

Princefield First School



Food in School Policy

Reviewed: May 2016

Date of next Review: May 2018

Context

Princefield is a larger than average school that serves the market town of Penkridge, with a few pupils travelling in from the surrounding area. There are approximately 190 pupils on roll, of mixed gender and aged 3 to 9. The proportion of pupils eligible for free school meals is below average, reflecting the higher than average socio-economic indicators for the area. Almost all pupils are White British and most pupils speak English as their home language. The proportion of pupils with learning difficulties and disabilities is well below average.

School dinners are cooked on the premises. Children may choose whether to have a school lunch on a day to day basis. Menus comply with the government's revised School Food Standards and School Food Plan.

All children have a morning break during which they may bring a healthy snack from home to consume. Children in KS1 are provided with a piece of fruit or vegetable. Children attend Nursery on a part time basis and are provided with a drink of milk and a piece of fruit or vegetable.

Policy Development and Consultation

Lead Person: Katharine Humphreys

Consulted: Staff, Governors, Parents, School meals supervisors.

Staff questionnaire about food in school.

Parents notified of policy update and comments/ questions welcomed.

Draft policy disseminated to staff and governors and feedback gathered.

Curriculum element audit carried out (See appendix).

Aims

- **Encourage members of the school community to make informed choices about their food habits and intake.**
- **Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the whole school day.**
- **Integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities**

Objectives

An ethos and environment that encourages a healthy lifestyle will be promoted

Induction packs are provided for new parents.

A welcoming eating environment is provided, which is continually being improved.

The curriculum will be used to deliver/promote healthy eating and informed choice.

The learning outcomes within the PHSE curriculum will be covered through discreet PHSE lessons (Jigsaw scheme) and through other subjects (See Appendix 1).

Design and Technology units provide the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food including preparation and cooking.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

Personal, Social and Health Education encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.

Children are taught in PE about the importance of physical activity for a healthy lifestyle.

The food and drink available in school will reinforce the healthy eating message.

School dinner menus comply with the government's revised School Food Standards and School Food Plan. and a wide range of promotional events and materials are used to encourage healthy eating.

Pupils are praised and rewarded for eating their lunch and making healthy choices

Monitoring and evaluation of menus is carried out and findings are used to inform future menu choices.

Children are not allowed to bring sweets for snacks and are encouraged to bring a healthy option. Reminders and suggestions are given on the school newsletter. Children in KS1 and Foundation are provided with a piece of fruit or vegetable free of charge.

Food is not used as a reward.

Food Throughout the School Day

The school community has agreed to promote a balanced diet, in line with "The Eat Well Plate", through the following approach to food throughout the school day.

Breakfast Club

Breakfast club is open from 7.45. Children are provided with a healthy balanced choice including toast with a selection of spreads and none sugar coated cereals e.g. cornflakes and weetabix. They are offered water or milk to drink in line with the new School Food Standards.

Snacks

Parents are encouraged to send a healthy snack for break time. The school council work with the PSHE coordinator to make suggestions of healthy snacks which is sent home to Parents. Crisps, sweets and chocolate are not allowed. Children in KS1 are provided with a free piece of fruit or vegetable which they can eat at break time. Children in Nursery do not bring in snacks, they are provided with a free piece of fruit or vegetable.

School Meals

School dinners are provided by Staffordshire County Catering. They are provided in line with the revised School Food Standards and School Food Plan. The menu is sent home regularly for Parents.

Packed lunches

Children may bring a packed lunch to school. Parents are encouraged to pack a healthy balanced lunch, sweets and fizzy drinks are not allowed.

Birthday treats

Because we recognise that there is no such thing as “bad food”, we teach the children to enjoy treats in moderation. Therefore if children bring in sweets for their birthday they can give them out to the other children in the class at the end of the day to take home.

Trips

Children are asked to bring a packed lunch when attending school trips. Children who receive free school meals can order a packed lunch from the kitchen.

Water and other drinks

All pupils have access to drinking water at all times at a number of points around the school. The school encourages children to bring water bottles to school every day. Water bottles are kept in the classrooms and consumption is encouraged both in class and during break and lunch time. Only water should be provided in the water bottles, in line with the ‘Eat Better, Start Better Voluntary Food and Drink Guidelines for Early Years Settings in England’ document.

Pupils are not allowed fizzy drinks in school. However, pupils may bring milk, fruit juice or squash for consumption at lunch times, in addition to water.

Milk

Milk is offered to all children in the school. Children under 5 receive a carton of milk each day for free.

Curriculum Content

Food education is taught through the jigsaw PSHE scheme, across other curriculum subjects as well as through stand alone weeks e.g. Food fortnight (Autumn term)
Please see appendix 1 for food across the school curriculum.

Teaching and Learning

To facilitate pupils learning about food:

- The purpose of each lesson is made clear
- Appropriate learning experiences are planned and meet the needs of all the pupils in the class
- Learning experiences draw on pupils existing knowledge or own experiences and provide a range of opportunities for pupils to learn, practice and demonstrate skills, explore attitudes and increase their knowledge and understanding
- Time is given for pupils to reflect, consolidate and apply their learning
- Pupils are encouraged to take responsibility for their own learning and to record their progress
- Attention is given to developing a safe and secure classroom climate
- Staff training needs are met.

Adults other than teachers may participate in some food related activities, for example, the school nurse visits school to talk to children about health issues, parent helpers support groups of children with gardening projects etc. (The school's visitor policy will be followed)

Continued Professional Development of Staff

All the kitchen staff have been trained in basic food hygiene. Mrs Slade, our head cook, attends termly training/update sessions run by Staffordshire County Catering Services disseminates information and manages training for the kitchen staff. Other staff who have received training include:

Denise Price – Food hygiene

Specific Issues

Support for special nutritional needs and eating disorders is available. Parents are asked to fill in a questionnaire identifying any allergies or special requirements as part of the induction process. Medical conditions are regularly updated and passed on to the child's teacher at the beginning of each academic year. If a child has an allergy their Parents will be asked to fill in a Special Diet Request Form which the kitchen staff will use to plan menu

choices for that child. Staffordshire Catering Service has a policy of not using nut products. Should there be a child in school with a serious nut allergy, children will be asked not to bring products to school that contain nuts. In case of allergies children are told not to share their snacks.

Parental permission is gained before children are allowed to work with food in school. The teacher in charge of the class will ensure that any adults working with food are aware of basic hygiene practices.

Monitoring and Evaluation

The Pupils' Progress and Attitudes are Evaluated

Pupils are encouraged to evaluate their own achievements. Food products and processes carried out through Design and Technology will be evaluated at the end of the unit. PSHE units of work are assessed through the Jigsaw assessment sheets. Pupil attitudes to healthy eating will be monitored by talking to pupils and research carried out by the school council.

Links to other Policies

Policies which support the food policy include the PSHE & Citizenship Policy, the Visitor Policy, the Science Policy, the PE policy and the Design and Technology Policy.

Communication/Dissemination of the Policy

The policy will be disseminated in the following ways:

All staff will have access to the policy and it will be referred to in the Staff Handbook and used in Induction. The policy will be communicated to Pupils, Parents, Governors and the wider school community through the school newsletter.

A copy of the policy will be available to Parents during Induction and on the school website.

