

HIGHFIELD PRIMARY SCHOOL

FOOD POLICY – Reviewed January 2018

Introduction

It is well established that obesity and many illnesses are related to poor diet or incorrectly prepared food. A healthy balanced diet rich in fruits, vegetables and starchy foods can help reduce the risk of diseases such as heart disease and some cancers. Good food hygiene practices can reduce the risk of food poisoning illnesses such as those caused by e-coli and salmonella. Well-nourished pupils are likely to be more receptive to teaching and will learn better.

Food knowledge and skills, including menu planning, cooking and gardening, have an important role to play in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity.

1. Responsibilities

The school recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. We also recognise the role a school can play, as part of the larger community, to promote family health.

Sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

2. Mission

The educational mission is to improve the health of the entire school community by teaching children ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills (such as cooking and growing food), the food served in school and academic content in the classroom.

3. Aims

3.1 To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.

3.2 To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day, in line with government standards.

3.3 To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, allergenic and special dietary needs.

3.4 To make the provision and consumption of food an enjoyable and safe experience.

3.5 To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

4. Objectives

4.1 To work towards ensuring that this policy is both accepted and embraced by

- Governors
- School management
- Teachers and support staff
- Pupils
- Parents
- Food providers
- The school's wider community for example school club, the PTA and other volunteers or groups working in school

4.2 To integrate these aims into all aspects of school life, in particular

- Food provision within the school
- The curriculum
- Pastoral and social activities
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5. Monitoring

Regular monitoring of the policy is led by the Head Teacher alongside relevant members of staff. The Head Teacher eats in the dining room every day with the children and monitors the dining experience. The School Business Manager supports the Head Teacher in dealing with school food concerns and questions raised by parents, and also regularly monitors food preparation, service and food consumption/waste in the dining hall.

The School Council (include two food ambassadors) plays an active role in monitoring the quality and lunchtime experience. A past pupil questionnaire led by them resulted in the introduction of a third menu choice.

The Governors are informed through the Teaching, Learning and Pupil Support sub-committee regarding policy review and school's compliance with DfE food standards.

6. The Food Curriculum

Whilst food does not appear as an individual subject in its own right in the Primary National Curriculum, there are many opportunities throughout the curriculum for teaching children about issues related to food and nutrition.

Cooking and nutrition are part of the Design and Technology programme of study. All children work with food as part of the D&T curriculum. They learn food preparation and handling skills, food hygiene, analysing existing products and designing and making their own food products.

The importance of a balanced diet for health is covered in Personal, Social and Health Education (PSHE) and the Science curriculum. Topics such as where food comes, how it is grown and cultural aspects of food can be covered in a range of subjects including D&T, Geography, Science, History and PSHE.

Food related schemes of work for the D&T curriculum include projects such as Keeping the body (Y1); Eat more fruit and veg, the Apprentice gardener, Unleavened bread (Y2); Victorian and local fayre products, designing and making healthy sandwiches (Y3); Allotments throughout the year, baking bread, healthy sandwiches, seasonal cooking (Y4); WW2 rationing and foods, European foods (Y5); Yorkshire Fayre, healthy diet linked to puberty (Y6).

7.1 Other areas of the curriculum where food topics are included.

- Art, e.g. observation drawings of food, healthy eating poster design
- Personal Social and Health Education, e.g. menu planning, nutrition
- English, e.g. food diaries, following instructions
- Geography, e.g. what food grows where, food miles, transporting food, waste
- History, e.g. past diets (Tudors, Victorians), WW2 rationing and cooking
- Information Technology, e.g. recording results of a food survey, website review
- Maths, e.g. weights and measures
- Physical Education, e.g. links between healthy eating and exercise
- Science, e.g. effects of heat on food, plant growth, nutrition
- Food hygiene (e.g. common food poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant, pests)
- Cultural diversity
- Food production, marketing and labelling
- Recycling
- How plants grow

- School gardens (give pupils the opportunity to plant, harvest, prepare, cook and eat the food they grow).
- Tasting sessions (integrate a range of eating experiences into classroom work, e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables)
- Eating experiences integrated into the curriculum
- Healthy eating projects.

7. Break times

Reception, Y1 and Y2 children are provided with a piece of fruit through the government's fruit and vegetable scheme. KS2 children may also bring a piece of fruit or a vegetable snack.

