



# **FARNEY CLOSE SCHOOL**

## **Whole School Food Policy**

<b>Date Reviewed</b>	<b>July 2026</b>
<b>Review Due</b>	<b>July 2027</b>

<b>Approval Level</b>	<input type="checkbox"/> <b>Governing Body</b> <input checked="" type="checkbox"/> <b>Principal to Determine</b>
<b>Signed</b>	
<b>Role</b>	<b>Principal</b>
<b>Date Approved</b>	

Farney Close School acknowledges its duty of care to safeguard, protect and promote the welfare of children and is committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice. This knowledge has informed the writing of this policy.

Farney Close School aims to provide an environment that promotes healthy eating and enables students to make informed choices about the food they eat.

This policy exists to provide a framework for supporting our stated aim of ensuring the happiness of every individual in our community by providing opportunities for growth and excellence through the education of the whole person, to promote a climate which enables all students to flourish, regardless of ability or special needs, and supports our desired outcomes of developing "strong character" including aspects of "stickability", self-regulation and empathy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4- to 18-year-olds, the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK: and the Balance of Good Health (BOGH) (Appendix 2).

### **Monitoring and Evaluation**

This school food policy and healthy eating strategy is monitored and evaluated by the Head of Residential Provision. There is a whole school approach to the monitoring of individual children and young people.

### **Purpose**

- To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.
- To review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- To review the provision of drinks provided by the school to ensure that the new standards are met.
- To encourage students to eat more fresh fruit and vegetables by improving the quality of food provided.
- To ensure that all catering staff are equipped with appropriate skills and knowledge to successfully implement the Government's National Criteria.
- To ensure that all staff who work with food in school have the appropriate level of food hygiene training.

### **Guidelines**

1. Water is available, freely accessible, and free of charge to all students throughout the 24hour day.
2. The Catering Manager/Deputy Catering Manager will monitor monthly the provision of fruit and vegetables to ensure that quality is maintained. They work in collaboration with Medical and Mental Health Lead, link workers, Head of Residential Provision, and Head of Education who communicate with parents and carers.

3. Food and nutrition are taught at an appropriate level throughout each key stage in Design and Technology, science and PSHE. The Eatwell Guide is used throughout the school (see appendix 1) as a model of understanding a balanced diet.
4. Rewards - The school does not support the idea of food to be used as a reward for good behaviour or achievement. Food is NEVER used as a sanction.
5. Special dietary requirements - The school will endeavour wherever possible to accommodate students' and staff specialist dietary requirements including allergies, intolerances, religious or cultural practices.
6. The school expects staff to contribute to and support this food policy across the 24-hour day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of students.
7. Staff are entitled to meals whilst on shift, providing that they eat their meals with the students. Staff will be allocated to support those children and young people requiring more closer monitoring and supervision. This may include those requiring eating aid or with dietary concerns.
8. Children and young people are monitored closely by link workers, Medical and Mental Health Lead and catering staff. Pupils of concern trigger a food diary log to monitor nutritional consumption and enable a focused diet.
9. Continual professional development (CPD) – all food technology teachers to have CPD to ensure that they attain a recognised level 2 award in Food Safety.

Please note that for some social or fund-raising activities organised by the school exceptions may be made to the general guidance noted above.

# Appendix 1



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## **Appendix 2**

### **National Criteria**

Students have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.

A Healthy School:

- has identified a member of the SLT to oversee all aspects of food in schools. This person is the Principal.
- ensures provision of training in practical food education, including diet, nutrition, food safety and hygiene for staff.
- has a whole school food policy – developed through wide consultation, implemented, monitored, and evaluated for impact.
- involves students and parents in guiding food policy and practice within the school and enables them to contribute to healthy eating and acts on their feedback.
- has a welcoming eating environment that encourages the positive and social interaction of students.
- ensures healthier food and drink options are available and promoted at break, lunchtimes and in breakfast clubs as outlined by Food in Schools guidance. Menus are displayed on the residential provision.
- The school celebrates different cultures and weekly participates in culture capital day during which the whole school have the opportunity to try foods from different cultures.
- has meals, that are nutritious and healthy (see Food in Schools guidance) and meet or exceed National Standards and is working towards the latest DfE's guidance on improving school meals service monitors students' menus and food choices to inform policy development and provision.
- ensures that students have opportunities to learn about different types of food in the context of a balanced diet and how to plan, budget, prepare and cook meals and to understand the need to avoid the consumption of foods high in salt, sugar, and fat, and increase the consumption of fruit and vegetables.
- has easy access to free, clean, and palatable drinking water, using the Food in Schools guidance.
- consults students about food choices throughout the school day using school councils, healthy school task group or other representative student bodies.

### **Appendix 3**

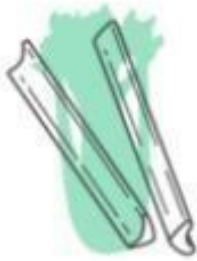
Through our love of food, we source quality ingredients and our team produce all the food on site. We develop menus that are seasonal, modern, creative, imaginative, flexible, and nutritious for the diverse population of the school and all falling in line with the School Food Standards (DfE, revised January 2015) and any subsequent amendments. In addition to the weekly menus and any themes or promotions we have a range of healthy food on offer every day to both students and staff.

We use a wide range of ingredients with many of our products containing various allergens. As such there may be traces of various allergens present across our product range. Any young person or member of staff with intolerance or allergens to certain ingredients are advised to request further information from the Catering Manager/Deputy Catering Manager. We cater for vegetarian, vegan, and halal diets with hot and cold choices.

