

WHOLE SCHOOL FOOD POLICY



INTRODUCTION

Rationale:

Thorpe Acre Infant School is dedicated to providing an environment that promotes healthy food and eating, enabling pupils to develop positive attitudes to food and make informed choices about what they eat and drink, both in and out of school. This will be achieved by a whole school approach to food and nutrition.

The policy was written in line with the new National Food Standards (Jan 2015), launched by the DfE and through discussion with members of staff, governors, caterers, families and children.

It has been communicated to the entire school community and can be found in 'Policies', through the 'Parent' section of the website. It is adhered to by everyone involved with the teaching, serving and/ or cooking of food and drink in school during the day and including our partners that share our school premises.

FOOD POLICY AIMS

The main aims of our school food policy are:

To ensure food and drink options provided throughout the school day are safe, tasty and nutritious and any food/ drink brought into school is also healthy;

To encourage pupils and their families to make healthy food choices now and in the future, through the provision of information and development of appropriate skills and attitudes;

To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school;

To make the process of growing, cooking and eating food, an enjoyable and sociable experience.

The 'School Food Plan' states:

"This plan is about good food and happiness. It is about the pleasures of growing, cooking and eating proper food. It is also about improving the academic performance of our children and the health of our nation."

Further information can also be found at www.schoolfoodplan.com

The nutritional principles of this policy are based on current evidence-based findings:

- ✓ The 'eatwell plate' is the agreed model for ensuring a healthy balanced diet. See...

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by **Mr A Clark** and overseen by all members of staff.

Our aims will be addressed through the following areas:

1. CURRICULUM

“Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.” (National Curriculum, Design and Technology)

“Knowing how to prepare and cook your own food is a skill that everyone should possess. It's also a fun skill to learn!” (FFLP)

We aim to design and provide a curriculum that:

- ✓ teaches children how to prepare fresh, healthy food and develops their understanding of where food comes from;
- ✓ enables children to participate in activities that get them interested and excited about cooking and educate them about making healthy choices;
- ✓ delivers up-to-date nutrition messages in order to develop an understanding of the need for variety and ‘balance’ in what we eat, now and as we grow;
- ✓ is consistent with the ‘Whole school food policy’.

Extra-curricular activities

Throughout the school year, we offer children an opportunity to take part in a cookery club. We continue to develop our garden area(s) and hope to offer this as extra-curricular provision.

2. TEACHING METHODS/RESOURCES

Planning - in relation to our 3-year cycle of topics, we identify opportunities to talk about and work with food, including in relation to different cultures.

Food education is delivered mainly through ‘Design and Technology’, though we recognise that the subject of ‘Food’ has great potential for work across the curriculum - including science, PSHE and PE. **Classroom activities** - as well as food preparation and cooking, activities to link learning about food, may take the form of food tasting, talking about food issues and designing healthy meals.

Food for Life (FFL)

Through our work as part of the FFL Partnership, we promote the notion (and cycle) of 'grow, cook, eat'. Key aspects of learning in each of these areas are delivered and developed through the use of age-appropriate skill cards and 'healthy' recipes.

The **School Awards**, support schools to take a whole school approach that sees them:

- grow their own food;
- organise trips to farms and set up school farmers' markets;
- hold community food events;
- provide cooking and growing clubs for pupils and their families;
- serve freshly prepared, well-sourced meals;
- provide an attractive dining environment so lunchtimes are a positive feature of the day.

Other guidance provided through the programme, ensures our information and resources are up to date - consideration is also given to:

- the www.foodfactoflife.org.uk programme

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

As part of the 'School Food Plan', a new set of standards for all food served in schools was launched by the Department for Education. From January 2015, schools and academies in England must meet the requirements so that children have healthy, balanced diets.

Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink that may be sold or served (up to 6pm): breakfast, lunch, snacks (at break-time) and after-school clubs.

Standards for school food throughout the school day are in place. Our kitchen is managed and run by 'School Food Support' who hold a gold 'Food for Life' award.

Full details and the documents and guidance relating to this are available from:

<http://www.schoolfoodplan.com/standards/>

BREAKFAST CLUB

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. We recognise that eating a healthy breakfast helps with concentration, behaviour, attendance and attainment.

In addition to child-care, the school operates a 'Breakfast Club' that provides a nutritious meal for pupils before the school day and complies with the standards.

The breakfast menu includes: toast, cereal (no sugar-coating), milk, fresh fruit, low-sugar yoghurt and/ or a 50:50 drink (fruit juice: water)

Magic Breakfast - is a UK charity, working to ensure every child starts the day with the right breakfast as fuel for learning. Magic Breakfast believes no child's education should suffer for the lack of a breakfast.

In addition to our Breakfast Club, TAI School has joined the 'Magic Breakfast' partnership (since 2014/ '15) and over the course of the Summer term, we aim to introduce the scheme, providing free, nutritious breakfast food (bagels, porridge, fresh fruit juice and cereals) to all of our pupils.

VENDING MACHINES

Not applicable

BREAKTIME SNACKS/TUCK SHOP

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Children may bring in a snack but **the school does not allow the consumption of snacks high in fat, salt or sugar at break-time**, e.g. cereal bars, crisps, chocolate

We participate in the **National Fruit Scheme** - each morning, the fruit (or vegetable) item delivered is shared (depending upon the number of children in each class) and taken to each classroom. This is given out, or children may be able to help themselves, at different points of the school day.

