

Irchester Community Primary School: Whole School Food Policy

Aim

We aim to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school. Through effective leadership, the school ethos and curriculum, we aim to create an environment which supports a healthy lifestyle and celebrates cultural diversity.

Objectives

In support of our aim we will:

- promote health awareness
- contribute to the healthy physical development of all members of our school community
- give consistent messages about food and health
- give our pupils the information they need to make healthy choices
- ensure that all aspects of food and nutrition in school promote and improve the health and well-being of the whole school community by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet
- ensure that every pupil has access to safe, tasty and nutritious food by using fresh fruit and vegetables and low fat/salt goods for snack
- provide access to water during the school day by encouraging all children to bring a water bottle to school daily and providing water fountains around school
- ensure that the provision and consumption of food is an enjoyable and safe experience which encourages positive social and cultural interaction whilst reflecting the ethnic, religious, vegetarian and medical needs of pupils and staff.

Settings for the School Food Policy

In accordance with the aim and objectives of this policy, the policy will apply to the following settings in the school:

Snack KS1 and KS2

We will ensure that snack available to purchase is in line with food standards legislation and the whole school food policy, providing a source of healthier food and drink and to be used as a way of educating pupils about healthier snack foods.

Snack is available during morning break at 10.15 - 10.30am.

- Key Stage 1 children receive a free piece of fruit or vegetable from the Government Fruit and Vegetable scheme.

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- The school extends the provision of fruit and vegetables to children in Key Stage 2 who may purchase them from the snack trolley.
- All children may purchase a snack from the trolley at break time; however the children are responsible for looking after their snack money. Parents will decide when their child is responsible for handling their own snack money.
- Pupils are allowed to bring in snack foods from home for consumption at snack time. However we encourage healthy eating and the following are unacceptable snacks - crisps, chocolate, sweets and biscuits.
- Pupils will be encouraged to dispose of their litter in the correct manner, using recycling facilities as necessary.
- Parent may purchase milk for their child to have at break time through the 'cool milk' scheme.
- As a school we promote drinking water as this has been shown to improve concentration and behaviour, plus being the most effective way to quench your thirst; therefore only water is allowed in water bottles to be drunk during lesson time. These can be taken out at break time.
- Although not encouraged to do so, we recognise that some parents may prefer to provide an alternative to water, which must be in a separate bottle. Unacceptable drinks are fizzy and high sugar drinks.

Snack in the Foundation Stage

The children in the Foundation Stage have access to snack during the morning session. This is in addition to the piece of fresh fruit or vegetable available daily. Snack time is an occasion for the children to develop their social skills, learn about healthy eating and participate in the production of snack. The children are frequently involved in cooking and preparing the food. Foundation Stage parents are requested to make a small contribution towards the cost.

Food Allergy

We will ensure that the school has considered the needs of food-allergic pupils and has developed appropriate procedures in all areas of the curriculum and beyond, ensuring that affected children are not unknowingly exposed to food allergens like nuts and seeds during schools hours. These considerations apply and are promoted to the whole school community. Photographs of those children who suffer from severe allergic reactions are displayed at food access points. A number of staff are trained to give epi-pen injections in an emergency.

Special Diets

We recognise that some children may require special diets. In this case parents/carers are asked to make us fully aware of this. Individual care plans/menus may need to be created for children with special dietary needs/requirements.

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Water

A plentiful supply of drinking water for children is recognised as improving behaviour and concentration. Pupils are actively encouraged to bring their own water bottle to school and use it throughout the day. They are regularly reminded to drink water especially during warmer weather, to educate them about the importance of hydration.

School Lunches

In collaboration with our hot meal provider we will;

- Promote the uptake of school lunches
- Ensure that the food provided is compliant with the current standards for school lunch, is of a high quality and promotes health
- Ensure that the choices provided address cultural, religious and special dietary needs
- Ensure the school has the capacity to provide a meal for all those who require one

To ensure that school lunches meet the requirements of the whole school community there will be ongoing liaison and consultation with the school lunch provider.

Families who are eligible to free school meals are actively encouraged to take up the option. Applications can be supported by our Family Link Worker or on-line via the Northamptonshire County Council website. Further information can be obtained from our Family Link Worker.

Packed Lunches

We are committed to encouraging parents to provide healthier lunchboxes for children. When children enter Reception, the school provides a recommendation to parents of what constitutes a healthier lunchbox and this message is reinforced throughout the school. The guidance is consistent, realistic and stresses the importance of a balanced and varied diet. The school actively discourages the following packed lunch foods:

- crisps
- sweets and confectionary
- chocolate bars
- fizzy drinks

The contents of a packed lunch can vary for different reasons, including dietary requirements or intolerance and religious observance. Due to this we do not allow children to share or exchange food from packed lunches. Food not eaten in a packed lunch is taken home by the child to ensure that parents are aware of what their child has or has not eaten. Parents are advised to provide age appropriate quantities of food in their child's lunchbox. We also encourage parents to include items of food relating to Food Weeks or healthy lunchbox challenges.

