

## BANKS ST. STEPHEN'S C.E. PRIMARY SCHOOL

### WHOLE SCHOOL FOOD AND DRINK POLICY

#### PROCESS

This policy was discussed and amended through consultation with the Head teacher, teachers, governors, parents, catering staff, lunchtime supervisors, breakfast and after school club organisers, school nurse and pupils.

#### RATIONAL

We believe that education about health issues is very important for the development of our pupils, both now and in the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the wider community, to promote healthy issues. We aspire to improve the health of the school community by teaching ways to establish and maintain life long healthy eating habits.

We recognise that it is important that the right message is sent out. Therefore our message is:

There is no such thing as bad foods just poor diets. We need to eat more fruit and vegetables but some foods like crisps and sweets need to be eaten in moderation.

#### AIMS

Proper nutrition is essential for good health and effective learning.

We aim to:

- 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 for our children;
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil;
- Involve parents and pupils in decision making.

We aim to promote healthy and balanced eating by:

- Encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guidelines - 'The Balance of Good Health' and nutritional standards;
- Encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread, and low fat dairy products;
- Encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods;
- Encouraging fruit juices, milk, and water; discouraging sugary drinks and less healthy snacks between meals.

### OBJECTIVES

To work towards this policy being both accepted and embraced by governors, school management, teachers and support staff, pupils, parents, food providers and the wider community.

To integrate these aims into all aspects of school life, in particular: food provision within school; the curriculum; pastoral and social activities.

### LINKS TO OTHER POLICIES

Several policies link to this Whole School Food and Drink Policy, including:

- Curriculum policies such as Science, D.T. and P.H.S.E. through which healthy eating messages are taught;
- Teaching and Learning policy, particularly the fact that well nourished and hydrated pupils learn better;
- Behaviour management policy which sets out the reward systems used within school. This school does not use food as a reward; (we view parties as exceptions)
- Health and Safety policy which clearly sets out how food is stored, prepared and cooked on the premises, including cooking in the classroom.

### PROVISION OF FOOD AND DRINK ACROSS THE SCHOOL DAY

#### BREAKFAST

Cereal, milk, toast and water are available to the children who attend Breakfast Club. The importance of having a good breakfast is reinforced and encouraged.

#### MID-MORNING SNACK

In consultation with parents it has been agreed that the only snack children may bring to school is fresh fruit. This helps reduce litter and ensures children still have an appetite for lunch.

We are involved with the School Fruit and Vegetable Scheme. Every child in the Infants is encouraged to have an extra piece of fruit or vegetable each day. Spare fruit is sent to

After School Club. Children in KS2 children are encouraged to bring fruit for morning break.

We also offer toast to KS2 to opt to buy on a daily basis at morning break. We limit consumption to 1 slice per child each day.

### DRINKS POLICY

Children are encouraged to drink water regularly during the school day, particularly after PE, active play and in hot weather.

A water dispenser has been installed in school and the children are encouraged on a regular basis to bring in bottles from home which can be refilled from the dispenser and drink from them throughout the day. The messages about the importance of drinking water are reinforced on a regular basis.

Subsidised school semi-skimmed milk is promoted as a vital contribution to calcium intakes. All infant children are encouraged to have milk. A specific time is set aside for this and those who do not wish to have milk can have a drink of water instead.

### PACKED LUNCHES

Guidance is issued to parents on the content of packed lunches. For example: Packed lunches should include some fruit or vegetables e.g. a 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 suitable storage areas for lunch boxes. All waste and uneaten food is returned in the lunch box so that the parent knows what has been eaten.

### SCHOOL MEALS

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

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 only a small portion. A salad bar is available each day and the children are encouraged to help themselves to this.

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.

## DINING ROOM ENVIRONMENT

The school recognises:

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

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

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, through induction days, provides an opportunity for the smooth transition to a cash cafeteria system.

## EYFS SNACK

The EYFS department provides a 'rolling snack' on a daily basis where children serve themselves a healthy food choice once a day. The food provided meets the School Food Standards with a healthy balance of snacking aside from meals including fruit, vegetables, toast and malt loaf.

## OUT OF HOURS CLUBS

The after school club runs to 5.45pm and offers all pupils who attend a healthy snack which does not contain sugar or added salt. Examples include, fruit, vegetables, soup and toast.

