

BOOKWELL PRIMARY SCHOOL



SCHOOL FOOD POLICY

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Bookwell Primary School Food Policy

Introduction

In the Department for Education document 'School food in England: Departmental advice for governing bodies' (January 2015) "Governing bodies are strongly encouraged to work with the senior leadership team to develop a whole school food policy; setting out the school's approach to its provision of food, food education (including practical cooking), the role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches."

This policy has been reviewed to take into account and comply with the mandatory national School Food Standards (January 2015). These standards:

- Outline what can and cannot be provided during the extended school day (between the hours of 8am and 6pm)
- Ensure a wide variety of foods are served across the school week for a good balance of nutrients.

The work the school does in relation to school food will contribute to the Ofsted framework. In particular:

- are pupils supported to make healthy and informed lifestyle choices?
- does the school provide a positive lunchtime dining environment?

Context

Research proves that good food is vital to children's health, development, concentration, behaviour and academic achievement.

We know that obesity doubles between Reception and Year 6 and that one third of children are leaving primary school overweight or obese. We know that one third of children have tooth decay. Good eating habits established in childhood are more likely to be maintained in adulthood. This will influence health:

- In the short term to ensure healthy weight and good dental health
- In the long term to protect against type 2 diabetes, heart disease and cancer.

Plus if we can influence how food is grown and produced it can also have a positive impact on sustaining our local economy, the environment, climate change and health.

RATIONALE

At Bookwell Primary School we recognise the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively in school. It is important we consider all elements of our work to ensure that awareness of healthy eating is promoted to all members of the school and wider community.

Healthy lifestyles can be promoted through effective leadership, school ethos and a broad and balanced curriculum.

Aims:

We aim to:

ensure that all food and drink served is **in line with the Government's mandatory standards**, is varied, is served in appropriate portion sizes, looks good and tastes good.

To ensure that the EU Food Information for Consumers Regulation No.1169/2011 requirement for food providers to make information available about allergenic ingredients used in any food and drink served is being met.

Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.

- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in all decision making.

We aim to promote healthy & balanced eating by:

- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging fruit juices, lower fat milk and sugar-free drinks.
- discouraging sugary drinks and less healthy snacks between meals.

Lead Responsibility:

Responsibility for ensuring implementation of this policy lies ultimately with the Head teacher, in co-operation with catering and other staff. A named governor has responsibility for monitoring its implementation.

Food Safety

The Headteacher has a responsibility to ensure that all food produced, prepared or served on the premises is safe. (The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by caterers).

School Catering:

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, eg school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

- School lunchtime menus are agreed between the school and catering staff. Local preferences are considered within the framework of the nutritional standards.
- Regular theme days are linked to curriculum areas or calendar events.
- All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.
- Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.
- Subsidised milk is available at morning breaktimes for children under 5.
- Menus for individual children with specific allergies are amended as necessary in line with the school's Anaphylaxis Policy.
- Menus can be amended to cater for all medical, cultural, and religious diets school is also able to offer vegetarian options should they be requested.
- Fruit and Vegetables are provided daily to Foundation and Key Stage 1 children as part of the National Fruit Scheme.

Break times:

Children in KS1 are given either a piece of fruit or vegetable. Children in KS2 can only bring in a piece of fruit or vegetable for break time.

Packed Lunches:

It is a common misconception that a packed lunch brought from home is healthier than a school meal. The new standards for school food do not cover a packed lunch however studies have shown that packed lunches often contain high levels of salt, fat and sugar.

A guidance leaflet is issued to parents, developed in consultation with parents on the content of packed lunches

Example

Packed lunches should include some fruit or vegetable e.g piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets, sugary drinks and chocolate should not be included. Diluted fruit juice in a screw top bottle is cheaper and easier to manage than prepared drinks. The school provides a suitable storage area for lunch boxes.

All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

Drinks Policy

- Children are encouraged to drink water at school particularly after PE, active play and in hot weather.
- Water is provided via water coolers and fountains.

