

Harby Church of England School

WHOLE SCHOOL FOOD POLICY

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse. The policy was posted on the school web site and made available in hard copy for parental comment. Governors considered the policy at sub committee level. All staff considered the policy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Richard Simpkins.
Role:

- Lead the school and community in policy formation and review
- Liaise with all stakeholders
- Liaise with providers
- Coordinate resources
- Coordinate curriculum content
- Advise stakeholders
- Coordinate CPD

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day
3. To show respect and care for themselves
4. To acquire and apply the knowledge and skills for their present and future needs

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage. Our curriculum map shows opportunities for inclusion. See Appendix 1 and the full curriculum map available in the policies folder.

Delivery is through:

- Dedicated activities linked to topics
- After school cooking club and gardening club
- Focused curriculum weeks e.g. Healthy week
- Incidental input
- Input from the school nurse and other visitors

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions, practical activities and role-play. These decisions are made at teachers planning meetings.

Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this Healthy Eating will form part of CPD; publications will be circulated among staff

Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

After school Cooking Club

The school offers children in 3, 4, 5 and 6 the opportunity to attend Cooking Club where a variety of healthy foods are cooked

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored with the PSHE resources in the staff room and library. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

Evaluation of pupils learning

Primary

The healthy eating aspects of the National Curriculum are assessed through Other aspects of healthy eating work are evaluated and assessed through activities, which have been built into the programme, as part of the planning process.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Breakfast and After School Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: Cereals, toast and milk.

After School Club offers a range of snacks during the week with a balance of food from food groups.

National Nutritional Standards for School Lunches

National Nutritional Standards for school Lunches became compulsory in April 2001.

The Government has announced new standards for school food. There are three parts, to be phased in by September 2009.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

SNACKING

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time. Fruit and vegetables are encouraged and the school is part of the KS1 free school fruit and vegetable scheme. Milk is offered to all children with those under five relieving free milk. Water is available in the classroom.

USE OF FOOD AS A REWARD

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. Currently jugs of water are available in the classroom but the school is investigating alternatives.

4. FOOD AND DRINK BROUGHT INTO SCHOOL

PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options. The school promotes healthy packed lunches through Healthy Week activities.

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices

VEGETARIANS AND VEGANS

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

FOOD ALLERGY AND INTOLERANCE

Children with allergies and intolerances are catered for. Documentation notes symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

6. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and

that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

7. THE FOOD AND EATING ENVIRONMENT

The school does not have a designated area for eating and so classrooms are utilised. Areas are cleaned before and after use by kitchen staff.

ACTION PLANS

- 1 To look for improvements in provision of drinking water**
- 2 To look at the provision for outdoor lunches using picnic tables**
- 3 To look implement healthy fair trade products across the school**

MONITORING AND EVALUATION

Parents will be invited to comment on the policy. The policy will be posted on the school web site, a hardcopy will be available on the school notice board and notification of its availability will be placed in the Link Letter.

Governors monitor school meals provision. The school consults with children, parents and carers on the provision of food and drinks on an annual basis. Their responses have led to a number of changes in policy and practice

REVIEW

Date policy implemented: May 2009

Review Date: June 2010

Appendix 1

Healthy eating is included in the following curriculum areas PSHE, Science, History, Literacy, DT and ESD which are linked to cross curricular topics.

Year 1

Year 2

PSHE	making healthy lifestyle choices
Science	Health and growth

Year 3

PSHE	Healthy eating
Science	Teeth and eating
DT	QCA Unit 3B (adapted) Ice lollies

Year 4

Science	Keeping Healthy
History	Tudors – Tudor garden

Year 5

DT	Unit 5D Biscuits
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Year 6