



**ROWAN WOOD**  
SCHOOL

**WHOLE SCHOOL FOOD POLICY**

Reviewed policy agreed by GB on:	Autumn 2025
Reviewed policy shared with staff on:	Autumn 2025
Policy to be reviewed again on:	Autumn 2028
Committee responsible for review:	Policy Committee

## **Rationale**

We believe that an active lifestyle and a well-balanced diet can enhance the health of children and young people. There are several national initiatives to help improve the diet of children and young people, e.g. School Fruit and Vegetable Scheme (SFVS), Food 4 Life / Change 4 Life, free milk in primary schools scheme and the government initiative for free school meals for all primary age children. However, we recognise that the nutritional and hydration needs of our children and young people vary and may not always fit the Government standards. The Government 'School food in England' [document](#) provides advice to governors and school leaders about ensuring a healthy, nutritious, high quality whole food approach in schools is applicable to our school population when viewed alongside professional guidance for individual children and young people. Our main priority is to meet the specific needs of the individual child or young person. The Whole School Food Policy enables Rowan Wood School to take into account Government guidance and the individual needs of some children and young people by developing and maintaining a shared philosophy on all aspects of food and drink. It provides a public statement which demonstrates how Rowan Wood School cares for and makes a positive contribution to the health and welfare of children and young people, staff and other stakeholders.

## **Aims**

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of every member of our school community.

## **Equal Opportunities**

At Rowan Wood we believe that every child or young person 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 and young people who may have eating and drinking difficulties.

## **Objectives**

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

- **School Curriculum**

- The curriculum enables learning related to food and nutrition in subject areas. This provides coverage, consistency and progression and is current

- Opportunities are provided for children and young people to prepare and explore fresh ingredients
- In Citizenship, the Compass 11 before 11 document includes the intention 'to plant a seed and grow food', which all primary children will have the opportunity to do as part of their planned coverage of 11 before 11
- Where appropriate, children and young people will understand the requirements of a healthy balanced meal.

- **School Meals**

- As far as is possible, all school meals served will meet the Government's School Food Standards to ensure that children and young people are getting a nutritious balanced meal
- As far as is possible, all medical and dietary needs are met within the Government's School Food Standards
- Water will be served with all meals and children and young people will be encouraged to drink water throughout the day
- For children and young people where water is not an appropriate drink other drinks will be available at mealtimes and throughout the day
- A suitable, clean, and attractive environment is provided in which to eat lunch
- The school leadership team will continually review and revise the lunch menu with the catering providers in order to meet the Government's food-based standards in a way which is accessible to all children.
- Children and young people will be given the opportunity to make choices between healthy options in a way that is appropriate to them.

- **Snacks**

- All snacks provided during the school day conform with healthy eating guidelines, or with specific eating and drinking guidelines for an individual where appropriate.

- **Packed Lunches**

- Packed lunches, for both children and young people and staff, are stored in a safe way (cool storage)
- Parents and carers can be provided with information on what constitutes a healthy packed lunch.

- **Water Provision**

- Children and young people and staff have access to free, clean, and palatable drinking water, or other drinks where water is not appropriate, throughout the school day
- Staff are aware of individual children and young people's hydration needs and ensure that these are met.

- **Children and young people**

- Up-to-date records of medical and dietary needs are maintained and school and catering staff are aware of these.

- **Staff**

- All staff who may handle food have basic food hygiene training
- Staff understand what a balanced and healthy meal consists of.

## **Guidelines**

In order to achieve the objectives:

- A member of the School Leadership Team has been identified to oversee aspects of food provision throughout the school day
- An effective structure will be established with the catering contractor to oversee the development, implementation and monitoring of this policy
- A participatory approach will be encouraged for the whole school community to meet the objectives
- Aspects of the School Development Plan will support our commitment to meeting these objectives
- The School Leadership Team work in Partnership with Chartwells, school meals providers, to develop and provide healthy texture modified menus for children with dysphagia.

## **Roles & Responsibilities**

- **Senior Leadership Team** – to oversee all aspects of food provision throughout the school, including working with the school caterers, monitoring and evaluating the implementation of the policy.
- **Essential Skills and Curriculum Leaders** – 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 the 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 are enterally fed
- **Speech and Language Therapists** – to provide support for children and young people with dysphagia to ensure that they are included within the healthy eating agenda

## **Monitoring & Evaluation**

In order to effectively evaluate this policy, we will ask ourselves the following questions on an annual basis or in light of any developments and changes in school

- Are our objectives being met?
- How can we tell?
- Have there been any difficulties? Why have they arisen?
- What have been the successes? What made these possible?
- What do parents and carers and children and young people think about our policy?
- Is it having an effect on food and drink choices, educational attainment, attendance or behaviour?
- Are there any local or national initiatives in which the school should join?
- How can the policy be improved?

We will then make sure that we action any developments that need to happen, celebrate our successes and continue to engage relevant stakeholders.

We will continually review and research the healthy food standards and guidelines in relation to the individual needs of the children at Rowan Wood School.

#### **Related Documentation**

- Policy for the management of children with dysphagia
- School Food Trust – 'Eat better, Do better'
- Curriculum Documentation
- School meals documentation