



Whole School Food Policy

Introduction

In our school we are committed to giving all our children consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHCE, drug, and sex and relationship policies, PE and design technology.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

Rationale

Our school is an accredited healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to children and their families with regard to food and healthy-eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyles.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our children the information they need to make healthy choices
- To promote health awareness for children
- To contribute to the healthy physical development of all members of our school community
- To support children and families in managing food related issues

Settings for food policy

(We do not use vending machines in our school. Currently we do not run a tuck shop but if we decide to do so in the future, the food policy will be applied to all items sold.)

Breakfast club

The importance of a healthy start to the day is emphasised for children. The cereals and bread choices are wholemeal, low in salt and sugar and portion sizes meet the school food standards 2015. There is a choice of milk, water and fruit juices for drinks and fruit is always available. All children are expected to have breakfast unless parents inform us that breakfast has been had at home. Staff are encouraged to have breakfast with the children. Breakfast club is run by school and costs are kept to the minimum to ensure that children can access a breakfast, but where families are in crisis or financial difficulties arrangements can be made in the interests of making sure that our children have a good start to the day. Similarly where it is discovered in the morning that children have not been fed a breakfast; school provides food.

Snack

All FS and KS 1 classes include a morning breaktime snack fruit or vegetables to all children, in FS it is available throughout the day to all class members. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day. KS2 children are encouraged to bring fruit, which they eat at playtime — no other snack is allowed during break.

Any leftover fruit is taken onto the field or playground by monitors and KS 2 children have access to this as some children do not bring snacks regularly.

Fruit and vegetables are also available around the school building for children to help themselves.



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Hutsters

Our After-School club provides care up to 6pm for our children and as part of this offers a light snack to keep children going until their teatime at home. The food provided is assessed against food from across the school day to ensure that the Food Standards 2015 are met.

The menu is varied and takes account of allergies and religious beliefs. Children sit down and eat together.

School lunches and packed lunches

We operate our own catering business and so are able to ensure that our children have the best possible food experience.

Foods are locally sourced when in season and freshly prepared onsite. Menus are regularly revised based on consultation with children, parents and staff and reflect the latest nutritional requirements. Children are encouraged to try new foods and are offered taster opportunities to try to widen their food experiences, both in curriculum time and by the catering team.

The catering manager regularly meets with the Headteacher and business manager to discuss the business and Governors are involved in monitoring the quality of the provision.

Many children bring a packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks. Children's lunchboxes are monitored by lunchtime staff and inappropriate foods removed and returned to class teachers. Parents are always informed if their child's packed lunch is insufficient for their needs and children are provided with school food when needed. Parents are regularly provided with ideas and support for lunchbox content.

Children who have free school meals are able to have a pack up on school visits provided by school and quality lunchboxes are used for this so that children do not feel different.

A high quality lunch experience

The following practices are in place to ensure that our children have the very best experience at lunchtime, often the most vulnerable time of the day as there is less structure and children can be uneasy about food.

- Opportunities for supported play outside for our younger children.
- High quality toys and resources.
- Good staff ratios to support safety and individual needs.
- Reception staff and Year One staff settle their children into lunchtime throughout the year during curriculum time to teach their children how to socialise and use a knife and fork and to encourage food choices.
- Lunch clubs for more socially vulnerable children.
- Accessible Learning Mentor, Deputy Head and Headteacher support across lunchtime.
- Clean and well furnished toilets.
- A drive for making sure that all children have something that they enjoy eating.
- Monitoring of queues so that children are not waiting around for food service.
- Whether having a packed lunch or school meal friends are able to eat together.
- Quiet rooms for those children who prefer a less noisy lunchtime.
- Tables regularly cleaned throughout service.
- Tasty food.
- A happy lunch team who know the children well.



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- All waste is monitored to ensure that we know the children's likes and dislikes and children require permission to leave any food, if there are any concerns parents are contacted and new ideas tried. We also regularly consult about our meals.
- Working closely with parents to ensure that special dietary requirements are met, e.g. allergies, religious observance and ensuring up to date Epi pen training. All children with allergies and dietary preferences are known to staff with their information displayed sensitively.

Drinks

Water is freely available throughout the school day to all members of the school community. No water fountains are located inside toilet blocks. The school has provided quality water bottles and parents are expected to clean them. Children may drink their water at any time except during assembly. We request that children do not bring juice or flavoured waters to school unless there is a reason for this that school is made aware of. Milk is available to all children if their parents select the option and is available free of charge to children who are eligible for free school meals.

Food across the Curriculum

In FS, KS 1 and KS 2, there are a number of opportunities for children to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking. Children also have the opportunity to dis-assemble foods to see how it is made.

Maths offers the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients and carrying out surveys. Enterprise initiatives are often food based.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise. Our gardening club tries to provide food for our own kitchens so that children can see how easy it is to find healthy food.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford children the opportunity to research food issues using the internet and other electronic resources. Children design packaging and adverts to promote healthy food choices.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative writing using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use locally grown foods in its restaurant.

PSHCE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.

Children are able to discuss issues of interest to young people, e.g. advertising and sustainable development. Healthy whole school events/foci annually support children, staff and parents in making healthier choices.

Physical Education provides children with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking. A wide range of after school provision also supports children in developing healthier lifestyles.



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School visits provide children with activities to enhance their physical development, e.g. to activity centres, and to local restaurants. Visors to school also raise the profile of fresh food e.g local restaurateurs.

Partnerships

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. To this end we engage in sending recipes home, offer parent keep fit classes , host Slimming World as an after school letting, and occasionally offer cooking opportunities. We also run events for parents to join their children, e.g. Designing a healthier lunch box. I cases of childhood obesity school discuss concerns with parents in a sensitive manner and support linking to health through the school nurse. We work closely with parents where there are special dietary requirements to ensure that parents and children can feel confident and supported in school. Where training is needed for medical intervention, e.g. tube feeding and diabetes, we ensure that all staff are well trained and supported by the senior leadership team.

The onsite phase three Children's Centre works closely with parents of preschool children to develop healthy eating habits and families are referred for this support if needed or requested. The children's centre also offers support to parents experiencing financial difficulties in making good and economic food choices and provides debt support.

Our Trust Extended Services team also provides debt support and parent support around healthy lifestyles and the STEPS programme increases aspiration and confidence. Where parents or children experience mental health issues around food our CAMHS worker and educational psychologist are used for support. Staff are also trained in spotting these type of issues early, including the lunch team.

We access up to date training offered by the School Food Trust and Local Authority and ensure that staff training is given for any new initiatives. We also review the quality of our provision with the Healthy Schools team with self-evaluation schemes.

This policy will be reviewed bi-annually or to take account of new developments