



Loxdale Primary School

Whole School Food Policy

Developed: Summer Term 2011
Presented to Governors: Spring Term 2012

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Introduction

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

We recognise that 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.

Statement of Intent

We intend to impact on the health of the entire community by teaching our pupils and their families ways to establish and maintain life-long healthy eating habits. This will be accomplished through food education and skills, the food served in school and academic content in the classroom.

Aims

1. To actively support healthy eating and drinking throughout the school day.
2. 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 diet, and hygienic preparation and storage methods.
3. To increase pupil's knowledge of food production, manufacturing, distribution and marketing practices, and their impact on health and the environment.
4. 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.
5. To ensure that food provision in school reflects the ethical and medical requirements of staff and pupils eg. Religious, ethnic, vegetarian, medical and allergenic needs.
6. To make provision and consumption of food an enjoyable and safe experience.
7. To introduce and promote practices within the school to reinforce these aims.
8. To inform parents/carers and the local community about the food service provision at school.
9. To ensure that information relating to food and nutrition within the curriculum is consistent and up to date.
10. To ensure that a member of staff has basic food hygiene training, attends CPD to update skills and knowledge and understanding and disseminates the training to the remainder of the staff.
11. To ensure that the policy is understood, supported and embraced by the whole school community, including; governors, teaching staff, pupils, parents, food providers and the school's wider community.

12. To integrate the aims of the policy into all aspects of school life, in particular: Food and drink provision within school

The curriculum

Pastoral and social activities

Guidelines/Methods

The following guidance has been developed to support the implementation of this policy:

Structures and organisation

Integration of Food Education across the curriculum

The Healthy Schools Co-ordinator is working alongside the IPC co-ordinator to identify specific cooking opportunities linked to IPC topics. The topic of healthy eating is also addressed in Science and Design and Technology lessons. Children are given the opportunity to participate in the 'Let's Get Cooking Project' which takes place after school. Specific Year groups are targeted and children are invited to attend with their parents. The school is currently looking into funding for the Phunky Food Project.

The whole school annually participates in the 'Expo chef' road show which parents are invited to attend. This promotes healthy eating and cooking.

Food provision in school

As a school we aim to promote consistent messages about healthier eating and drinking. We encourage the drinking of water and it is freely available, in all classrooms and the corridor, throughout the school day for children and adults. We take part in the School Milk Scheme. Children are able to opt into the scheme on a termly basis. A termly fee is payable, but this is waived for children

under 5 and those in receipt of Free School Meals. Milk is refrigerated and delivered to classes at the start of each day. Children are expected to be seated to drink their milk and empty cartons are disposed of in the lined classroom bin. Water is available, and encouraged, as an option for those children who do not like milk. Children are allowed to bring their own drinks for break time but are instructed that no fizzy drinks are allowed.

Water or milk is available for all children at lunchtime. In line with Government guidance, milkshake is available to those children who have a school meal but don't select a milky pudding.

Each class has a water fountain that dispenses cold or ambient filtered water. The children have free access to the filtered water and paper cups throughout activity periods. Children may not drink during periods of instruction.

Food is provided in school at specific times, as detailed below.

Breakfast Club

As a school we understand the link between a child's capacity to learn and starting the day with breakfast.

The breakfast club runs from 8.00 – 8.45 a.m. as is attended by 30 plus children on a regular basis.

There is a range of hot and cold food choices available, including: cereal, yoghurt, fruit, fruit juice, milk and milkshakes, toast, bacon, sausage or egg baps and crumpets.

Morning Break

Nursery and Key Stage 1 children are provided with fruit through the School Fruit Vegetable Scheme.

Key Stage 2 children are encouraged to bring a piece of fruit or a vegetable snack to eat at this time.

Healthy Lunchboxes

We consider a healthy lunchbox should contain: a good portion of starchy food, plenty of fruit and vegetables, a portion of dairy food/drink, a portion of lean meat, fish or alternative and a still drink.

The school promotes healthy lunchboxes through the provision of information for parents, workshops for parents and Design Technology activities. Children are rewarded with a raffle ticket if they have and eat fruit or vegetables for their dinner. A weekly draw leads to the winner receiving some stationary as a prize.

