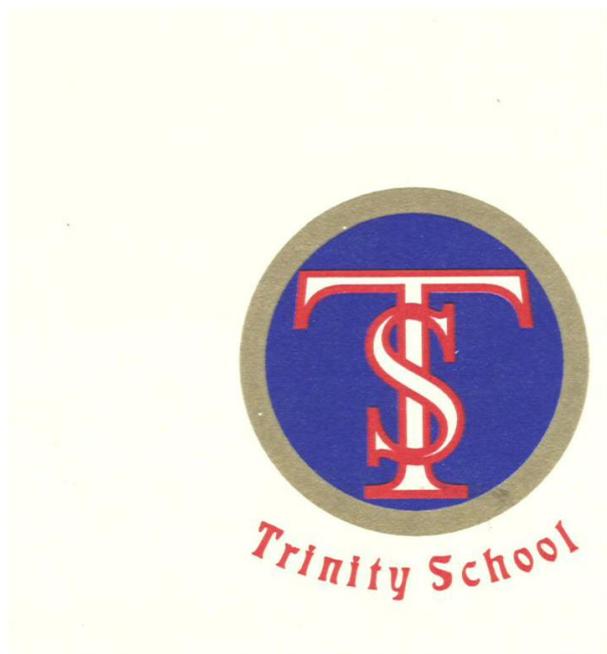


TRINITY SCHOOL



Whole School Food and Drink Policy

October 2019

A Procedural Guide

Date of Document: October 2019
First Revision: To be reviewed annually
Second Revision:
Third Revision:

Signed Chair/Vice Chair of Governors

Date

Healthy Food and Drink Policy

This Policy is intended to ensure that the Governors' Vision and Aims are delivered, as set out below:

Trinity School Vision

- Leading Excellence in SEND Provision
- Ensuring Outstanding Person-Centred Achievement
- Including Everyone in Meaningful and Safeguarded Life

Guiding Principles/Ethos

Trinity School is dedicated to promoting healthy eating. We aim to enable all pupils to become as independent as possible and make informed choices about the food they eat. We consider healthy eating, cooking and self-feeding to be important life skills that our pupils will develop throughout their time with us. A proportion of our pupils will encounter feeding and nutrition difficulties due to their learning needs or medical conditions. It is important that we support these pupils with a range of strategies from both internal and external specialists where necessary. This will be achieved using a whole school approach to food and healthy eating as documented in this whole school food policy.

This policy has taken into account (where possible for the needs of our pupils) the 'School Food Standard' document.

Aims

- To promote healthy eating, as part of healthy lifestyle, for all pupils across all age phases
- To make healthy eating inclusive for all our pupils regardless of race, cultural background, gender, physical or cognitive ability
- To respect and adhere to the cultural and religious food preferences of each pupil
- To make provisions and provide support for pupils who will need additional services and interventions for feeding due to their learning, physical or medical needs
- To work closely with specialists and additional services to achieve the above aim
- To enable pupils to make healthy choices related to food, appropriate to their communication skills and developmental level
- To enable pupils to develop the skills to cook and create healthy foods and snacks, appropriate to their development level
- To provide modern facilities and a differentiated curriculum for the teaching of food technology across all age phases
- To ensure food provided at school complies with school food standards where possible
- To ensure eating times at school are an opportunity for the development of social, communication and life skills, appropriate to pupils' developmental level

Scope

This policy applies to all pupils across the school, regardless of age or pedagogy.

Agreed Procedures/Guidelines

Food at lunch time

Pupils at Trinity school will have access to either a school dinner or a packed lunch. Pupils in reception, year one and year two are entitled to a free school meal. School dinners prepared on site comply with regulations set out in the school food standards document. Kitchen staff will also provide packed lunches to those pupils entitled to free school meals that travel offsite for a trip. Kitchen staff regularly update their qualifications through courses and refreshers (please see section 12).

Pupils who are able to will use the dinner hall. Those that would find this too challenging will use their classroom. Lunch staff are expected to teach and develop social and fine motor skills related to eating. This includes but is not limited to:

- Using cutlery
- Trying different foods
- Remaining seated at the table when eating
- Cleaning away waste food and packaging
- Talking and communicating with peers and adults

Packed lunches

Guidance on packed lunches will be provided to all parents on an annual basis and when pupils are new to the school. Although the school will encourage healthy food to be included in packed lunches, it will be sensitive to those pupils who have inflexible diets or medical needs.

Food other than school lunches

- **Snack**

Parents are asked to send in snack items for their pupil. Classes will include snack session in the daily timetable, to ensure pupils have sufficient food and drink throughout the day. It is also an opportunity to develop social, communication and fine motor skills related to eating. Although the school will encourage healthy food to be included in snacks, it will be sensitive to those pupils who have inflexible diets due to having an autism diagnosis or medical needs.

- **Tuck shop**

The tuck shop provides snacks for FEC pupil to purchase and eat at breaks times. Pupils will operate the tuck shop as part of their work-related learning curriculum. The food sold in the tuck shop, where possible, complies with the school food standards guidance.

- **Afterschool club**

Pupils attending afterschool clubs will be offered a snack and a drink. Snack foods are provided by the school but parents are also free to send in food for their children. The food given will comply, where possible, with the school food standards guidance.

Dietary requirements and allergies

Trinity will always be sensitive to individual dietary requirements. It will adhere to advice around food allergies and will make reasonable steps to cater for all dietary needs. Parents will be asked to provide information regarding allergies and dietary requirements during home visits for new pupils. This information will be recorded on individual pupil feeding mats, which are always on display in classrooms. A vegetarian option is always available for those pupils who do not eat meat or have a halal diet. Staff will be aware of and adhere to the dietary needs of pupils when choosing food for snack, food technology, etc.

