develop our policy
- We will maintain a stimulating dining environment where menus and displays send out messages that are consistent with this policy
- We will review our dining environment to encourage positive social interaction during mealtimes of pupils and staff within our school and consider staff and pupils dining together to help promote a positive dining experience and the development of social skills in our pupils
- We will encourage staff to be positive role models to eat healthily where they can be observed by pupils
- We will ensure that healthier food and drink options are available and promoted
- We will work with food providers and parents to ensure that meals, packed lunches, tuck shops and vending machines, where applicable, are nutritious and healthy and meet the government's food-based standards for school lunches and New Food Based Standards for All School Food Other Than Lunches ([www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk))
- We will ensure that pupils' menus and food choices are monitored regularly by SLT
- We will ensure pupils have the opportunity to learn about food and nutrition as part of the school curriculum
- We will ensure that pupils and staff have easy access to free clean fresh drinking water as required during the school day

## 6. Coverage

Our whole school food policy covers the following areas:

Breakfast

Our school promotes the value of breakfast and encourages every pupil to have breakfast at the start of the day to ensure they are alert and ready to learn.

#### Before and after school clubs

Before and after school clubs play an important part in developing good habits. After school clubs provide a range of healthy food e.g. breadsticks, cereal bars, crumpets, fruit. Water is always available.

#### School meals

Our school meals meet the latest DfE guidance on improving school meals and follow the food based requirements for school lunches and we meet requirements for food in school other than lunches.

<https://www.education-ni.gov.uk/articles/food-schools-policy>

The school sends home menus on which parents indicate which foods their children will/will not and can/cannot eat (for allergies and related matters see the school First Aid policy). Based on this information, the school is then able to plan daily nutritious healthy menus which are attractive to pupils, health and well-being are maintained, and waste food is reduced to a minimum.

#### Packed lunches

The school encourages parents to provide nutritious packed lunches based on the balance of good health principle by providing foods low in fat, sugar and salt. Foods that are encouraged include a piece of fruit, vegetable or salad and a milk-based product such as yoghurt. Sugary and fizzy drinks are discouraged with water recommended and available for all pupils. Parents are reminded that a packed lunch needs to be wrapped and kept cold, as lack of refrigeration until lunchtime could lead to growth of harmful bacteria. Parents are encouraged to use an insulated box or bag. Copies of the School Food Trust's recommendations for healthy nutritious packed lunches are available to parents.

### **7. Water**

Access to clean drinking water is a fundamental human right and necessary for good health. Children will be able to drink water regularly during the school day.

### **8. School trips**

Food or drink provided on trips conforms to the latest Department of Health/School Food Trust guidance. Pupils who normally have a school dinner take a healthy nutritious packed lunch based on the balance of good health principle. Children who normally eat a packed lunch prepared at home bring their lunch as normal.

## **9. Rewards**

NAS Vanguard School recognises the importance of acknowledging achievement of pupils. Teachers have different ways of giving rewards according to the age of the children including stickers, star of the week, team points, certificates and Friday top table awards. The school does not reward pupils with sweets or sugary/fizzy drinks.

## **10. Food in the curriculum**

This school promotes healthy eating via subject-based and cross-curricular work involving science, PSHE and D&T to learn about food in the context of a healthy diet and healthy lifestyle, including making pupils aware of the variety of foods including foods from other cultures.

## **11. Training**

Appropriate staff and in particular midday supervisors undertake training enabling them e.g. to oversee food hygiene and food safety practices successfully.

## **12. Review**

This policy will be reviewed bi annually by the Head teacher and Governors.