



Whole School Food Policy

At Kirkstall Valley Primary School we recognise the important part a healthy, balanced diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy choices.

Aim

To provide a whole school approach to food and healthy eating to improve the health and well-being of children and the whole school community.

National Guidance

This policy has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eat Well Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupil knowledge of how to keep themselves healthy.

Breakfast Club

Breakfast club operates daily from 8am, for children in Reception to Year 6. Food provided at Breakfast Club is healthy, balanced and compliant with the National School Food Standards. Children at Breakfast Club are given the opportunity to prepare their own breakfast, providing staff with the opportunity to discuss healthy choices and eating.

Snacks

All children in Foundation Stage and Key Stage 1 are provided with daily fruit or vegetables. Children in Key Stage 2 can purchase a snack from the School Tuck Shop at break time. The Tuck Shop will provide a variety of healthy snacks including a range of fruit and vegetables, cheese and water. Only snacks bought in the Tuck Shop are allowed during break time.

Milk

We provide a mandatory milk scheme for all pupils, in accordance with Government guidelines. All children are invited to take part in the scheme via a letter sent home at the start of every academic year. The scheme provides a carton (189ml or 1/3 of a pint) of semi-skimmed milk every day for children. Children in Nursery, Reception and those families in receipt of Free School Meals are eligible for free milk.

Water

Clean, cool drinking water is freely available to all children throughout the day. Children will be encouraged to drink water at frequent intervals. Every class has a set of plastic beakers (enough for every child) that children can use to have a drink of water. We encourage children to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned. Plastic beakers will be washed by adults in hot, soapy water.

At lunch time, all children have access to water meaning there is no need for an additional drink to be brought in as part of a packed lunch. Water will also be available outside during the spring and summer months.

No other drinks other than water will be brought into school unless recommended by a doctor. Please speak to the Healthy Schools Leader if a doctor has recommended an alternative.

School Lunches.

Our school meals are provided by Catering Leeds who ensure that menus are balanced, nutritional and compliant with the School Food Standards. School meals are prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2016, by Public Health England and the NAHT.

Free School Meals

We will provide Universal Free School Meals for children in Foundation Stage 2 and Key Stage 1 and encourage parents to take up this offer. As a Free School Meal could save families up to £450 each year, we encourage and support families to claim their entitlement. Please speak to a member of staff in the School Office to take up the offer.

Packed Lunches.

We are aiming to ensure our packed lunches are as healthy as can be. Our Packed Lunch Guidance (Appendix 1) supports parents and children to make informed and healthy choices. This guidance also applies to packed lunches taken on school trips. Packed lunches provided for school trips as part of our Free School Meal provision complies with National Food Standards.

Dining Environment

School lunches are eaten in the main school hall. Children on packed lunches can eat in the picnic area during the warmer spring and summer months.

Lunchtime starts at 11.45am for Foundation Stage children and 12pm for Year 1 children. Children in Year 2 and upwards eat their dinner from 12.15pm. Children in Year 2 and 6 eat together, as do children in Years 3, 4 and 5.

Lunchtime staff and School Food Ambassadors encourage children to use cutlery correctly and show good manners to each other. They will also encourage children to try new foods. Children are expected to use quiet, polite voices at all times to ensure a pleasant atmosphere in which to eat and socialise.

Dietary Requirements

All children's dietary and cultural requirements will be catered for by Catering Leeds. Halal, Vegetarian and Meat options are offered every day to the children. Halal meals are prepared and served according to Islamic dietary rules:

- Fats and oils used for frying, baking and cooking must be of vegetable origin. Use of animal fat and fat from non-halal animals is not acceptable.
- Additives, preservatives, gelatine or gelling agents and colouring, if used, must be approved by the Halal/Vegetarian Food Authority.
- Red meat and poultry must have been slaughtered according to Islamic Shari'ah and clearly identifiable as halal.

Children with specialist dietary requirements including allergies and intolerances will be offered alternatives where possible. Parents are requested to provide a medical note to confirm food allergies or medical diets to ensure the safety of their child.

Food Education and the Curriculum

At Kirkstall Valley, our curriculum will enrich children's experience of food, physical activity and healthy balanced diets through Design and Technology, PSHE, Science, Art and PE. In addition, we also hold an annual Health Week which enables us to focus on all aspects of wellbeing, including healthy eating.

Cooking in the Curriculum

Our school is working towards meeting the statutory requirement for all pupils to learn cooking skills as part of the Design and Technology curriculum. Each year pupils will receive cooking lessons which focus on cooking healthy, affordable meals/snacks.

Growing, Sustainability and Farming

Our school and catering provider support sustainable food by using local produce where possible. Each year, every class plants seeds and grows vegetables in our very own vegetable patch in the Picnic Area. The vegetables are then used in our school meals or during cooking lessons.

Special Occasions, Rewards and School Events

Having a healthy, balanced diet is reflected throughout the school day. When rewards are given to children these are not food based. During special events (including school discos and fayres) we aim to provide healthy food choices and limit less healthy options. At Christmas and at the end of the school year, classes may have a class party. Food that is brought in by parents and/or provided by school will be balanced between treat foods and healthy alternatives.