Due to the attendance of pupils with nut allergies, we do not include nuts in our food and we do not permit nuts or nut products to be included in lunch boxes or snacks.

Autism and inflexible eating

Some pupils on the autistic spectrum may have restrictive diets due to inflexibility and sensitivities around foods. Staff will be sensitive to these difficulties but will work alongside parents and Speech and Language Therapists to encourage a broader diet. Where necessary speech and language therapists will consult with, support and provide training for staff working with such pupils. Where an inflexible diet becomes a medical issue, the nursing team can be consulted directly. They can also request the support of additional services to provide appropriate input.

Pupils with profound multiple learning difficulties and feeding needs

Pupils with profound multiple learning difficulties may also have associated feeding difficulties. This may include but is not limited to:

- Prescribed consistency - changing the thickness and texture of foods and drinks to aid swallowing (pureed, soft moist mashed food, bite and dissolve, mixed texture). The kitchen staff can provide a school dinner in line with these consistencies.

- Percutaneous endoscopic gastrostomy (PEG) – pupils who are feed through a tube passed through the abdominal wall. Staff supporting such pupils will receive the appropriate training.
- Nasal tube feeding - pupils who are feed through a tube passed through the nostril

Speech and language therapy support for feeding

School Speech and Language Therapists are responsible for safe feeding practice for those individual pupils who may have compromised eating and drinking skills. Therapists are also responsible for pupils who present with restrictive eating habits. Some pupils on the autistic spectrum may present with sensory challenges which result in restrictive eating, e.g. challenges with texture, smell, taste, colour of food, etc.

Speech and Language therapists are responsible for producing and updating feeding mats, which are designed to reflect the individual needs of every pupil in school. Feeding mats contain the following information: pupil name and photo, meal preferences (e.g. vegetarian, disliked food), allergies (indicated in red), utensils needed (e.g. specialist bowls, spoons, cutlery, cups) and a text box containing warning signs for aspiration or choking. They use a traffic light system to reflect differing levels of support:

- **Red:** pupil requires 1:1 support
- **Amber:** pupil requires reduced support, e.g. pacing, cutting food, opening packets, etc.
- **Green:** pupil is an independent eater

It will also contain details of the consistency of:

- Food: e.g. puree, soft, moist mashed food, food cut into small pieces
- Drink: e.g. stages of thickened drinks

For those who have their meals in their classrooms, feeding mats are displayed on the wall, whilst the feeding mats of those who eat in the dining hall are taken to the dining hall by a member of the class team or the midday assistant.

Nursing team and dietary issues

The school nursing team offer healthy eating support and guidance to parents and carers. They also have extensive experience of working with children who are restrictive eaters. Parents can contact the team to seek a telephone consultation or to make arrangements to meet face to face. They work closely with other health professionals who can offer additional advice and strategies, such as paediatricians, dieticians, etc.

Food technology

• Curriculum

All pupils will receive food technology as part of their curriculum at Trinity. In the FEC this is known as catering. The food technology curriculum will be broad, with an emphasis on healthy foods and differentiated for the different pedagogies and abilities. A food technology co-ordinator will be responsible for planning, resources and support in each phase. The co-ordinator for the middle and upper phase and the catering co-ordinator in the FEC will also deliver lessons as a subject specialist. Pupils are assessed using PIVATS and their current level is reported annually to parents.

• Facilities

Trinity school provides modern and well-resourced food technology facilities for all pupils. There are two food technology rooms, one used by the lower phase and one by the middle and upper phase. The FEC provides a food technology room for the teaching of catering. Class groups have the autonomy to use their own classrooms for the teaching of food technology where appropriate e.g. PMLD groups.

Please see the food technology policy for further details.

Food safety and Training

The School provides the following training for relevant staff:

- Training about PMLD feeding issues during the PMLD one-week course
- Training for PEG feeds and other alternative feeding methods for PMLD pupils for identified staff working with them
- Training for middays during induction about feeding difficulties and strategies for a range of pupils

- All new Speech and Language Therapists and as many teachers as possible access feeding training delivered by a therapist via inset feeding training
- EO'N and the school nurse will deliver choking training to identified groups of staff annually.

The kitchen staff renew the following training every three years:

- Food Hygiene
- Health, Safety and Wellbeing
- First Aid
- Hazard Analysis and Critical Control Point (HACCP) for Catering

The school provides the following training for parents:

- Parents access feeding training via PMLD parent trainings
- Parent training about restrictive eating will be delivered via Home Intervention coffee mornings as of September 2016
- Food hygiene training to be completed by food technology subject leaders in each phase (including catering tutor in FEC), one teaching assistant in each phase and the LLC manager and keyworkers.

All staff must comply with the agreed food hygiene procedures specified in the food hygiene policy when both preparing and cooking food or teaching and supporting pupils to prepare and cook food. For further details please see the food hygiene policy.

Monitoring/How do we know this approach is working?

- All pupils are able to access meal and snack times via differentiated support. Issues with food at these times is identified and addressed via support from relevant professionals
- Pupils access as healthy a diet as possible
- There is evidence of excellent teaching around a healthy diet and lifestyle in relevant areas of the curriculum (food tech, catering, PSHE). Pupils in Secondary and the FEC are accredited for their work.
- Staff training is catered for via the training calendar. Staff will attend courses to update their knowledge when applicable.
- The kitchen continues to provide meals that meet the school food standards.