

Whittonstall and Broomley First Schools Federation



Food in School Policy

Policy Reviewed	September 2020
Adopted	September 2020
Next Review	September 2021
Policy Written by	Louise Sempers – PSHE Coordinator
Executive Head Teacher	Leanne Barker
Chair of Governors	Denise Kendall

Whole School Food Policy

At Whittonstal and Broomley First School we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the schools, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.

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.)

Snack

In our EYFS and KS 1 classes all children receive a morning snack of fresh fruit. In the EYFS children are able to access morning snack throughout the morning and KS1 during morning break time. All children are given responsibility for passing the fruit to others and for helping to clear away. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day.

School lunches and packed lunches

In both school are lunches are made on site by our catering managers Mr Brennan and Mrs Robinson This includes a daily salad bar and fruit bowl, providing the children with a range of fresh fruit and vegetables. Both schools provide a vegetarian and non- vegetarian option, both of which pay regard to nutritional balance and healthy options. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods. The school currently achieves a 90% plus uptake plus the uptake of UFSM program.

Some children bring packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars or fizzy drinks.

Water for all

Water is freely available throughout the school day to all members of the school community. Each class room has plastic beakers for the children to fill with fresh water throughout the day. Children may drink their water at any time during the school day. Children in our EYFS classes are also reminded to drink water at their snack time, which is provided in plastic beakers.

Food across the Curriculum

In EYFS, KS 1 and KS 2, opportunities are created 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. Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE. We ensure that pupils are taught cooking from Nursery to Year 4, in line with the new national curriculum.

There are opportunities to explore issues around food in many subject areas. We undertake to capitalise on these opportunities in order to:

- Develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

Both curricular and extracurricular activities will help pupils develop an understanding of food issues, including: growing; hygiene and safety; preparation; nutrition; healthy lifestyles; and the food industries.

Assessing, recording and reporting pupil progress Pupils' knowledge, skills and attitudes to food are assessed within PSHE and science and Food Technology in line with the whole school assessment policy

Partnership with parents and carers

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. Parents and carers are regularly updated on our water and packed-lunch policies through school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash. During out-of-school events, e.g. school discos etc. the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

Role of the Governors Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area. Monitoring and review
Monitoring and review The headteacher and PSHE manager are responsible for supporting colleagues in the delivery of the food policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer. This policy will be reviewed bi-annually or to take account of new developments and will work alongside our Physical education and PSHE action planning.

Equality of opportunity

In accordance with school and Local Authority policy, a commitment to equal opportunities and inclusion will be built into all aspects of food and drink provision.

Healthy Choices – Food in School

We aim to ensure that all food eaten during a school day is healthy and nutritious. This policy covers packed lunches brought from home along with any snacks and food brought into school for special occasions. We believe in a whole school approach and working in partnership with pupils, parents, staff and governors. We are committed to enabling children and parents to make informed healthy choices.

Rationale

Having achieved Healthy School Status, the Whittonstall and Broomley First School Federation made a commitment to:

- Make a positive contribution to children's health and Healthy School Status
- Encourage a happier and calmer population of children and young people

- Promote national standards for food in schools
- Contribute to on-going self-evaluation
- Support the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day.

Promoting happy healthy lunchtimes

The school will provide hygienic facilities and ensure that free, fresh drinking water is readily available at all times. The school will ensure that packed lunch pupils and school hot dinner pupils are able to sit and eat together comfortably. As fridge space is currently not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to preserve their food.

The school will work with parents and children to encourage healthy choices.

Packed lunches should aim to provide:

- A source of complex carbohydrate for energy, eg. bread, pasta, rice, couscous, noodles, potatoes, cereals
- A source of protein, such as meat, fish, dairy or other source of non-dairy protein (eg lentils, kidney beans, chickpeas, hummus and falafel)
- At least one portion of fruit or vegetables
- Healthy drink such as water, fruit juice, semi-skimmed or skimmed milk.

Packed lunches may also include **one small** treat item.

Food brought into school must not include:

- Nuts or products containing nuts
- Garden Peas
- Carbonated drinks
- Sweets or chocolate bars

Special diets and allergies

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In each case, parents are urged to be responsible, ensuring that packed lunches and food brought into school for other occasions are as healthy as possible.

Monitoring

Healthy lunch choices will be rewarded.

Children eating in the dining room are supervised and encouraged to eat their lunch. Food choices (for both packed lunch and school dinners) will be monitored by supervising staff.

The school will use opportunities such as parents evenings and Healthy Choices weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.