Common forms of allergens:

- Cereals containing gluten.
- Celery including stalks, leaves, seeds, and celeriac in seeds.
- Crustaceans – prawns, crab, lobster, scampi, shrimp paste.
- Egg – also food glazed with egg.
- Fish – some salad dressings, relishes, fish sauce, some soy sauce and Worcester sauce.
- Soya – tofu, bean curd, soya flour.
- Mil – also food glazed with milk.
- Nuts – almonds, hazelnuts, walnut, pecan, Brazil nuts, pistachio, cashew, nut oils, marzipan.
- Peanuts – sauces, cakes, desserts, ground nut oil, peanut flour.
- Mustard – liquid mustard, mustard powder, mustard seeds.
- Sesame seeds – bread, breadsticks, tahini, humous, sesame oil.
- Sulphur dioxide/sulphites – dried fruit, fruit juice drinks, wine, beer.
- Lupin – seeds and flour, which is in some bread and pastries.
- Molluscs – mussels, whelks, oyster sauce, land snail and squid.

# The 14 Named Allergens



Celery



Cereals containing  
gluten



Crustaceans



Eggs



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



Soya



Sulphur Dioxide  
and Sulphites

## **Allergen Management Policy**

This policy is compliant with the Food Information Regulations 2014, which require allergen information to be available for all food served in schools. Farney Close School recognises that several community members; pupils, parents, carers, visitors and staff may suffer from potentially life-threatening allergies or intolerances to certain foods. This school is committed to a whole school approach to the care and management of those members of the school community.

### **This policy sets out the procedures adopted for managing allergen intolerances.**

The school position is not to guarantee a completely allergen-free environment, but rather to minimise the risk of exposure by hazard identification, instruction, and information and thereby encourage self-responsibility to all those with known allergens to make informed decisions on food choices. It is also important that the school has robust plans for an effective response to possible emergencies.

Accordingly, the intent of this policy is to set out the procedures in place to minimise the risk of any person suffering allergy-induced food intolerance whilst on the school premises, and the measures taken to ensure staff at the school are properly prepared to manage such emergency should it arise.

### **Definitions**

- Allergy: a condition in which the body has an exaggerated response to substances digested
- Allergen: A normally harmless substance that triggers an allergic reaction
- Anaphylaxis or Anaphylactic shock – a sudden, severe, and potentially life threatening allergic reaction to a trigger food
- Adrenaline auto-injector – a syringe style device containing the adrenaline, which is an individually prescribed drug for the known sufferers for immediate intramuscular administration. These devices may also be referred to as EPIPEN

### **Responsibilities**

- The school is committed to proactive risk food allergy management through the encouragement of self-responsibility and learned avoidance strategies amongst those suffering from allergies.
- The establishment and documentation of a comprehensive management plan for menu planning, food labelling, stores and stock ordering and awareness of food produced on site.
- Provision to a staff awareness of food allergies/intolerances, possible symptoms (Anaphylaxis) recognition and treatment.
- All medical and dietary information is processed and stored in line with the UK GDPR and Data Protection Act 2018, ensuring confidentiality and appropriate access.

- Specific responsibilities for allergen management at the school are as follows:  
Parents, guardians, and carers are responsible for ensuring the school is aware of any food allergy their child may have and keeping that information up to date.

### **School Management of severe allergies (ANAPHYLAXIS)**

This outlines Anaphylaxis, its recognition, and the treatment that should be followed.

Anaphylaxis is a severe and potentially life-threatening allergic reaction at the extreme end of the allergic spectrum. Anaphylaxis may occur within minutes of exposure to the allergen, although sometimes it can take hours. It can be life threatening if not treated quickly with adrenaline.

Any allergic reaction, including anaphylaxis, occurs because the body's immune system reacts inappropriately in response to the presence of a substance that it perceives as a threat. Anaphylaxis can be accompanied by shock (known as anaphylactic shock): this is the most extreme form of an allergic reaction.

Anaphylaxis has a whole range of symptoms. Any of the following may be present, although most people with anaphylaxis would not necessarily experience all of these:

- Generalised flushing of the skin anywhere on the body
- Nettle rash (hives) anywhere on the body
- Difficulty in swallowing or speaking.
- Swelling of the tongue/throat and mouth
- Alteration in heart rate
- Severe asthma symptoms
- Abdominal pain, nausea, and vomiting
- Sense of impending doom
- Sudden feeling of weakness (due to a drop in blood pressure)
- Collapse and unconsciousness

When symptoms are those of anaphylactic shock the position of the person is very important because anaphylactic shock involves a fall in blood pressure.

If the patient is feeling faint or weak, looking pale, or beginning to go floppy, lay them down with their legs raised. They should not stand up.

If there are also signs of vomiting, lay them on their side to avoid choking (recovery position).

For those with minor allergies not requiring an EpiPen, a stock of Piriton is kept by the Medical and Mental Health Lead in the wellbeing centre and the Head of Residential Provision office.

If they are having difficulty breathing caused by asthma symptoms and/or by swelling of the airways, they are likely to feel more comfortable sitting up. However, do not assume that breathlessness is caused by asthma if a child is known to be susceptible to anaphylaxis use the device without delay.

Ask other staff to assist, particularly with making phone calls, one person must take charge and ensure that the following is undertaken:

- Most importantly and as a first action, administer the persons device or an appropriate spare.
- Ring 999 for immediate attention.
- Ensure the accident book is filled out correctly.