



WHOLE SCHOOL FOOD PROCEDURE

Reviewed Annually by the Pupil Progress & Welfare Committee

Date of last Review	
26 th January 2016	Co-Chair

Implementation of Whole School Food Policy

This document details the approach of the whole school to meeting the aim and objectives set out in the Whole School Food Policy.

Food Provision

The school recognises the important role that healthy food and drink, in a pleasant dining environment, plays in the good health and learning potential of our pupils. Healthy school meals and dining experience is a priority.

Snacks

All Foundation Stage and Key Stage 1 classes include a morning break time snack of cut and washed fruit to all children,(School Fruit and Vegetable Scheme), which is shared in a family setting for all class members.

In addition Key Stage 2 children are encouraged to bring fruit, which they can eat at playtime.

Breakfast Club & School Lunches

All our school meals are provided by John Spendluffe Canteen, which operates a healthy food policy using Food in Schools guidance. Menus are checked for compliance against the Government's School Food Standards.

Dining facilities at the canteen and in the school hall provide a safe and social environment for pupils, staff and visitors.

All Foundation Stage and Key Stage 1 children receive a healthy cooked meal each day as part of the Universal Free School Meals Initiative. School meals are provided free of charge when the pupil/parent meets eligibility criteria set out within s.512ZB of the Education Act 1996 and a request is received for free meals to be provided either by the pupil or someone acting on their behalf. Uptake of free school meals is monitored and actively encouraged.

School lunches and breakfasts are monitored for waste and the views of pupils, parents and visitors are sought.

Care is taken to ensure the best possible dining environment for each key stage. Dining equipment and placing, queuing systems and environmental factors, such as noise levels, are closely monitored and improvements are made wherever possible.

Packed Lunches

Facilities, including accommodation, furniture and supervision are provided for pupils to eat a packed lunch they have brought from home.

Parents are sent a copy of the food standards for packed lunches (see Appendix) to inform them of healthy choices and food which we discourage.

The school community are also informed about healthy lunchbox options through the newsletter and display boards.

Children are rewarded for healthy lunchbox choices through the use of stickers and praise.

The Learning Mentor liaises with lunchtime staff and if lunch boxes are thought to be consistently unhealthy, parents will be contacted and supported in providing healthier choices.

Our Parent Support Advisor works with families to support healthy lifestyles.

Water for all

Tap water is freely available throughout the school day to all members of the School community. Water fountains are in corridors and adjacent to the School field for use outside. Every child has been provided with a water bottle or cup for drinking water in class. Children are encouraged and reminded to drink regularly.

EYFS children receive a carton of milk every day (Nursery Milk Scheme).

In the canteen, fresh drinking water and milk (EU School Milk Subsidy Scheme) is available at all times

Food across the Curriculum

The new Curriculum 2014, has made cookery a statutory part of the curriculum. This is reflected in our long-term curriculum overviews. Children will have at least termly opportunities to cook a range of predominately savoury dishes.

In EYFS, Key Stage 1 and Key Stage 2, there are a number of opportunities for pupils 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.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

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. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the Internet.

DT/Cooking provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

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

History provides insight into changes in diet and food over time.

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

School visits provide pupils with activities to enhance their physical development and develop their understanding of healthy eating and where food comes from, e.g. to activity centres and farms.

School actively seeks opportunities for pupils to access community events and information relevant to healthy eating and lifestyle, for example, signposting gardening and wildlife clubs in the newsletter and inviting aspirational speakers to assemblies. After school clubs, such as "Cooking Club", offer opportunities for extracurricular learning within school.

Relevant school staff, (teaching staff, support staff and midday supervisors) are given appropriate resources and time to undertake basic food hygiene training. Continuous professional development regarding food education is encouraged.

Partnership with parents and carers

Parents and carers are regularly updated on our policies and practices through School and class newsletters. Updates on all aspects of food in school are published on the school website in addition to the Whole School Food Policy and Whole School Food Procedure documents.

Parents and carers are actively encouraged to contribute to policy development and practices within school. In addition to the established mechanisms in school for requesting and receiving contributions, the School Food Steering Committee consults directly with parents and carers by letter on specific issues. For example, where take up of UIFSM could be raised the group may ask specific Parents and Carers to comment.

The school is pleased to support national events that promote healthy eating themes and that relate to health and wellbeing. Information is provided on such events and school will take part in national initiatives where relevant and practical.

Role of the Governors

Governors monitor and check that the Whole School Food Policy is upheld and can also offer guidance where a member of the Body has particular expertise in their area.

The School Food Steering Committee is made up of Governors and Staff. The committee liaises with Midday Supervisors, teaching and support staff, pupils and parents. The committee meets regularly and seeks internal and external advice in order to improve all aspects of food in school.

The committee aims to increase the take up of school lunches by active promotion. The committee supports the Healthy Helpers pupil group to feedback on food in school and to promote healthy eating and school lunches to peers.

Health and Safety

- Basic hygiene rules are always followed when engaging children in an activity involving food preparation
- Any cooking activity will be well organised so parents are informed beforehand about what is being made. This offers them a chance to feedback about allergies too.
- The medical file will be consulted to check for food allergies. If a child has an allergy the children will not make use of any product that would be a risk to the child especially foods containing nuts where a child has a nut allergy.
- Reasonable adjustments will be made to ensure all children can take part in cooking activities.
- Details of children with specific food allergies are sought from parents and made available to all staff. First aid training for the School's appointed First Aider and all staff includes training on procedure and treatment following an allergic reaction.
- Staff (Midday Supervisors, teaching and support staff) are given time and resources to undertake food hygiene training.

Monitoring and Evaluation

The Governing Board will monitor the Whole School Food Policy and its implementation procedures. The Pupil Progress and Welfare Committee of the Governing Board review the Policy annually.

The day to day monitoring of the Whole School Food Policy and the Whole School Food Procedure is the responsibility of the Head Teacher and staff of the school.

Evaluation of the impact of Policy and Procedures will be through evidence of curriculum work, uptake of hot meals, Governor Visits and feedback from staff, parents and pupils through questionnaires and conversations. In addition, the work of the Food Steering Group to seek views on all aspects of school food is ongoing and the Healthy Helpers pupil group provides ongoing feedback.

Exemptions to Whole School Food Procedure

The procedures set out in this document may not apply to food provided:

- At parties or celebrations to mark religious or cultural occasions
- At fund raising events
- As rewards for achievement, good behaviour or effort

- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils

Appendix – Lunch box Guidelines for Parents

The **Government guidelines** state that children’s packed lunches should contain:

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions each day e.g. pasta salad, sandwich. At least 1 starchy choice each week should be wholegrain, which is a valuable source of fibre. Starchy foods cooked in fat or oil (e.g. samosas) should not be present in packed lunches more than twice a week.

Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.

Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, milk (milk is readily available in the canteen for all children).

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, mixed bean salad.

Drinks – any drinks provided in lunch boxes should only include plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

Please support school by not including foods and drinks high in fat and / or sugar. This is why cakes, biscuits and pastries will no longer be available to buy in the canteen.

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches **should not contain the following:**

Fizzy / sugary drinks in cartons, bottles or cans

Chocolate-coated products

Sweets and confectionary

Chocolate spread as a filling for sandwiches

Sugared / toffee and salted popcorn

Crisps or any packet savory snacks high in salt and fat

Salted nuts

Energy drinks

