



Radleys Primary School: Whole School Food Policy

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Our Whole School Food Policy has been developed with the School Council, parents and our school nurse and has been agreed by the senior leaders and approved by Governors. It should be read in conjunction with the school's Healthy Eating Policy and will be reviewed annually, or sooner, should there be a change in legislation.

Development Process

When was the policy adopted: January 2015 (due to introduction of new food standards)

When will the policy be reviewed (1): January 2016

When will the policy be reviewed (2) : January 2017

Signed: Head Teacher

..... Governor

Introduction

It is a requirement of the National Healthy School Programme Healthy Eating Theme that all schools have a 'Whole school Food Policy'- developed through wide consultation, implemented, monitored and evaluated for impact. It is also essential that schools are aware of recent changes in School Food brought about by the School Food Plan including the new Food based standards for school food. In addition, Radleys Primary School has a Healthy Eating policy which details our school rules for promoting healthy eating. We expect all parents and carers to support us in this important aspect of children's learning for life.

The policy has been formulated following consultation with pupils and staff to develop healthy eating and drinking activities that benefit pupils, staff, parents and others associated with the school. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff and parents. It will continue to be developed in consultation with pupils and parents as the school works towards its aim of achieving (or maintaining) Healthy School Status.

It is recognised that the implementation of this policy will require a change to some of the current practices associated with food policy and provision at the school, as well as clarifying school rules with regard to healthy eating. Full implementation of this policy should be achieved by Easter 2015 and it should be reviewed by the Governing Body before the end of the next academic year.

Rationale

Radleys recognises the importance of a healthy diet and the significant connection between a healthy diet and a child's ability to learn effectively and achieve high standards at school. It is important that Radleys considers all elements of work to ensure that awareness of healthy eating is promoted to all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos, rules and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

The principles of this policy incorporate those outlined in the School Food Plan

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

The nutritional principles of this policy are based on the 'eatwell plate'

<http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx> and the School Food Standards <http://www.schoolfoodplan.com/standards/>

Food Policy Aims

The main aims of our school food policy are:-

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- To ensure that the mandatory food based standards are implemented
- To ensure that the school follows the principles laid out in the Whole School Food Policy
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

These aims will be addressed through the following areas:

The School Food Plan

The School Food Plan <http://www.schoolfoodplan.com/> is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support head teachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by :-

- Adopting a ‘whole-school approach’: integrating food into the life of the school: treating the dining hall as the hub of the school, where children and teachers eat together; lunch as part of the school day; the cooks as important staff members; and food as part of a rounded education
- The Head Teacher leading the change
- Concentrating on the things children care about: good food, attractive environment, social life, price and brand
- Encourage take up of school meals to improve school food economics and in particular encourage take up of the new Universal Free School Meals for all KS1 from September 2014

Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

The Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage: Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporate the DFE statutory guidelines :- <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>

This is addressed through:

Teaching Methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Schemes of work at all key stages reflect the whole school approach to healthy eating.

Cooking and Nutrition

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. 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. All Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.

Cross Curricular

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to science and PSHE.

Staff Training

School staff including teachers, TAs and lunch time supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines.

Visitors in the Classroom

This school values the contribution made by outside agencies including the school nurse in supporting class teachers. It is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

Resources

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'eatwell plate' where appropriate.

Food and Drink Provision throughout the School Day

Food Standards

National Nutritional Standards for school Lunches became compulsory in 2009. As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches will come in to force in January 2015. Together with the existing standards they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs. <http://www.schoolfoodplan.com/standards/> . Checklists for monitoring your provision are available from the Children's Food Trust <http://www.childrensfoodtrust.org.uk/>

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school is in the process of setting up a breakfast club. The focus will be to provide a nutritious meal for pupils before the school day and complies with the food-based standards.

Lunch

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. ***Examples of the three weekly School Meals menus are available on the school website or you may request a hard copy of the menus to help you plan your child's meals.***

Universal Free School Meals

From September 2014, all children in reception, year 1 and year 2 in state-funded schools in England have been eligible for free school lunches. The School fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

Fruit Scheme (EYFS and KS1 only)

The School is part of the National Fruit and Vegetable Scheme. Children eat their fruit as part of circle time and area assisted with chopping/ washing as appropriate

Milk

The new Food Standards require that milk must be available for drinking at least once per day during school hours. The school is part of the Cool Milk scheme which allows parents who are not in receipt of free school meals to also purchase fresh milk for their child to drink. This initiative is not run by school and parents will need to register with Cool Milk in order for their child to receive milk. Registration forms are available from the school office. <https://www.coolmilk.com/>

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 only permits fruit or toast snacks at break times. Toast is available from the school kitchen, delivered to classes, at a cost of £1 per week.

The school does not allow the consumption of snacks high in fat and sugar at break times.

Advice on this standard is available from the Children's Food Trust

<http://www.childrensfoodtrust.org.uk/schools/the-standards/revised-standards/other-than-lunch>

Use of Food as a Reward

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 or academic or other achievements.

Drinking Water

Drinking water is freely available to all pupils, every day, and free of charge. From February 2015 and annually at the beginning of the academic year in September thereafter, children are given a school water bottle and can use the water fountains to fill this throughout the school day. In addition, water is freely available on tables at lunchtime. Between January and April 2015, to help embed the policy, parents will be able to add a small amount of 'no-added sugar' squash to their child's water bottle at the beginning of the school day. From the return after the Easter break (April 2015) **water only will be allowed in water bottles**. This is to encourage our children to hydrate themselves throughout the day.

Food and Drink Brought into School

Packed Lunches

All packed lunches prepared by the school caterers adhere to the Government Food Lunch Standards.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'. See also our individual school rules in our Healthy Eating Policy.

Further advice including a guide to producing a packed lunch policy can be found on the children's food trust website:-

<http://www.childrensfoodtrust.org.uk/schools/packed-lunches/packed-lunch-policy>

In addition, these guidelines are also on the school's website

Special Dietary Requirements

Cultural and Religious Diets

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. The school needs to have a robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time.

For further guidance on Special Diets please access

<http://www.childrensfoodtrust.org.uk/schoolfoodplan/uifsm/special-diets/catering-for-religious-diets>

Medical Diets

Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency. A letter from a doctor or consultant detailing an individual child's requirements will be required.

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 hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

The Food and Eating Environment

Lunch times provide an additional social time for children to interact. To support this, our tables are laid with dining cloths and flowers and children are encouraged to use the time to talk about their day with others. In addition, our older children act as role models for our younger children.

Monitoring and Evaluation

Parents are invited to an annual parental workshop to discuss the Whole School Food policy and the school's Healthy Eating policy and to contribute to supporting a healthy eating approach.