

Thurlaston CE (Aided) Primary School



School Food Policy

June 2014

Signed

Teaching and Living the Christian Way of Life.

We believe that the bible teaches that it is important to look after our bodies.

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The policy is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day.

The nutritional principles of this policy are based on current evidence based findings; and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet.
www.eatwell.gov.uk

Current DCSF standards for school food throughout the school day are in place.

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by the assistant head who also oversees all aspects of food in school.

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes (linked to FSA food competencies)
2. To provide healthy food/drink choices throughout the school day and ensure food brought into school is healthy too
3. 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

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

Guidance on equal opportunities is found in our Equal Opportunities Policy.

2. CURRICULUM

There are numerous opportunities in the curriculum for pupils to develop a knowledge of healthy eating and lifestyle. The main subject during which health is covered are Science, PHSE, Design Technology and PE.

Please see Appendix 3 for detailed explanations.

We have a wide range of resources to help us teach about healthy eating and use a range of teaching methods and styles in line with our teaching and learning policy.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for School Lunches became compulsory in April 2001. The Government announced new standards for school food, which are in three parts, to be phased in by September 2009. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

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. (Full details and the documents and guidance relating to this are available from the School Food Trust) www.schoolfoodtrust.org.uk

BREAKTIME SNACKS

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

The school discourages the consumption of snacks high in fat and sugar at break-time.

We encourage a fruit only policy for break time snacks as this positively enhances the free fruit in key stage 1.

We participate in the National Fruit Scheme for all KS1 pupils.

We also encourage the drinking of milk at breaktimes.

SCHOOL LUNCH

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. This is cooked off site and served from the servery by the LA School Food Support Service.

As a school we encourage pupils to have a school lunch provided by our catering service and free school meals are provided to all those pupils who are entitled to them. The school office will advise on the process for obtaining free school meals

Healthy options are promoted at lunchtime. The School Council monitor the food choices available and give helpful feedback.

The school has special menus throughout the year which are open to pupils who do not normally take school meals to encourage their take up.

PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'. This will ensure children having packed lunches have a healthy balanced meal.

Food safety issues around packed lunches are conveyed to parents through a leaflet given to all parents.

See Appendix A

USE OF FOOD AS A REWARD/SPECIAL OCCASIONS

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

A clear system of fab marks, gold awards and certificates is in place and understood by all members of staff. Marvellous manners are also rewarded. The whole school assembly is used to reinforce good behaviour and to encourage pupils.

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend 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 and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at the lunchtime meal service. Pupils should bring their own water bottles for use throughout the day and must ensure they are kept clean.

4. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices as required.

VEGETARIAN DIETS

School caterers offer a vegetarian option at lunch everyday.

SPECIAL DIETS - 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 should 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. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

Please see the office for further details.

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.

The LA School Food Support Service is responsible for this area.

6. THE FOOD AND EATING ENVIRONMENT

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

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating. All children are encouraged to eat the food that they are given/ have chosen. To enable parents to monitor how much of their child's packed lunch has been eaten, children with packed lunches take home all packaging and remains.

7. LEADING BY EXAMPLE AND STAFF TRAINING

Teachers, caterers, lunchtime supervisors and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines

Staff are committed to setting an example with food in school.

Fruit is usually available for staff and a water cooler is used in the staffroom.
Teaching staff each take a school meal each week.

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 healthy eating criteria must be fulfilled for us to gain Healthy Schools status. (www.healthyschools.gov.uk)

9. CONSULTATION/MONITORING AND EVALUATION

This policy has been developed through consultation with the whole school community, eg staff, governors (including parents), and the school council. The school council made relevant comments which were changed from the original draft. The policy and its impact is reviewed on an ongoing basis to reflect current DCSF standards.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance. The policy is available on the website and can be obtained from the school office.

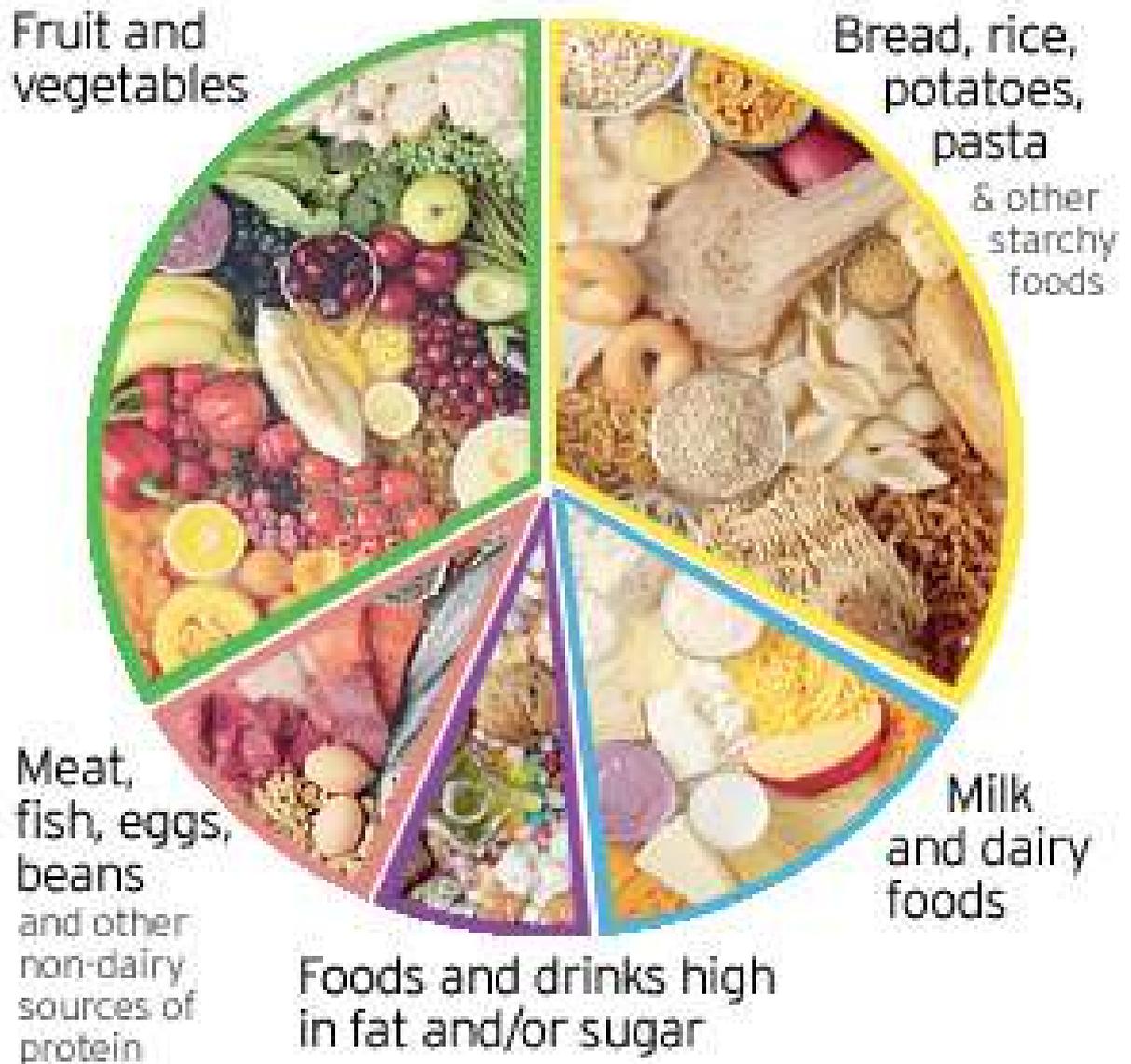
10. REVIEW

The Governing Body will review this policy, formally, three years from the date of its adoption. Informal Review may be necessary in the interim and should take place as and when required.

Appendix 1

Eatwell Plate.

This shows the balance of foods that should be included in a healthy diet.



Appendix 2

Advice on Packed Lunches

We do not monitor packed lunches but believe a healthy packed lunch is essential. The advice below has the recommendations that we would endorse. We do not allow glass bottles or fizzy drinks.

Packed lunches should include:

- *at least one portion of fruit and one portion of vegetables every day.*
- *meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day*
- *a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.*
- *dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday*
- *only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.*
- *oily fish, such as salmon, at least once every three weeks.*

Packed lunches should not include:

- *confectionery such as chocolate bars, chocolate-coated biscuits and sweets.*

Packed lunches may include occasionally:

- *snacks such as crisps. But consider instead, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food.*
- *Cakes and biscuits but encourage your child to eat these only as part of a balanced meal.*
- *Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas because of the high salt and fat content.*

Please note : As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.