Food Hygiene

Food safety and hygiene is of paramount importance to ensure that food is stored, prepared and eaten in clean safe environments. Two members of staff: Ms D Ufton and Miss N Ward have a food hygiene qualification. All catering staff hold, at least, a basic food hygiene qualification.

Hygiene for food activities

Careful planning will help ensure a safe and successful food preparation activity. Consideration has to be given to the hazards involved and controls put in place to ensure safety. This will include reviewing the recipes to be cooked, purchasing and storing ingredients, preparing, cooking and cooling the food and taking the finished dishes home.

The following guidance must be followed when undertaking food activities.

The Kitchen, Staffroom and Creative Suite (any area where a food related activity is undertaken)

- ✓ Check that all food being used is appropriately stored.
- ✓ Clean all surfaces with a bactericidal surface cleaner prior to use.
- ✓ Keep surfaces clean and clear.
- ✓ Have separate chopping boards for raw meat and ready-to-eat food.
- ✓ If cooked food is to be kept, cool it as quickly as possible (ideally within 1-2 hours) and then store in the fridge.
- ✓ Cooked food should not be re-heated more than once. Always heat it until piping hot all the way through.
- ✓ Dispose of any left-over products immediately in the lined bins.
- ✓ Keep all cleaning fluids, including washing-up liquids, out of reach of pupils at all times.
- ✓ Wipe up any spilt food straight away.
- ✓ Wash kitchen cloths, sponges and tea towels after use.
- ✓ Wash all food utensils after use and place them in storage immediately.

A dishwasher is to be installed in the Creative Suite specifically to be used for cooking activities.

Food Storage

- ✓ Keep all perishable food at safe temperatures.
- ✓ Store raw meats below cooked meats in the fridge.
- ✓ Check that the coldest part of the refrigerator is operating at or below the recommended temperature (5°C).
- ✓ Keep the refrigerator clean.

- ✓ Pre-packed food should be stored according to the manufacturer's instructions.
- ✓ Use foods within their date mark.
- ✓ Avoid laying out perishable foods at room temperature too far in advance.
- ✓ Replace all perishable items in the fridge immediately after use.
- ✓ Wash fruit and vegetables before you eat or use them to cook.
- ✓ Cover foods whenever possible.
- ✓ Keep raw foods, especially meats, completely separate from cooked and ready-to-eat meats.

Personal Hygiene

- ✓ Tie long hair back. Avoid touching your face or hair. Wash your hands before starting work.
- ✓ Wear an apron over your clothing.
- ✓ Wash your hands regularly, especially after handling raw foods, blowing your nose, touching the bin and using the toilet.
- ✓ Do not cough or sneeze over food.
- ✓ Avoid directly handling or touching foods, use tongs or utensils whenever possible.
- ✓ Cover cuts and sores with a waterproof dressing.
- ✓ Never handle food if you are suffering from a stomach upset or skin infection.
- ✓ Avoid wearing jewellery when preparing food.
- ✓ Encourage pupils to follow appropriate hygiene procedures.

Summary of Policy Statements

We encourage children to eat fruit during their morning break. We constantly reinforce the issues of healthy eating through example and classroom activities. Everyone has opportunities to explore a variety of teaching and learning strategies throughout the day. There are opportunities to use interactive websites to reinforce healthy eating messages. We ensure the snacks we provide are varied and nutritious and promote healthy eating as we have achieved Healthy Schools Enhancement Status. We recognise the need for a healthy diet and consult with parents if we consider a child is not eating an adequate lunch during the school day.

Hot meals provided at lunchtime are of good nutritious quality and children are encouraged to make sensible food choices. Parents are asked to support the school's healthy eating policy by providing balanced and nutritious packed lunches and are supported through parent presentations and workshops. We provide guidelines and suggestions to parents for the contents of lunchboxes through the school newsletter. We encourage the drinking of water and it is available throughout the school day for children and adults.

Review

The policy will be reviewed on an annual basis in the light of improvements and changes. The results of the monitoring will be considered and the policy amended as appropriate. Any amendments will be reported to the Governing Body for their consideration.

