

WHOLE SCHOOL FOOD POLICY

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. We are proud to have achieved the Healthy Schools Food accreditation in recognition of our commitment to promoting healthy eating.

We adopt a whole school approach to food and nutrition as documented in this whole school food policy.

The nutritional principles of this policy are based on a model whole school food policy, taking into account the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH).

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by the PSHE Subject Leader, Mrs Liz Burnham.

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
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

1. 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.

2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage, particularly in PSHE and science subjects and in topic work.

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. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

Leading by example and staff training

Teachers, caterers 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. To facilitate this, staff keep up to date via staff meetings, school nurse visits and updates from Herts Catering as appropriate.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the PSHE and science curriculum maps.

Evaluation of pupils learning

The healthy eating aspects of the National Curriculum are assessed through non-core assessment grids.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

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 operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes cereals, fresh fruit, fruit juices and toast.

National Nutritional Standards for School Lunches

Food prepared by the Herts Catering team meets the National Nutritional Standards for School Lunches.

MILK

Milk is provided free of charge for under 5's. Payment for milk begins in the term in which a pupil turns 5.

SNACKING

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 forbids the consumption of snacks high in fat and sugar at break-time. In Early Years and Key Stage 1, a piece of fruit or vegetable is provided to all children at morning break. In Key Stage 2, children are encouraged to bring in a fresh piece of fruit from home for a morning snack or alternatively, dried fruit, Baybel cheese, bread sticks or a cereal bar without nuts.

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. Other methods of positive reinforcement are used in school, for example extra playtime.

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 from water fountains and makes water available to drink at lunchtime. Children are also encouraged to bring in their own water bottles each day.

4. FOOD AND DRINK BROUGHT INTO SCHOOL

PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that complement the standards of Herts Catering services. This is achieved by promoting healthy packed lunch options using the principles of the BOGH.

When children are going on school trips, parents are advised to provide healthy options for packed lunches. Sweets, chocolate and fizzy drinks are strictly prohibited as part of packed lunches for school trips.

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS

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

VEGETARIANS AND VEGANS

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

FOOD ALLERGY AND INTOLERANCE

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

6. FOOD SAFETY

Appropriate food safety precautions are taken by Herts Catering staff 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.

7. THE FOOD AND EATING ENVIRONMENT

Our dining area, Beeches Bistro, provides a social, clean and friendly eating environment with recently purchased new dining room tables and chairs.

Older children help younger children by pouring drinks of water and handing out knives and forks. Children who bring in packed lunches also sit amongst their school friends who have school lunches so that there is a communal feel to lunchtime. Members of the Senior Leadership team frequently sit and eat lunch with the children.

ACTION PLANS

A consideration for the future would be to introduce taster sessions for school lunches for new parents.

Another consideration is to monitor how smoothly lunchtime is managed as we expand to a full two-form entry school. Timings of lunch and how many sittings will be reviewed each year as part of this process.

MONITORING AND EVALUATION

Feedback from pupils about school food will be sought via the school council and pupil interviews.

REVIEW

Date policy implemented:

Review Date: