

Whole School Food Policy

POLICY SOURCES

St Peters CE Primary School Whole School Food Policy reflects advice for governing bodies from the DfE in School Food in England (January 2015) and the School Food Plan (July 2013 – Appendix 1)

ARRANGEMENTS FOR MONITORING AND REVIEW

This policy shall be reviewed in full by the Head Teacher and Senior Leadership Team in line with the timetable for other policy reviews, or earlier should guidance or legislation change. The person named on this policy shall inform the Governing Body of any required changes to this policy or new statutory or non statutory guidance or new legislation.

The Head Teacher and Senior Management team will provide information, as required to Governors, on compliance with the school food standards as well as take-up of school lunches and financial aspects of the school food provision.

INTRODUCTION

Our school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this Whole School Food Policy.

VISION

We aim:

- To ensure that all aspects of food and nutrition promote and support the health and well-being of pupils and staff and meet the mandatory standards for school lunches and food served throughout the school day.
- Our pupils are served tasty and nutritious food t school, with no child going hungry.
- To equip pupils with skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives
- To ensure equal access to healthy food and drink and appropriate nutritional education.

EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognize the value of the individual and strive to provide equal access of opportunity for all.

We aim:

- To ensure that food provision in school reflects the ethical and medical requirements of the school community.
- To make sure that pupils entitled to free meals are not identifiable by their peers.

- To celebrate special occasions by consulting with pupils how that occasion should be celebrated

OBJECTIVES

The Governors and staff aim to:

- Take a Whole School Approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.
- Ensure that all aspects of food and nutrition at St Peters CE Primary School promote the health and wellbeing of the whole school community.
- Encourage pupils to develop healthy diet habits and attitudes – eating more fruit and vegetables, eating less sugar and fat, and drinking more water.
- Enable pupils to make healthy food choices through the provision of information about healthy foods and where food comes from, and the development of appropriate skills, including food preparation **and sustainability**.
- Ensure that all adults in our school community are aware of this approach and work towards it.

FOOD IN SCHOOL

School Meals

The school catering service is managed in-house with the support of a catering consultancy.

Menus are changed on a seasonal basis with input from stakeholders within the school.

The menus operate on a three-week menu cycle.

Good procurement practices ensure that the food provided to pupils is nutritious and good quality, to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating principles.

The menus meet the School Food Standards and monitoring of the menus forms part of the role of the consultancy, using the standard School Food Plan “Checklist for School Lunches” part of the audits carried out by the consultancy. The checklist for School Lunches is shown at Appendix 2.

Cypad explained how to order and the pupils choose the lunch they would like from a choice of vegetarian or non-vegetarian hot meal or a ‘packed lunch’ option. Parents choose at home their child’s meal.

Lunchtime supervisors in the dining hall encourage an atmosphere that promotes healthy eating and develops positive social interaction between pupils.

Pupils are encouraged to eat all or at least try to eat most of their food provided.

Lunchtime supervisors will help any pupils who have concerns or cause concern during meal time, e.g. pupils who may have problems eating their lunch, spill or drip their lunch, cannot find a place to sit, do not eat their lunch, etc.

School lunch menus are on the school website.

Out of School Club offers snacks, such as fruit, breakfast cereals, sandwiches which are prepared by the children. A list of all allergies relating to the children within Club is readily available to all staff.

Special Dietary Requirements

Individual care plans are created for pupils with food allergies/food intolerance. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

Parents of pupils with special/dietary needs must request a meeting with the class teacher and catering kitchen staff in order to agree a menu before their pupils can partake of school meals. The school will provide a folder to enable the kitchen staff to identify pupils with special dietary requirements.

The catering team are also supplied with advisory guidelines (provided by our catering consultants).

Universal Free School Meals

From September 2014, all pupils in Reception, Year 1 and Year 2 are eligible for free school lunches. The school fully supports this initiative, encouraging pupils to have their free school meals.

Encouraging Take up of School Meals

Through the school newsletter, parents on low incomes will regularly be encouraged to register and take up their entitlement to free school meals for the pupils.

Packed Lunches from Home

Although the Governors encourage parents to choose a school meal for their child, pupils are permitted to bring a packed lunch from home.

Parents are informed that sweets, chocolate, chewing gum and fizzy drinks and products containing nuts are not permitted in school.

Pupils are required to eat all or at least try to eat most of the food provided by their parents. All uneaten food from packed lunch boxes is taken home in the packed lunch box to enable parents to monitor as well as school.

Morning Snacks

EYFS and KS1 pupils have fruit and vegetables provided for them by the School Fruit and Vegetable Scheme. KS2 pupils are encouraged to bring a fruit or vegetable snack from home for break time.

KS2 pupils are able to purchase toast at break time at school.

Water for All

Pupils are encouraged to bring a water bottle to school. Regular water and brain breaks are built into the school day and curriculum by class teachers.