## COOKERY CLUB

A cookery club for children and their parents is run periodically to teach basic cookery and nutrition skills.

## TREATS AND REWARDS

To ensure consistent messages, sweets are not used as rewards.

## SPONSORSHIP/INCENTIVE SCHEMES

The school will carefully consider the use of any promotional scheme and will not encourage children to collect tokens from foods which should only be eaten in moderation, e.g. foods high in fat, salt, and sugar.

## CURRICULUM TEACHING AND LEARNING

Key healthy eating messages will be taught within Science, DT and PHSE. They will also be delivered through assemblies and theme days.

To promote the eating of fruit and vegetables, an 'I eat 5 fruit and vegetables' sheet will be sent home at least once a year. Children and parents can record their consumption every day for one week. As a reward, children who return their completed sheet will have an extra ten minutes playtime.

The National Nutrition Guide 'The Balance of Good Health' 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, smell and feel a variety of foods. Opportunities are taken wherever possible to encourage pupils to taste multi-cultural aspects of food through cross-curricular subjects such as geography, history, and RE and are linked with the school meal theme days.

### CHILDREN WITH SPECIAL NEEDS

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEN requirements. School also recognises that some children require specialist diets, including nut allergies, diabetes and coeliacs. The schemes of work are sensitive to this and the teachers will be aware of any pupils within their class who this may apply to. Allergy and dietary information is requested from parents on admission and whenever food is sampled within school, parents are personally consulted or a letter is sent home informing them of this. Prior to residential trips, a form is sent home which includes information on dietary needs.

### PARENTAL INVOLVEMENT

All new parents are given an oral summary of the Food and Drink policy plus any available information leaflets. Feedback from parents is invited in the parental questionnaire and via PTA or governors.

Information about school catering is provided during the year through menus and theme days. Parents of new Reception children are invited into school to eat with the children.

Breakfast and After School Club give a summary of foods to new parents.

The school nurse and a member of the kitchen staff speaks to parents during induction into school in the Foundation Stage. Information about school dinners and healthy packed lunches is discussed at these meetings.

A report on the school food and drink policy is considered by the governors every two years and action identified in the school development plan. Parents are consulted before major changes are made.

Our school website hosts a range of information to support parents in making good choices in terms of their children's diet. We include the School Food Standards for reference and ideas for healthy lunch box suggestions.

### FOOD HYGIENE

Children are reminded on a regular basis about the importance of hand washing before eating.

Whenever children are to sample or handle food in the classroom, there are a number of rules which should be followed:

- Clean all work surfaces to be used with anti-bacterial spray and a new jay-cloth.
- If necessary cover work surfaces with disposable/plastic tablecloths before starting work.
- Ensure all utensils have been fully cleaned beforehand.
- Always wash hands using soap before any preparation/sampling tasks
- Ensure sleeves are rolled up and plastic disposable aprons are used for all food preparation.
- Keep the groups manageable and use support assistants where necessary.
- When sampling let individuals have their own spoon/ cup etc.
- Allow plenty of space to work with all 'classroom' items away from food and utensils.
- Encourage thorough washing up after the tasks and return utensils to their homes.
- Dispose of finished/unwanted food after the task.
- Remove disposable items and wash down tables etc. thoroughly.

Careful consideration is given to the correct storage of food within school. This includes the storage of packed lunch boxes which are kept in a cool area away from radiators.

Parents are encouraged to send packed lunches in cooler bags. This also includes the correct storage of fruit and vegetables from the School Fruit and Vegetable Scheme. The school follows the guidance set out within this scheme.

### MONITORING AND ASSESSING THE POLICY

The Whole School Food and Drink Policy is monitored by the PSHE Subject Leader and SLT. It will be reviewed on a planned two yearly cycle, with views of the whole school community taken into consideration, including those of the pupils.

School and class councils will be involved in discussing and promoting the policy.

Written work carried out will be monitored in line with the school's monitoring procedures to ensure the correct knowledge understanding and skills are being developed and attitudes and values explored. In line with the school's Teaching and Learning Policy, at the beginning and end of topics, pupils will reflect on what they already know and what they have learnt. Their views will help to shape the future of the healthy eating programme within school.

Date written: March 2011      Reviewed by S Kenny September 2017

Next review date: Sept 2019