

Whole school food policy

School: Brownhill Primary School

Date of policy: November 2010

Date of review: November 2011

This document is freely available to the entire school community. It has also been made available in the school newsletter and website. This policy was discussed and amended by the Headteacher, governors, teachers, parents and pupils. Students are encouraged to contribute to the review of the food policy.

Rationale

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. This is fully embraced in our school aims and ethos, which express that we are a learning community and all learn together and we adopt the commitment to 'Every child Matters' As a result we would aspire to improve the health of the school community by teaching ways to establish and maintain life long healthy eating habits.

We recognise that it is important for the whole school to use consistent messages around healthy eating.

Aims

*To ensure that pupils have sufficient information about food and nutrition to allow them to make informed choices about what they eat and drink, both in and out of school.

* School milk bar to sell a variety of healthy options.

* Students are able to contribute to discussions with the caterer to determine what is sold, so long as requests comply with the school's healthy eating policy. (School catering questionnaires to children to help them to do this.

*To determine a Development Plan (appendix A) which is a live document and is updated every year.

* Have a welcoming eating environment that encourages the positive social interaction of pupils

* Ensure that pupils have opportunities to learn about different types of food in the context of a balanced diet , and how to plan, budget, prepare and cook meals and Understand the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables.

*Have easy access to free, clean and palatable drinking water, using the Food in Schools guidance.

Objectives

What do we want to achieve?

To work towards ensuring that this policy is both accepted and embraced by

- governors
- school management
- teachers and support staff
- pupils
- parents
- food providers
- the wider school community

To integrate these aims into all aspects of school life, in particular

- food provision within school
- the curriculum
- pastoral and social activities

How will we meet our objectives?

- Discuss all issues at school council meetings. School councillors to monitor ideas and thoughts of school on relevant issues.
- To monitor formal curriculum regularly, and audit food based cross- curricular topics at each key stage.

- To communicate with caterers on findings of school council to inform menu options and discuss development of uptake of school meals.
- To create a school food week to include physical activities, food tasting and healthy discussion by school nurse.
- To establish a variety of out-of school clubs, which support our healthy school ethos. E.g cookery clubs.
- To develop a school Healthy action plan, to be reviewed yearly.

Links to other policies

Several policies link to this whole school food and drink policy, including:

- curriculum policies such as Science, DT and PSHE through which healthy eating messages are taught;
- teaching and learning policy, particularly the fact that well nourished and hydrated pupils learn better;
- behaviour management policy which identifies the link between behaviour and food and sets out the reward systems used within school.
- health and safety policy which clearly sets out how food is stored, prepared and cooked on the premises, including cooking within the classroom.

Provision of food and drink across the school day

We are involved in the School Fruit and Vegetable Scheme. Every child in the F.S/KS1 is encouraged to have an extra piece of fruit or vegetable each day. This is given during the morning.

Drinks Policy

All F.S/KS1 children are encouraged to have milk. A specific time is set-aside for this and those that do not wish to have milk have a drink of water instead. Water is encouraged, especially after physical activity and on hot days. Each child is provided with their own water cup, which remains in the classroom and is filled up regularly by adults during the day (This was decided upon as a result of wasted water used by children filling up their own cups.) These cups are washed and maintained by staff regularly. Water dispensers are also available in the staff room (for staff) and the community room and year 6, for children.

Packed Lunches

Healthy lunchbox suggestions are sent home to parents and meetings have been held for parents to attend with suggestions for healthy packed lunches. It is recommended that packed lunches should include some fruit or vegetables eg piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge etc. Diluted fruit juice in a screw top bottle is cheaper and easier to manage than prepared drinks and the school provides water on tables for children eating packed lunches. The school provides a suitable storage area for lunch boxes. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

Dining room environment

The school recognises the importance of lunchtime organisation on the behaviour of pupils and the value of promoting social skills.

Teachers, caterers and lunchtime organisers work together to create a good dining room ambience and the development of appropriate table manners.

The school council are involved in monitoring the dining room environment and canvassing children's ideas and opinions for discussion at school council meetings.

Curriculum, teaching and learning

Key healthy eating messages will be taught within science, DT and PSHE. They will also be delivered through assemblies and theme days/ weeks. Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.

Opportunities are taken wherever possible to encourage pupils to taste multi-cultural aspects of food through cross curricular subjects including geography, history and R.E and are linked with school meal theme days where possible.

Children with Special Needs

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEN requirements.

School also recognises that some children require specialist diets, including those with nut allergies, diabetes and Coeliacs. The schemes of work are sensitive to this and the teachers are aware of those children in school who have been identified as having special dietary needs. Information is requested from parents on admission and prior to residential trips.

Parental Involvement

Information about school catering is provided in school newsletters and on request.

Parents are made aware of new initiatives via the school newsletter and are often invited to provide comment or feedback.

Questionnaires are sent to parents to provide them with opportunity to comment on healthy school issues.

Food Hygiene

Children are reminded on a regular basis about the importance of hand washing before eating and handling food.

Whenever children are to sample or handle food in the classroom, there are a number of rules which should be followed:

- Clean all work surfaces to be used with anti-bacterial spray and a new jay cloth.
- If necessary, cover work surfaces with disposable/ plastic tablecloths before starting the task.
- Ensure all utensils have been thoroughly cleaned beforehand.
- Always wash hands using soap before any preparation/ sampling tasks.
- Ensure sleeves are "rolled up" and disposable plastic aprons are worn for all food preparation.
- Keep the group/s manageable and use Teaching Assistants where necessary.
- When sampling always let individuals have their own spoon/ cup etc.
- Allow plenty of space to work, with all "classroom items" away from food and utensils.
- Encourage thorough washing up after the tasks and return utensils to where they are stored.

- Dispose of finished/ unwanted food after the task.
- Remove disposable items and wash down work surfaces thoroughly.

(Basic food hygiene training has been undertaken by the healthy schools co-ordinator and is available to help with all planning of food lessons.)

Careful consideration is given to the correct storage of all food within school including fruit and vegetables supplied from the School Fruit and Vegetable Scheme and milk.

Monitoring and assessing the policy

The whole school food and drink policy is monitored by the co-ordinator and senior management team. It will be reviewed on a planned two yearly cycle, with views of the whole school community taken into consideration, including those of the pupils.

The uptake of healthier options at lunchtimes and break times will be monitored and reviewed. Healthy packed lunches will be promoted on a regular basis.

Written work carried out will be monitored in line with the school's monitoring procedures to ensure that the correct knowledge, understanding and skills are being developed and attitudes and values are explored.

In line with the school's teaching and learning policy, at the beginning and the end of topics, children will be encouraged to reflect on what they already know and what they have learnt.

The views of pupils will help to shape the future of the Healthy Eating Programme within school.

Notes

- School awarded Healthy School level 2 Status.
- The policy was produced in consultation with the entire school community, including pupils, parents, school staff, governors.
- This school actively supports healthy eating and drinking throughout the school day.

