



Acre Heads Primary School

Whole School Food Policy

'A place to nourish thinking minds.'

Signed Staff:

Date:

Signed Governor:

Date:

Introduction

Acre Heads Primary School is committed to providing children with the best health and nutrition education it is able to, within an environment which supports the needs and requirements of those children in the context of the following

- the need for the school to reflect in practice the taught curriculum on food and health
- increasing obesity epidemic
- national nutritional standards
- food and drink affecting the ability of children to learn effectively
- the ethos of the school as a health-promoting environment

The school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health and well-being.

Aims

Acre Heads Primary School aims to

- ensure that all aspects of food and nutrition in school promote the health and well being of pupils and staff
- provide clarity about the school's policy on food brought into school and advice to parents and carers, e.g. packed lunches
- ensure that contracts for school food providers meet the needs of the school and comply with the government regulations
- ensure provision and consumption of food is an enjoyable experience.
- involve the whole school community in improving eating habits and knowledge and skills surrounding healthy eating.
- make pupils aware of the consequences of food choices made now on later life; specifically include nutritional awareness, influences on food choice such as food productions, marketing, impact on environment.
- provide a consistent planned curriculum of food education to equip all pupils with knowledge and skills to make healthy life choices.

Objectives

In order to achieve the above aims Acre Heads Primary School will

- include the whole school community in the promotion of healthier lifestyles
- regularly review food and drink served during the school day
- create a pleasant eating environment that encourages social interaction, within the limitations of the facilities
- ensure that school food and drink provided across the school day reflects the government food and nutrient based standards.
- ensure catering staff and supervisory assistants are involved in the school community and understand the expectations regarding healthy eating
- involve the wider community including parents in activities which promote balanced eating, enjoyment of food, local food.

- provide a means to access drinking water across the whole school day
- ensure that the curriculum delivers a consistent message of food, drink, nutrition and healthy lifestyles
- ensure classroom staff deliver healthy eating messages, with training if required

Promotion of healthy eating in the school

School Meal Provision

School meals are provided from the school's own kitchen and these comply with the national expectations. This is ensured through liaison between the Catering Manager and School Cook.

Packed lunches

Parents and carers are provided with advice on what to include in packed lunches. Content of packed lunches is monitored by lunchtime staff and when a child appears to be consistently bringing a clearly unhealthy selection of foods, parents and carers are contacted to raise this issue.

Snacks

Healthy snacks and milk are available for purchase from school. However, Foundation Stage and KS1 children benefit from the national fruit scheme and KS2 children are allowed to bring in a piece of fruit to eat at playtimes.

Water

All children are allowed to bring a water bottle to school which is kept in the classroom. The school sells appropriate, healthy water bottles for this purpose. Only water is allowed, without flavourings and not carbonated. The drinking of water through the day is consistently promoted and staff are aware of the benefits of this. Parents, carers and children are informed of the benefits of drinking water in school. Any disposable bottles left in a classroom must be disposed of at the end of the day and reusable bottles must be emptied of any water remaining from that day.

Hygiene

The children will be reminded at appropriate times that they must wash their hands after using the toilet and before eating. Disinfectant sprays are also situated at the entrance to the dining hall and children are encouraged to use them on entry at lunch time. Teachers will use spray to disinfect tables before cookery tasks and all food must be placed on a chopping board or plate.

Special diets, allergies, diet related disorders

The school regularly request information from parents on the above needs. The school maintains records of children with the above needs and endeavours to cater for those needs as much as possible. In severe cases, the school creates personal plans to help cater for a child's needs. When necessary staff receive training in dealing with emergencies related to the above needs, e.g. anaphylactic shock. The school has easy access to the services of the school nurse for diet related disorders and if necessary a well-being TA is also available to help with particular needs. The school documents all food served and the potential allergens they may contain. This is available to parents if requested.

Catering Staff

Catering staff are an integral part of the school team, working under the supervision of a Catering manager and any training for catering staff is taken advantage of whenever necessary.

School Food Ethos

The school endeavours to provide the best school food ethos, within the restrictions of the building. School meals have to be taken in a small hall and a rolling sitting programme is used. To alleviate this, children are supervised either in a classroom or outside to eat their packed lunch – weather permitting. It is effectively run by lunchtime staff and ensures that all children have adequate time to eat their lunch. Lunchtime staff ensure that standards of behaviour are maintained over the dinner time.

The school regularly and successfully promotes school meals, for example through letters and through the use of themed days.

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. The school kitchen is regularly inspected by the Council to ensure maintenance of standards.

Curriculum

Teaching methods and content

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, visitors and role-play. These decisions are made at teachers' planning meetings. There is also a termly Cookery Club.

Healthy eating is seen as both a part of the PSHE curriculum and as a cross-curricular element which can be brought in to many different topics. Children take part in activities such as menu creation, designing healthy meals and cooking, all of which make significant contributions to their understanding.

Whenever necessary, staff receive information or training on teaching about health eating.

Special activities and rewards

There is use of sweets or other foods high in sugar or fat as rewards for good behaviour or academic or other achievements. These rewards are to be taken in context with the whole school policy and viewed as treats. Other methods of positive reinforcement are also encouraged in school.

There are a small number of occasions within a year when food available at school would not be considered to support healthy eating, for example termly tuck shops and Christmas parties. However, these must be considered in the light of the whole school approach and within the context these are viewed as acceptable, as their health impact is minimal and they can be seen as 'treats' rather than everyday events. Healthier options are always available when these events occur.

Participation in national and local events and initiatives

The school has achieved the Healthy Schools Award a number of times and takes part in the Foundation Stage, KS1 fruit scheme. All of these schemes and events support the contents of this policy.

Monitoring and Evaluation

This policy will be monitored through the observation of the success of the various elements. For example, school meal take up records, considering packed lunch content, checking on uptake of water bottles.

As the school has already achieved relevant nutritional standards and the Healthy Schools Standard, it is expected that this policy will help to maintain and enhance those standards.

Policy formation and consultation

This policy was formulated in consultation with catering staff, parents through the Governing Body, school staff and children through curriculum content and response.

Reviewed

This policy was reviewed by SLT and Catering manager 13/06/16

This policy was reviewed by Headteacher 13/7/16

This policy was reviewed by the Governing Body 24/01/17