

FOOD POLICY



JULY 2017

Approved by the Full Governing Body 13 July 2017

Background and ethos

At Wheelers Lane Primary School we know that what pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking that occur on the school premises.

We acknowledge the link between pupils' diets and their physical and emotional health and also the key role that we as a school can play in supporting pupils and their families to develop and maintain a healthy diet. Our School recognises the contribution of teaching about food to the whole school and how beneficial it is to pupils well-being.

The policy is fully inclusive and applicable to both pupils and staff with dietary requirements either for medical or religious reasons.

The ethos of the school is one that promotes awareness and the importance of healthy lifestyles within the school at all times and recognises the valuable role that all of our school staff have in modelling good practice and helping to create an environment which supports a positive attitude to healthy lifestyles. The school's governing body is responsible for ensuring National School Standards are met.

Recent research for the School Food Trust shows that:

- having a nutritionally-balanced school meal in an attractive environment helps improve children's behaviour and their ability to focus on learning, in the afternoons.

So, during that lunch break, children need to be able to eat nutritionally-balanced, appealing meals in a comfortable, enjoyable environment. They are then more likely to benefit from the break and return to the classroom refreshed and ready to learn.

Latest evidence from School Food Trust can be found in appendix 1.

1. Aims and objectives

At Wheelers Lane Primary School we aim :

- To ensure that all aspects of food and nutrition promote and support the health and well being of pupils and staff and meet the mandatory nutritional standards for school lunches and school food other than lunch (2014) served throughout the school day.
- To equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives.
- To ensure equal access for all to healthy food and drink and appropriate nutrition education.
- To increase the uptake of pupils having paid school meals and to increase the uptake of free school meals by pupils entitled to them.

Objectives

At Wheelers Lane Primary School we will meet these aims by:

1. Ensuring that the requirements of the food policy are in the PSHE School Development Plan.
2. Reviewing all teaching and learning to ensure that information relating to food and nutrition in different lessons/subjects -Science, PSHE, Design Technology/key stages are consistent and up to date and there are no gaps in the curriculum. All pupils in KS1 and KS2 will engage in practical cooking sessions through DT lessons.
3. Ensuring that pupils are well nourished and hydrated at school and that every pupil has access to safe, tasty, nutritious food appropriate to their needs including the meals available at the end of the lunchtime serving period.
4. Increasing the uptake of free school meals
5. Increasing the uptake of paid meals
6. Enabling pupils to have sufficient time to eat their food.
7. Staff are made aware that we are a nut free school and should refrain from bringing in products containing nuts

Snacks

- Foundation and Key Stage 1 children are provided with fruit every day via the Free Fruit Scheme.
- Key Stage 2 children are provided with fruit and are also allowed to bring fruit or vegetables to school to eat as a mid morning snack.

Drinks

- All children have access to water in their classrooms.
- Water and milk are freely available in the hall at lunchtimes for children who have school meals or sandwiches.
- Children who bring a packed lunch should bring water or fruit juice to drink. Fizzy drinks or drinks with high sugar content are not allowed at school.

Lunchboxes

Our school is a nut free environment, we take great care to exclude nuts, food containing nuts, and nut derivatives from our menus. Parents are advised to exclude nut products from lunchboxes also. However, we cannot guarantee that lunchboxes are free from all traces of nuts.

- Training from health agencies help parents and children understand how to put together a healthy lunchbox.
- A school council leaflet on Healthy Lunch boxes are given to all new parents at induction meetings.
- Children should bring a packed lunch in a named lunch box, not a carrier bag.
- Lunches are placed in a class lunchbox trolley outside the classroom, when children arrive at school in the morning.

- Children deliver the trolleys to the dining hall.
- Staff supervising pupils eating food from home are aware of school policy, hygiene procedures and are vigilant about nut products contained in lunchboxes

School Lunch

Our school is a nut free environment, we take great care to exclude nuts, food containing nuts, and nut derivatives from our menus. Parents are advised to exclude nut products from lunchboxes also. However, we cannot guarantee that menu choices/lunchboxes are free from all traces of nuts.

- The school works closely with CMC the school meals provider – (the head teacher meets with them termly) and the cook/server assistant to discuss menus and theme days.
- Children in Reception and Key Stage 1 are entitled to a free school meal under Universal Infant Free School Meals – this information is shared with parents and they are encouraged to take up this offer.
- A School Nutrition Action Group (SNAG) is part of the school council. School council is the forum where school meals, lunchtime arrangements and organisation of lunches are discussed regularly.
- Daily menus are displayed for the children to view, outside the hall. Menus are available for parents at the office, and can also be accessed online on our school website.
- School promotes theme days to encourage different dishes and healthy options.
- Every attempt is made to ensure the food is well presented to attract children to choose healthy options.
- Lunchtime Supervisors encourage children to eat their meals and servers encourage children to make healthy choices.

Rewards/ Birthday treats

- Sweets and chocolates are not given as a reward.
- If children bring in sweets and chocolates for birthday treats they should not be eaten in school but taken home at the end of the day.

Party food

- Food for parties should not be meat or dairy based as it cannot be refrigerated. Parties held in school are in the afternoon session which would mean the products would be unrefrigerated for too long.
- A reminder will be put onto letters requesting party food that we are a nut free school and no products containing nuts should be sent in
- All food to be shared must be 'shop bought' for hygiene/allergy reasons.

Breakfast Clubs:

- Breakfast and After school clubs provide breakfast and tea for their members. It is the responsibility of the organisers of the clubs to ensure that the food provided meets the mandatory national standards and the school's food policy.

Monitoring and Evaluation

- **The School Nutrition Action Group (SNAG) are our school council representatives** and they report on their progress to the whole school via school council representatives in Class council.
- The content of the curriculum is monitored by the PSHE co-ordinator.
- Questionnaires are sent to parents and children to consult with stakeholders.
- Parents are kept informed via newsletters.

This policy was written in conjunction with Kieron Riley - NHS Food Net.