The school's kitchen (LA, School Food Support Service) provides a range of snack foods that can be purchased. These comply with the food-based standards for all school food other than lunches and helps to contribute to a balanced healthy diet focused on the 'eatwell plate'.

The current menu, consists of: toast, crumpets, breaded cheese twists and muffins, with milkshake (semi-skimmed and low in sugar!) and fruit juice also available.

SCHOOL LUNCH

As a school, we encourage every pupil to have a school lunch, under the governments UIFSM (Universal Infant Free School Meal) initiative. Catering for children from Foundation Stage to Year 2, **all of our children are entitled to a meal.**

It is still important, to apply to receive 'Free School Meals' (FSM) should you meet certain criteria, as this enables your son/ daughter to benefit from some additional funding – **please see the main School Office.**

Healthy options are promoted at lunchtime. Children are consulted about their food choices through simple surveys, discussion during morning registration, information delivered in assemblies and during service in the dinner hall. Lunchtime Supervisors reward healthy choices with stickers and include 'eating well' and conduct, as part of our end of week achievement awards.

The kitchen holds theme days linked with special calendar events and annual festivals/ celebrations, e.g. Bonfire night, Valentine's Day.

PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by raising awareness and promoting healthy balanced options using the principles of the 'Eatwell plate', to help ensure children have a healthy balanced meal.

Food safety issues around packed lunches will be conveyed to parents.

The Government's new nutritional/ food standards state:

- **no confectionery** is to be provided at any time of the school day - **this includes:** *cereal bars, processed fruit bars, sweets, chocolate and products coated in chocolate;*
- Cake or biscuits **can be given** with lunch;
- Croissants, scones, homemade cookies and flapjacks are **not to be given as a snack**;
- Savoury crackers and breadsticks can **only be served** as part of a school lunch;
- Malt loaf and other bread-type products like bagels and crumpets **can be served** at any time;
- Flavoured water (incl cordial/ squash) is **not to be provided**;
- Schools **may provide** flavoured milk (as long as certain conditions are met).

AFTER SCHOOL CLUB

Snacks (and drink) provided as part of our 'extended care' (through our service provider) meet the above standards, as per our breakfast club provision.

USE OF FOOD AS A REWARD/BIRTHDAYS

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

Should children wish to bring their friends a sweet to celebrate their birthday, they will be asked to share them at the end of the school day once out of school.

DRINKING WATER

The National Nutritional Standards for Healthy School lunches, recommends that drinking water should be available to all pupils everyday, and free of charge. The school agrees with this recommendation and provides a free supply of drinking water. Pupils are encouraged to drink at frequent intervals throughout the day; water is available at the lunchtime meal service for children to pour themselves, there are water fountains adjacent to each class and each morning, individual pupils' school drinks bottles are cleaned and re-filled.

4. SPECIAL DIETARY REQUIREMENTS

RELIGIOUS AND ETHNIC GROUPS

Where possible, the school provides food in accordance with pupils' religious beliefs and cultural practices, via (LA) 'School Food Support'.

VEGETARIAN DIETS/HALAL MEALS

School caterers offer a vegetarian option at lunch everyday.

MEDICAL

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case, parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These will document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details, along with any particular food requirements e.g. for high-energy diets. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

Parents are given a Medical Diet School Meal Request Form if they have a child who follows a special diet and requires a school meal, available from the relevant school food supplier.

5. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

We require any member of school staff involved with the regular/ consistent handling and/ or preparation of food and drink, to hold a 'Food Hygiene Certificate'.

6. THE FOOD AND EATING ENVIRONMENT

The school will provide a clean, sociable environment for pupils to eat their lunch and will continue to develop the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors help to ensure a safe, enjoyable experience at lunchtime, encouraging healthy eating. Incentives for trying something new and/ or eating their vegetables include stickers and an achievement award.

7. LEADING BY EXAMPLE AND STAFF TRAINING

Food, nutritional standards and healthy eating are a whole school priority and as such, a key feature of agenda items and discussion. The school recognises that teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food and therefore meet regularly with the Headteacher so that they are familiar with current thinking, up-to-date guidelines and best practise.

It is essential that staff are committed to setting an example with food in school. Subsequently, for instance, within the dining room environment and playground areas in particular, the food and drink they may have chosen to bring into school for snack and/ or lunch, should also meet the National Standards we are working towards.

8. FOOD RELATED ACTION PLANS

As a school, we are aware that we need to ensure healthy and nutritious food is available across the school day. The food agenda in school is part of criteria to be fulfilled for Healthy Schools Enhancement, in relation to the 'healthy weight' agenda.

9. CONSULTATION/MONITORING AND EVALUATION

This policy has been developed through wide consultation and is communicated to the entire school community. New families/staff to our school are made aware of its importance.

The introduction of the new National Food Standards has provided high expectation and an added drive in 2015 towards implementing recent changes to the way we organise and deliver all aspects of 'food and drink' education and ensure healthy eating across our school day.

There have been a number of letters both informing parents/ carers and asking for family's opinions, as we have developed a new food culture in school.

10. REVIEW

Date policy implemented: **October 2019**

Review Date: October 2021