We want to give children the opportunity to celebrate their birthday but promote healthy eating choices. We ask that parents/cares do not send in cakes or sweets. If parents/cares want to bring in something to celebrate birthdays we ask that non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives. Birthdays are celebrated in classes, giving children the opportunity to share their experience of their special day.

To raise money for various purposes we may hold a bake sale. These will be limited to one per term.

Monitoring and Evaluating

Our School Menu is provided by Catering Leeds and is compliant with the School Food Standards. Before being shared with parents and children it is discussed with the Healthy Schools Leader and the Head Teacher. Any changes required are approved by the catering company to ensure changes maintain compliance.

Our School Food Ambassadors carry out daily monitoring and feed back to the Healthy Schools Leader on a regular basis. We have a comments box in the dining hall for pupils to provide us with continuous feedback about lunchtimes. These comments are reviewed each half term by the School Food Ambassadors and changes made where possible and appropriate.

Monitoring procedures for packed lunches can be found in Appendix 1.

School Food Ambassadors

We have an enthusiastic team of School Food Ambassadors. They help the Healthy Schools Leader lead on food, monitor school meals and represent the voice of their peers. The School Food Ambassadors have reviewed this policy and have created a display in the dinner hall to share key messages. They have also delivered assemblies to remind children about healthy lunches, including packed lunches.

Parent/Carer Involvement

Our policy is on our school website and we will share them as children transition to our school. Our lunch menus are sent home each term and are available on the school website. We will send home termly summaries which provide key information from this policy and tips for healthy packed lunches.

Action Planning

Our policy will be reviewed each year by the Senior Leadership Team and the Healthy Schools Leader, and ratified by the school governors. We have a school food action plan in place that helps us to plan, prepare and improve our

food provision and culture. We use findings from the My Health, My School survey each year to help inform our school food action plan.

Links with Other Policies

This policy should be read alongside our PSHE, Design and Technology, Anti-Bullying, Good Behaviour, Inclusion, Equal Opportunities, Physical Education and Physical Activities policies.

This policy was drafted by Jen Dowson (Healthy Schools Leader) in February 2018

It was reviewed by Hayley Wild (Acting Head Teacher) in February 2018

It was ratified by Sam Clarke (Chair of Governors) on behalf of the Governors in March 2018

It was distributed to staff in March 2018

It is due to be reviewed in February 2019 and/or as updates are received.

Appendix 1

Kirkstall Valley Primary School Packed Lunch Guidance.

Summary

This guidance sets out the expectations of healthy packed lunches that are provided by parents for consumption in school, on school trip and during extra-curricular activities. It forms Appendix 1 of our revised Whole School Food Policy.

Overall aim of the guidance

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards. At Kirkstall Valley we want the very best lifetime opportunities for our children by giving them the best start.

How and why the guidance was formulated

The government has placed a duty on schools to ensure that every child is healthy and set out clear guidelines in the National School Food Standards to encourage healthy eating. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn more quickly and behave better.

Our school meals conform to government nutritional guidelines with less sugar, fat and salt and fresh fruit and vegetables. We would like our packed lunches to provide the same nutrition as a cooked meal where possible.

Where, when and to whom the guidance applies:

This policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours from February 2018.

Eating arrangements

At Kirkstall Valley we will

- Provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available meaning there is **no need to include an additional drink in lunchboxes.**
- Provide an attractive, bright and clean environment for pupils to eat their packed lunches.
- Work with parents to ensure that packed lunches are as close as possible to the guidance below.
- Encourage children eating packed lunch or school meals to sit together.
- Advise children to only eat their own food and not other children's.
- Ask children to take home any waste/uneaten food from their packed lunch so parents/carers can see what their child has eaten that day.
- Please ensure that you keep the contents of lunchboxes cool on warmer days by using an insulated bag and/ or freezer block.
- Encourage a balanced diet by allowing a treat (e.g. a few biscuits, a snack-sized chocolate bar) on a Friday.

Monitoring

Our School Food Ambassadors will carry out regular monitoring of the contents of packed lunches. We will share findings with parents and pupils where appropriate. Healthy packed lunches will be acknowledged and rewarded with positive praise, stickers and entered into a half-termly prize draw. We will not punish unhealthy packed lunches or stigmatise children who are unable to meet the guidance.

How we will support the guidance

Pupils and parents or carers who regularly struggle to provide a packed lunch in line with the guidance will be supported sensitively on an individual basis. If discouraged items are found in lunchboxes, the school will remind pupils and parents/carers of the guidance. This may be through reminder cards in lunchboxes or, if unhealthy foods are repeatedly brought into school, a letter

may be sent home offering alternatives and solutions to help families support the guidance and protect their children's health.

We will support parents by sending home affordable menu ideas, recipes and useful tips for healthy packed lunches.

We will also deliver a practical parent workshop once a year to offer advice and information around healthy packed lunches and school meals.

We will support pupils through education and practical learning in the curriculum.

We will ensure that messages within our 'Whole School Food Policy' are consistent and in line with this guidance.

Review

We welcome pupils and parents/carers to discuss the content of the guidance with school at any time and offer ways to help us improve healthy eating. The guidance will be formally reviewed each year by our School Food Ambassadors and other key people including the Healthy Schools Leader, Headteacher and Governor Lead for Healthy Schools.