School Ethos, Environment and Organisation:

The school recognises:

- the importance of lunchtime organisation on the behaviour of pupils.
- the value of promoting social skills.

Teachers, catering staff and midday supervisors work together to create a good dining room ambience and the development of appropriate table manners.

A free school meal is funded by the school for staff who eat with the pupils.

Non-teaching staff are supported by the school behaviour policy.

All Reception children are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods.

Liaison with secondary schools provides an opportunity for the smooth transition to a cash cafeteria system.

Free School Meals:

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

Curriculum, Teaching and Learning:

- 'The Eatwell Guide' is used across the curriculum. Pupils are given the opportunity to apply this to school meals/packed lunches.
- Pupils are given the opportunity to taste, touch, smell and feel a variety of foods during regular 'Food Days'.
- Multicultural aspects of food are explored and linked with school meal theme days.
- We will enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.

Parental Involvement:

- All new parents are given a summary of the school food policy plus Healthy eating leaflets.
- Information about school catering is provided at parents evenings and in school newsletters e.g .menus, theme days, free school meals.
- Parents and governors are invited into school to eat lunch with children.
- Feedback from parents is invited in newsletters, via Friends of Bookwell School or governors.

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 has a robust procedure in place for 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.

Food Supplied at School Events and Celebrations

The national School Food Standards do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events. However, consideration will be given as to how the food and prizes supplied at school events is consistent with the school ethos with regard to food.

- To ensure that healthy food and drink options are available at all school events, including parties, celebrations and fund-raising events.

Sponsorship

The school will not take part in sporting events and other promotions sponsored by confectionary and fast food companies. This is as we believe that companies are doing this to create brand loyalty rather than to promote health.

Role of Governors

Governing bodies have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos.

The governing body is responsible for ensuring that the national school food standards are met.

- All food and drink provided in applicable schools must meet the national school food standards. Where food is provided by a private caterer, compliance with the school food standards should be specified within the catering contract or service level agreement and the caterer should provide the governing body with evidence of compliance with the standards. If the school provides food it should evaluate the food and drink provision against the standards, and produce evidence of compliance.
- There should be a process in place to ensure that catering services are coordinated across all school food and drink outlets to ensure that compliance with the school food standards is maintained.
- The governing body should ensure that it receives regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

Monitoring and review

The policy will be reviewed bi-annually and take into account any local or national guidance. It is the responsibility of the governing body to ensure that the policy is monitored and reviewed

Key National Documents

The School Food Plan and School Food Standards

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

School food in England: Departmental advice for governing bodies

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/393122/School_food_in_England_2015.pdf

The Eatwell Guide

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/742750/Eatwell_Guide_booklet_2018v4.pdf

Information on food allergens

www.food.gov.uk/allergy

and food allergen poster

<http://www.food.gov.uk/sites/default/files/fsa-dfe-eu-fic-schools-posterv2.pdf>

Government Buying Standards for food and catering services

<https://www.gov.uk/government/collections/food-buying-standards-for-the-public-sector-the-plan-toolkit>

School Fruit and Vegetable Scheme factfile

<http://www.nhs.uk/Livewell/5ADAY/Documents/SFVS%20Factfile%20for%20Schools.pdf>

Safer Food Better Business Pack

<https://www.food.gov.uk/business-industry/sfbb>

Supporting Information

Change 4 Life School Zone

<https://campaignresources.phe.gov.uk/schools>

Children's Food Trust

understand your responsibilities and get expert help. Includes 'Let's Get Cooking', online learning, accreditation programme. <http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/>

Food Standards Agency

<http://www.food.gov.uk/>

Food - a fact of life

(provides a wealth of free resources about healthy eating, cooking, food and farming for children and young people aged 3 to 18 years).

<http://www.foodafactoflife.org.uk/>

British seasonal food chart

<http://www.whats-in-season.com/>

School Food Matters

Examples of best practice and fun ideas to get children cooking, growing and out onto a farm.

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

Packed Lunch ideas

www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/