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Eating Environment

All children eat in the 'Red Café' (Key Stage 2 Hall) sitting at dining tables. All children have at least 30 minutes in which to eat their lunch. Foundation Stage and Year 1 go to first lunch to allow them more time. We aim to provide a calm, ordered environment conducive to mutual respect and good behaviour, promoting social and community cohesion. All table surfaces are disinfected before any eating commences, table clothes and flowers are used to create a pleasant eating environment. Older children may work as 'waiters' supporting the lunchtime staff in their promotion of good manners, healthy eating habits and care of the younger children. The school is also committed to:

- encouraging children to wash their hands before eating
- encouraging good table manners
- encouraging all children to eat the food they have been provided with
- actively helping children who find some aspects of packed lunch difficult, e.g. opening tubs, packets, cartons or bottles
- when children have finished their packed lunch they are requested to inform the lunchtime supervisor who will check to see if they have eaten an adequate amount.

Any parent who has concerns about their child's eating at school is encouraged to promptly bring them to the school's attention.

Sweets

We do not allow the regular eating of sweets or other foods high in sugar and/or fat in school, however occasionally these may be provided during special events or as prizes.

Celebrations and Festivals

We believe it is important to celebrate cultural, personal or community events and recognise that special food has a role in such celebrations as birthdays, religious festivals, or end of term. We recognise such foods are acceptable in moderation.

Staff training

Staff responsible for the preparation and handling of food must be competent to do so, undertaking a food safety and hygiene course when appropriate.

Staff responsible for the snack trolley contents will check expiry dates on a weekly basis.

Curriculum

Food is of vital importance to us all and should be used to enrich the school curriculum. The curriculum can then enrich pupils' experience of food and healthy eating. Curriculum content will include the following:

- the importance of food groups and the role they play in promoting growth

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- the development of a strong healthy body
- what constitutes a balanced diet
- how food is produced
- an understanding and appreciation of cultural diversity
- the development of respect and understanding towards the beliefs and attitudes of others

Visits by outside agencies such as the Life Education Mobile also promote health awareness. In addition, whole school and class assemblies are an opportunity to explore health and food related issues.

Beyond the Curriculum

We offer a wide range of extra-curricular activities which support a healthy lifestyle and to which the aim and objectives of this Food Policy apply.

Sports Clubs

Sports clubs take place at various times throughout the academic year. These include team sports, athletics, gymnastics and dancing and aim to contribute to the healthy physical development of pupils.

Cookery Club

This club covers various aspects of food and nutrition, from identifying, selecting and measuring ingredients to designing menus, creating recipes and sampling different foods. It reinforces the curriculum in many areas ranging from nutrition and hygiene to appreciating cultural diversity. The club also provides an opportunity for children to be creative with food and can help develop their social skills and boost confidence.

Extended schools

We require that any independent or school-organised club, e.g. breakfast or after school club, follows the principals of a healthy lifestyle and that the provision is in line with legislation and the whole school food policy.

Breakfast Club

Breakfast Club will provide a nutritious breakfast for children who attend. The food provided will be in line with the whole school food policy.

Partnership with parents and pupils

The partnership of home and school is vital in shaping how children behave, especially where health is concerned. Parents are consulted and included in the writing of the whole school food policy through the parent forum. Parents and carers are requested to inform the school of any health or food requirement their child has; parents, carers and pupils are regularly updated on events and issues relating to health and food through school and class newsletters and school magazine.

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School Councils

This will provide a mechanism for consulting pupils at all stages of developing the school food policy and allow pupils to take responsibility for ongoing aspects of the school food policy.

Food Waste

In order to reduce food waste at the end of the week any surplus perishable foods may be offered to staff first before being disposed of in the brown compost bins.

Monitoring and Review

The whole school community is responsible for monitoring that we meet our objectives as detailed in this Food policy. The teacher with responsibility for the school council will gather feedback from the pupils on aspects of food and nutrition. The Headteacher is responsible for supporting staff in the delivery of the Food policy. The Governing body will monitor that the policy is upheld. The Headteacher and Governing body will monitor the implementation of this policy and maintain National Healthy School status.

This policy will be reviewed every 2 years by the staff and Parent Voice.

The governing body approved this policy on:

Date:

Signed : Chair of Governors

: Headteacher