Milk

Milk is an important source of nutrients for growing pupils and the school food standards require lower fat milk to be available to EYFS for drinking at least once a day during school hours. Milk can be provided for pupils up to the end of the school year in which they reach age 5.

Confectionery

Pupils are not allowed to have sweets, chocolate, chewing gum or fizzy drinks in school. Pupils are encouraged to bring in something other than sweets for birthday treats.

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behavior or academic or other achievements. Other methods of positive reinforcement are used in school.

Nut Awareness

St Peters CE Primary School operates a Nut Allergy Awareness Policy throughout the school as there are pupils with allergies – Appendix 3.

CURRICULUM

Cooking & Nutrition

The new primary curriculum for Design and Technology includes Cooking and Nutrition and emphasizes the importance of cooking nutritious, savoury dishes, understanding where food comes from, and taking pleasure in the creative arts of the kitchen. Pupils should be taught to:

Key Stage 1

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from

Key Stage 2

- Understand and apply the principles of a healthy and varied diet (Balance of Good Health – Appendix 4
- Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.

Food Across the Curriculum

Topics in Science, PHSE and PE address the benefits of healthy eating to promote physical and mental wellbeing and there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills such as shopping, preparing and cooking food.

English provides pupils with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing recipes for favourite meals (KS1) or writing to a company to persuade them to use non-GM foods in pupils' food and drink (KS2).

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

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.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Pupils are able to experience different foods associated with religious festivals. School's annual

'cultural week' and multicultural event provide opportunities to expose pupils to new and diverse food experiences.

ICT provides opportunities to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

PSHE 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. Pupils are able to discuss issues of interest to young people – e.g. advertising and sustainable development.

Geography provides focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

Physical Education provides pupils with the opportunity to develop physically and to understand food as fuel and the practical impact of sport, exercise and other physical activity, such as dance and walking.

Food Safety

Our catering consultancy supply a full food safety management system to ensure we are compliant with current legislation.

The kitchen team receive food safety training and ongoing on the job training and support.

Compliance is monitored by our catering consultancy.

All kitchen staff are provided with catering uniforms.

Food Information Regulations

Our catering consultancy supply a full allergen management system to ensure we are compliant with The Food Information Regulations 2014.

The Catering Supervisor has been trained to use and manage the allergen system and the kitchen team receive food allergen training and ongoing on the job training and support.

Compliance is monitored by our catering consultancy.

PARTNERSHIP WITH PARENTS & CARERS

The partnership of home and school is critical in shaping how pupils and young people behave, particularly where health is concerned.

USEFUL WEBSITES

The School Food Plan <http://www.schoolfoodplan.com/>

Food in Schools www.foodinschools.org

The Food in Schools site provides additional support information, as well as links to sources of further information.

Health Education Trust www.healthedtrust.com

Health Education Trust is a UK registered charity, formed to promote the development of health education for young people in the UK.

Grab 5! [www.sustainweb.org /g5fp /index.htm](http://www.sustainweb.org/g5fp/index.htm)

Provides top tips and practical advice on setting up a range of activities that promote healthier eating.

The Eatwell Plate <http://www.nhs.uk/Livewell/Goodfood/Pages?eatwell-plate.aspx>

The Eatwell Plate highlights the different types of food that makes up our diet, and shows the proportions we should eat them in to have a well-balanced and healthy diet.

NUT ALLERGY AWARENESS POLICY

PURPOSE

The purpose of this policy is to

- Raise awareness about allergies to all our school community
- Ensure we provide a safe learning environment for all
- Give assurance to those pupils/families with severe allergies that we take the management of these seriously.

AIM

We are a nut-free school. It is impossible to provide an absolute guarantee that no nuts will be brought onto the premises but we will strive to minimize this as much as we can.

MANAGEMENT

We ask that all members of the school community manage the day to day application of this policy in the following ways:

- Parents and carers are requested NOT to send food to school that contains nuts. This includes all types of nuts, peanut butter, Nutella, cereal/chocolate bars and any other food containing nuts.
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school
- Pupils that DO bring in food that does contain nuts or nut products will be asked to eat that food away from any child with a nut allergy and to wash their hands before going to play.
- Pupils will be asked NOT to share food.
- Pupils will be encouraged to wash hands before and after eating.
- Some staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and will use this training as the need arises.
- With regard to the kitchen – all products are checked on delivery as part of the Food Information Regulations management system – any products stating ‘may’ contain nuts will be classed as containing nuts. All recipes are nut free as in the actual use of nuts, but some recipe items may have been manufactured in an environment that is guaranteed nut free.

PROMOTION

The policy will be promoted by:

- A copy of this policy being made available to all parents and carers
- Staff being informed and provided with training opportunities
- Publication of this policy on the school website.