8. Fruity Friday

This is an initiative to encourage healthy eating. During morning break every Friday, parent volunteers and children sell fruit in the playground.

9. School Meals

Our catering provider is Leeds Catering Agency (Leeds City Council). School meals are fully compliant with The School Food Standards and are freshly cooked on site every day using fresh ingredients. Menus are changed twice a year and follow a three week cycle. The menus are prepared in consultation with the school and the catering agency. The school also consults with the Catering Agency dietician regarding the provision of special diets. All children in Reception and KS1 are entitled to a universal free school meal. The school encourages parents to claim their free school meal entitlement and a nominated person deals with enquiries and administering FSM data. School operates a coloured wristband system where parents choose meal options with their children, who then wear the appropriate coloured wrist band every day.

10. Packed Lunches

Parents are advised on what should, and should not be included in the child's packed lunch each day. The following is information which is provided in the school prospectus for new parents:

What is a healthier lunchbox?

Variety is the key to a healthier lunchbox. Making a lunchbox healthier and appetising to pupils does not mean that they miss out on all the things that they enjoy eating. It is all about getting a balance and good variety of foods over a period of time, e.g. a week. No single food can provide all the essential nutrients that the body needs.

What does a healthier lunchbox include?

The 'Packed Lunch Standards' is based on the food groups of the Balance of Good Health, which promotes balance and variety. The purpose of the checklist is to ensure something from each of the food groups is included in the lunchbox, providing a better balance of nutrients, and that it includes a drink. Bright and colourful foods with different tastes and textures should be included; fruit and vegetables do this naturally. If the food looks great, even if it is healthier, then the chances are that children will want to try it.

There are many ways to keep the lunchbox exciting, for example adopt a colour theme for each day, take inspiration from holidays or different countries and foods that are in season or grown in the school/home garden.

Healthy Lunchbox Checklist

- A good portion of starchy food, e.g. wholegrain bap, thick sliced wholemeal bread, chapatti, pitta pocket, pasta or rice salad
- Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks or small box of raisins

- A portion of semi skimmed milk or dairy food, eg individual cheese portion or pot of yogurt
- A portion of protein, e.g. ham, chicken, beef, tuna, egg, or hummus
- A drink, e.g. a fruit juice, semi skimmed milk or water
- Please limit the frequency of crisps and chocolate biscuits

Please do not include....

- Fizzy drinks and confectionery (sweets and chocolate bars)

11. Dining Environment

The Head Teacher eats in the dining room every day with the children and monitors the dining experience. All children have a full hour at lunchtime to enable them to eat their dinner in a relaxed and comfortable environment as well as having enough time to play. Queues are kept flowing and children may talk whilst waiting which is monitored by staff and senior leaders. The dining halls are spacious, light and well supervised. Attractive pictures of healthy food are on display in the dining hall. There is a “golden table” every Monday which rewards children who have displayed great manners, where they eat with a member of staff.

12. Special Diets

There are a number of children in the school who require a special diet. These children have their photographs displayed in the kitchen and a record and menu book are kept in the kitchen. Special diets are compiled and approved by a Dietician at the Catering Agency, in liaison with a named member of staff and the school cook. Children who require a special diet wear an additional orange band to ensure all staff identify them correctly.

13. Milk

Milk is available to all children whose parents request and sign up for using the school milk UK website. Children who are under five years of age on September 1st are entitled to free school milk until the start of the term in which they become five.

14. Drinks and access to safe water

All children bring a water bottle to school every day. Drinking water is available in each classroom and via two water fountains situated on the school playground. Monthly water checks taken place with a regulated Water Monitoring company to ensure the water is safe to drink. Fizzy drinks are not allowed in school. Oral health is part of the school curriculum (year 2 dental visit and topic each year).

15. Special Occasions and events

As a fund raiser and celebration the school has a “Bun Day Monday” each term. Confectionery items such as biscuits and cakes are also available at times such as Summer Fayres and Christmas parties. The school does not give sweets as rewards with the exception of the Easter egg competition each year. On school trips and Teddy Bear Picnic Day packed lunch guidelines apply.

Reported to governors 6th February 2018
 Review date
 January 2020