



Somerville Primary School

WHOLE SCHOOL FOOD POLICY

Policy to be reviewed annually

Recommended by the Curriculum Committee on June 2016

Ratified by the Governing Body on July 2016

Name of Chair of Governors: Cecil Knight

Dated: July 2016

Background and ethos

At Somerville Primary School we know that what pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum and throughout the whole school day, fully supports and is supported by the provision and opportunities for eating and drinking that occur on the school premises.

We acknowledge the link between pupils' diets and their physical, mental and emotional health and also the key role that we as a school can play in supporting pupils and their families to develop and maintain a healthy diet.

Our School recognises the contribution of teaching about food, to the whole school and how beneficial it is to pupils wellbeing.

The policy is fully inclusive and applicable to pupils with dietary requirements either for medical or religious reasons.

The ethos of the school is one that promotes awareness and the importance of healthy lifestyles within the school at all times and recognises the valuable role that all of our school staff have in modelling good practice and helping to create an environment which supports a positive attitude to healthy lifestyles. The governing body and senior management team are aware of their responsibility for ensuring that this policy is implemented, monitored and reviewed regularly.

Recent research shows that:

- _ having a nutritionally-balanced school meal in an attractive environment helps improve children's behaviour and their ability to focus on learning, in the afternoons.

So, during that lunch break, children need to be able to eat nutritionally-balanced, appealing meals in a comfortable, enjoyable environment. They are then more likely to benefit from the break and return to the classroom refreshed and ready to learn.

1. Aims and objectives

At Somerville Primary School we aim:

- To ensure that all aspects of food and nutrition promote and support the health and well being of pupils and staff and meet the mandatory food based standards for school lunches and school food other than lunch (2014) served throughout the school day.
- To equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives.
- To ensure equal access for all to healthy food and drink and appropriate nutrition education.
- To increase the uptake of pupils having paid school meals and to increase the uptake of free school meals by pupils entitled to them.

Objectives

At Somerville Primary School we will meet these aims by •

1. Ensuring that the requirements of the food policy are in the School Development Plan.
2. Reviewing all teaching and learning to ensure that information relating to food and nutrition in different lessons/subjects/key stages are consistent and up to date and there are no gaps in the curriculum. Nutrition is included in the Science Curriculum. All pupils will be engaging in practical cooking as part of DT.
3. Ensuring that pupils are well nourished and hydrated at school and that every pupil has access to safe, tasty, nutritious food appropriate to their needs including meals served at the end of lunchtime.
4. Increasing the uptake of free school meals
5. Increasing the uptake of paid meals
6. Enabling pupils to have sufficient time to eat their food.

Snacks

- Foundation and Key Stage 1 children are provided with fruit every day via the Free Fruit Scheme.
- Key Stage 2 children are provided with fruit and are also allowed to bring fruit or vegetables to school to eat as a mid morning snack.

Drinks

- All children have access to water in their classrooms.
- Water and milk are freely available in the hall at lunchtimes for children who have school meals or sandwiches.
- Children who bring a packed lunch should bring water or fruit juice to drink. Fizzy drinks or drinks with high sugar content are not allowed at school.

Lunchboxes

- Training from health agencies help parents and children understand how to put together a healthy lunchbox.
- The school nurse periodically checks lunchboxes to ensure they are healthy, awarding stickers as well as speaking with both children and parents to ensure healthy food is bought in.
- A leaflet on Healthy Lunch boxes are given to parents annually.
- Children should bring a packed lunch in a named lunch box, not a carrier bag.
- Lunches are placed outside the classrooms, when children arrive at school in the morning.
- Children take their lunchboxes to the dining hall.

School Lunch

- The school works closely with the Head Cook — (the head teacher meets with her termly) and the Deputy Cook to discuss menus and theme days.
- The school have audited the views of the pupils to determine what children are choosing at lunch time from the menus
- Children in Reception and Key Stage 1 are entitled to a free school meal under Universal Infant Free School Meals — this information is shared with parents and they are encouraged to take up this offer.
- The Healthy School Working Party was set up to ensure healthy lunches are eaten in school. Now, the School Council is the forum where school meals, lunchtime arrangements and organisation of lunches are discussed regularly.

- Daily menus are displayed for the children to view, outside the hall. Menus are available for parents at the office, and can also be accessed online on our school website.
- School promotes theme days to encourage different dishes and healthy options. ● Every attempt is made to ensure the food is well presented to attract children to choose healthy options.
- Lunchtime Supervisors encourage children to eat their meals and servers encourage children to make healthy choices.

Rewards/ Birthday treats

- Sweets and chocolates are not given as a reward.
- If children bring in sweets and chocolates for birthday treats they should not be eaten in school but taken home at the end of the day.

Party food

- Food for parties should not be meat based as it cannot be refrigerated. ● Cakes must be 'shop bought' for hygiene reasons.

Breakfast Clubs:

- Breakfast Club provides breakfast and drinks for all children and staff who would like breakfast. It is the responsibility of the school and Magic Breakfast providers to ensure that the food provided meets the mandatory national standards and the school's food policy.

Monitoring and Evaluation

- The content of the curriculum is monitored by the Curriculum Leaders. ● Questionnaires are sent to parents and children to consult with stakeholders.
- Parents are kept informed via newsletters.
- Also the school have audited the pack lunches to ensure pupils pack lunches comply with the school policy
- This policy was written in conjunction with NHS Nutritionist Kieron Riley - NHS Food Net.

Shahin Fazil June 2016