

Hayfield Primary School

Policy for

Food in School

2015-16

Food in School Policy

School Vision

Our pupils will be happy, healthy and respectful individuals, with a positive attitude to learning and life. They will be resourceful, independent thinkers and have the confidence, knowledge and skills to reach their potential and make a positive contribution to society.

Why do we have a Food Policy? (Rationale)

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively.
- To ensure the school plays its part in the larger community by helping to promote family health and sustainable food and farming practices.
- It links to our whole school aims and vision.

What do we want to achieve? (Aims)

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that the provision and consumption of food is an enjoyable and safe experience.
- To ensure that the whole school community understands that a balanced diet is an important aspect of child development and establishing healthy eating habits at school can contribute to healthy eating habits in adulthood.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the health, ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

How our Food Policy is implemented

1. School ethos
2. Curriculum – topics, science and PSHE
3. Holiday gift food
4. Water bottles
5. Breakfast Club / After School Club
6. Free fruit & vegetables for infants daily

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7. Free milk for children in Reception Class
8. Food that juniors bring in to eat at morning playtime is consistent with this policy
9. Lunches – healthy school dinners and promotion of healthy lunchboxes
10. Staff and Visitors
11. School Visits and Events
12. Community Involvement
13. Enforcement

School Ethos

The importance of a balanced diet, exercise and healthy living is consistently communicated throughout the school day and on trips and events. Staff are also encouraged to participate in and model balanced eating as a valuable part of daily life.

It will be made clear that the emphasis placed on having a balanced diet and drinking lots of water is to enable safe and effective learning, as well as providing a foundation for good health.

Curriculum

PSHE, Geography, Science, Food Technology, RE, Literacy and Languages may all contribute to the curriculum delivery of food education based on the principles of this policy. Curriculum delivery will often involve practical food experience delivered by properly trained staff and will be adequately resourced.

It may be appropriate for a wide variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times, food hygiene principles are followed carefully. It is recognised that eating together is a fundamental experience for all people; it's a primary way to nurture and celebrate our cultural diversity, and it's an excellent bridge for building friendships and inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt. Food allergies, e.g. peanut allergies or lactose intolerance, will also be taken into account when preparing and consuming food in school.

Unhealthy foods will never be used as rewards at our school.

Holiday Gift Food

Parents sometimes wish to give out food brought back from a holiday. We welcome this as a way of celebrating events and other cultures.

Water

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

Breakfast Club/After School Club

The food offered at these clubs is consistent with the school policy and monitored by the Head.

Break time

At break times our pupils are allowed to eat fruit, vegetables or breadsticks, either from the Fruit in Schools scheme or that they have brought into school from home. Biscuits, sweets or crisps are not allowed. Water is encouraged at break times as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. Monitoring what children are

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eating during breaktimes helps to ensure healthy choices are being made, packaging and litter are limited and the environment is safe for pupils with allergies, e.g. a nut allergy.

Lunchtime

School dinners, purchased from Derbyshire County Council Catering Service, and provide all pupils with a healthy, balanced meal at lunchtime.

- All menus comply with the Government Nutritional Standards
- All recipes are low in sugar and fat
- Daily servings of vegetables, salad and fresh fruit
- Oven baking of dishes in preference to frying
- No salt and restricted condiments
- No confectionary or savoury snacks
- Fruit juice or water, and sometimes milk
- Home cooked dishes with quality ingredients, that are locally sourced where possible
- All ingredients are checked for unnecessary additives and allergens
- Bread served as an accompaniment to every meal
- Special medically referred diets are catered for

Pupils are encouraged to taste and eat new foods.

Packed lunches are monitored and the school encourages healthy sandwiches and fruit to make up the most part of children's lunchboxes. We actively discourage confectionary and too many savoury snacks, such as crisps. Appropriate storage arrangements are made for children's lunchboxes, although the use of insulated bags/lunchboxes is advised since we cannot store food at refrigerator temperatures. Information is provided to parents on balanced lunchboxes through newsletters, the school website and occasional promotions, e.g. the School Parliament.

Fresh drinking water is always available at lunchtime to children having a packed lunch.

Staff, time and seating arrangements are sympathetic to a positive social eating environment for those eating school lunches and those eating a packed meal.

Staff and Visitors

Staff will be encouraged to model the principles of healthy eating, as laid out in this policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

School Visits & Events

Food served at events and offered on trips will be consistent with school policy. Guidance on packed meals will be given, encouraging a healthy balanced choice.

Community Involvement

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example, practical healthy lunchbox advice at a parent event or school council generated healthy snacks list issued by them to parents.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural and vegetarian, and for appropriate serving.

Free School Meals (FSM) provision will always be handled sensitively. School never makes which children have free school meals public knowledge.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up-to-date.

Policy Development & Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors, LA representatives, community dietitian, school community nurse and local Healthy School Standards representative.

This document is freely available to the entire school community. It has also been made available in the school newsletter, website and prospectus.

This policy links with our Design Technology, Science and Health & Safety policies.

This policy will be reviewed on a bi-annual basis.

Review date.....

Signed.....

Chair of Governors

Date.....

Signed.....

Headteacher