



## FOOD POLICY

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<b>Person responsible for policy:</b>	Emma Shaw
<b>Date approved:</b>	September 2024
<b>Review date:</b>	September 2026

### **Contextual Information**

Park Lane School caters for pupils aged 4-19 that have severe and complex difficulties. Some of the pupils have additional difficulties including visual and hearing impairment, Autism, physical, behavioural and medical needs. The school forms part of the special education provision for East Cheshire and takes pupils from Wilmslow, Knutsford, Poynton and Congleton.

### **Rationale**

Park Lane School is committed to improving outcomes for all pupils. One of those outcomes is to promote the health and wellbeing of all children; The detrimental effects of a poor diet and lack of exercise on the health of children are well documented. It is essential that children are educated in the value of healthy eating from an early age to prevent the establishment of bad eating habits which then determine the choices pupils make when they get older. Park Lane School is committed to promoting a healthy diet with physical exercise for all pupils regardless of their disabilities.

Some pupils cannot eat orally and are given regular nutrition via a tube into their stomach. This is administered by the school nursing team or qualified members of staff.

### **Aims of the Policy**

The aims of the policy are:

To reflect the Governing Body's commitment to ensuring the school complies with guidance within School Food Regulations (2014) and takes account of School Food Standards 2023. .

To promote the importance of a healthy diet for all pupils within the school.

To work with parents, staff, governors and health professionals to ensure pupils have access to healthy foods and opportunities for physical exercise.

To ensure a whole school approaches to the provision of a healthy diet.

To ensure the importance of a healthy lifestyle is promoted through the taught curriculum.

To understand and apply the principles of nutrition and to learn how to cook through the taught curriculum.

To demonstrate a commitment to the School Food Standards while reflecting the needs of individual pupils.

### **School Food other than lunch**

All pupils are offered a snack at break time. These are provided by the school with money sent in from home and the emphasis is on the pupils making choices within a range of healthy food options.

Fruit is always available and the school is registered on the School Fruit and vegetable Scheme. In individual cases pupils may have limited access to crisps, breadsticks or biscuits. This is inline with medical need, parental requests, where a pupil is developing their chewing skills or where a pupil may become distressed if their preferred choice is not available. There are pupils on the autistic spectrum whose diet is limited and it may be necessary to offer a less healthy snack if this has become an established part of their routine, however a plan will be in place to introduce alternative foods over time... If a pupil has specific dietary requirements related to medical needs, or on cultural, religious or ethical grounds these are respected and adhered to by staff.

Pupils are offered drinks at this time. Milk and water are offered as first choices, but if those are refused, low sugar juices can be offered so that pupils do not go through the school day without a drink. Fizzy drinks are not provided at all and the school does dissuade parents from sending in such drinks.

Pupils are offered additional drinks, throughout the day, during periods of hot weather.

In the staffroom and in the reception area water coolers are provided for pupils, staff and visitors as an alternative to drinks with caffeine. These water coolers are accessible to pupils and provide water for their drinks during the day.

### **School Lunches**

The meals for the pupils are provided by outside caterers who are guided by the School Food Standards. The pupils are offered a choice of meals and are encouraged to eat a range of foods. Those pupils whose weight causes concern are encouraged to select lower calorie puddings such as yogurt or fruit. Parents are sent menus which enables those with specific dietary requirements to outline those to the catering staff. Pupils who have specific dietary needs for medical, cultural, religious or ethical reasons are accommodated through the school catering service, liaising with parents or carers through the class team, as necessary.

### **School Curriculum**

The importance of a healthy lifestyle is promoted through the taught curriculum. All pupils are provided with opportunities to access physical exercise through the following:

PE sessions within school.

Swimming.

Hydrotherapy.

Physiotherapy.

Outside play. A range of outside play equipment is provided to encourage the pupils of all ages to be active.

Keep fit sessions for 6<sup>th</sup> Form pupils through PE lessons and using the gym.

Healthy eating is taught specifically through the Individuality and Challenge values groups, with this forming part of the schemes of work. Pupils at key stage 5 have opportunities to prepare and cook their own lunches as part of their Personal Progress curriculum. The emphasis is on the inclusion of healthy foods to provide a balanced meal. In addition pupils have opportunity to taste food in sensory curriculum lessons, English, Community and Challenge lessons where food may be an integral part of the lesson and in Assemblies which may be linked to different countries, fund raising events as well as religious or cultural events.

**The following teaching opportunities are exempt from the School Food in England (2016) guidance:**

Food produced and/or eaten as part of a religious or cultural celebration.

Food that is used as a reward or motivator for good work, behaviour or effort.

Food used in food preparation and the teaching of cookery skills, including where food is prepared for a school lunch.

**Review of Policy**

This policy will be reviewed at least annually.