

Whole School Food Policy

July 2016

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Introduction

At Loxdale Primary, we recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. As an Enhanced Healthy School, we recognise the role it can play, as part of the larger community, to promote family health.

Rights Respecting School Award

This policy supports our Rights Respecting School (UNICEF) ethos, supporting and learning about the United Nations Convention on the Rights of the Child (UNCRC). The policy also promotes the learning and understanding of children's rights with a focus on specific articles including:

Article 6 (survival and development) Article 14 (freedom of thought, belief and religion)

Article 24 (health and health services) Article 29 (goals of education)

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. We will accomplish this 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, where our food comes from, hygienic preparation and storage methods.
3. To increase pupils' 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 meet the nationally agreed and locally accredited Enhanced Healthy School standard in Healthy Eating.
9. To inform parents/carers and the local community about the food service provision at school.
10. To ensure that information relating to food and nutrition within the curriculum is consistent and up to date.
11. To ensure that a member of staff has basic food hygiene training, attends CPD to update skills, knowledge and understanding and disseminates the training to the remainder of the staff.
12. 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.



13. 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 PSHE Co-Ordinator is responsible for ensuring that Healthy Eating is taught across the curriculum and meets our Enhanced Healthy Schools Status. They will work alongside staff to identify specific opportunities to link this with the whole curriculum. We use the 'Phunky Foods Curriculum' across the whole school and take part in the programme 'Eat Like A Champ' in Years 5 and 6. 'Phunky Foods' is a nationwide programme and supported by Wolverhampton's Children and Young People's Health Improvement Team. Change for Life resources are also used across curriculum. Knowledge and Understanding harvests are used to inform planning and assessment. As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should:

Key stage 1:

- Be aware that we all need a balanced and varied diet to grow, be active and maintain health, and that we need to eat more of some foods than others, e.g. as depicted in the Eat-well plate.
- Know that some people eat or avoid certain foods for different reasons, e.g. due to allergy/intolerance, religion.
- Help prepare a variety of dishes using a range of food preparation skills with supervision, e.g. peeling, slicing, mixing, scooping, grating, spreading.
- Understand where food comes from
- Be able to eat sociably with others.

Key stage 2:

- Make food choices based on the current healthy eating advice and understand that a healthy diet is made up from a variety and balance of different food and drinks, as depicted in the Eat-well plate.
- Be aware that food needs change and that some people eat or avoid certain foods, e.g. allergy/intolerance or religious belief.



- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
- Explore the factors involved in food and drink choice and how this may be influenced by availability, season, need, cost, minimal packaging, where the food is produced, culture, religion, allergy/intolerance and peer-pressure.
- Read and make use of the main information on food and drink labels.
- Appreciate the value of eating together with family and friends.

Children have the opportunity to participate in the 'Let's Get Cooking' project, which is this country's largest network of healthy cooking clubs for children and their families. Tesco, who send a voucher for £50 termly, funds the club. Sales at our Christmas and Summer Fayres also contribute to funding so that the club is free to all. Specific year groups and their families are targeted during Autumn and Spring term. Year 6 pupils are targeted, during the Summer term, to develop their independent skills. School has a Gardening Club, open to KS2 during Spring and Summer, that is looking to develop the produce grown and promote links with the Cooking Club. The whole school participates in national events such as Healthy Eating Week, Breakfast Week and Tesco's Farm to Fork trails.

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. 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.

We take part in the School Milk Scheme and 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 do not select a milky pudding.

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

Breakfast Study Club

As a school, we understand the link between a child's capacity to learn and starting the day with breakfast. The Breakfast Study Club runs from 8.00 – 8.45 a.m. and is attended by 50 plus children on a regular basis. There is



a range of hot and cold food choices available: cereal, yoghurt, fruit, fruit juice, milk and milkshakes, toast, beans, omelettes, bacon, sausage 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 able to purchase fruit, vegetables, yoghurts and juice from the Healthy Tuck Shop. Children are not allowed to bring in chocolate bars, cereal bars, crisps or cakes. Only fruit, fresh or dried or vegetables are allowed.

Healthy Lunches

The school promotes healthy lunchboxes through the provision of information for parents, workshops for parents and Design Technology activities. We require a healthy lunchbox to contain.

Sandwiches: e.g. ham/chicken/tuna/turkey/cheese etc..

Any amount of salad or fruit is encouraged

A small yoghurt

One treat item only e.g. a small packet of crisps or a cereal bar or a small cake or a small chocolate bar

A small fresh fruit drink

Lunchtimes supervisors and KS2 children monitor this and children are rewarded with stickers and certificates if they have and eat fruit or vegetables for their dinner.

School has a designated area for eating packed lunches. School dinners are served and eaten in the dining hall and children, are again, rewarded with stickers and certificates. Families and staff join their children for special celebrations such as Family Lunches, Religious Occasions and Themed picnics.

On Fridays, Commando Joe passes are handed out to children who have exceeded in a specific area and these children join him for a special celebration lunch.

Allergies, vegetarians, religious needs

Upon entry to school, information is gathered as to any specific requirements the pupil might have. This information is available to all staff and displayed in the staff room, kitchen and office. Children with specific needs wear lanyards to ensure that all lunchtime staff are aware. Information is updated annually as children move through the school.

Birthdays

Children are not allowed to bring in cakes or sweets to celebrate their birthdays. However, they are allowed to bring in stationery, small toys or healthy snacks.

Food Hygiene



Food safety and hygiene is of paramount importance to ensure that food is stored, prepared and eaten in clean safe environments. One member of staff: Ms D Ufton has a food hygiene qualification. We are looking to have another member of staff trained. All catering staff holds, at least, a basic food hygiene qualification.

Hygiene for Food Activities

Careful planning and risk assessment 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, Creative Suite and Classrooms (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 (as provided by Mr Bowles) prior to use.

Keep surfaces clean and clear.

Have separate chopping boards for raw meat and ready-to-eat food. These must be washed at high temperatures.

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. These must be washed after every use.
- 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. In-line with Food Standards, 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's newsletter and website. 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.