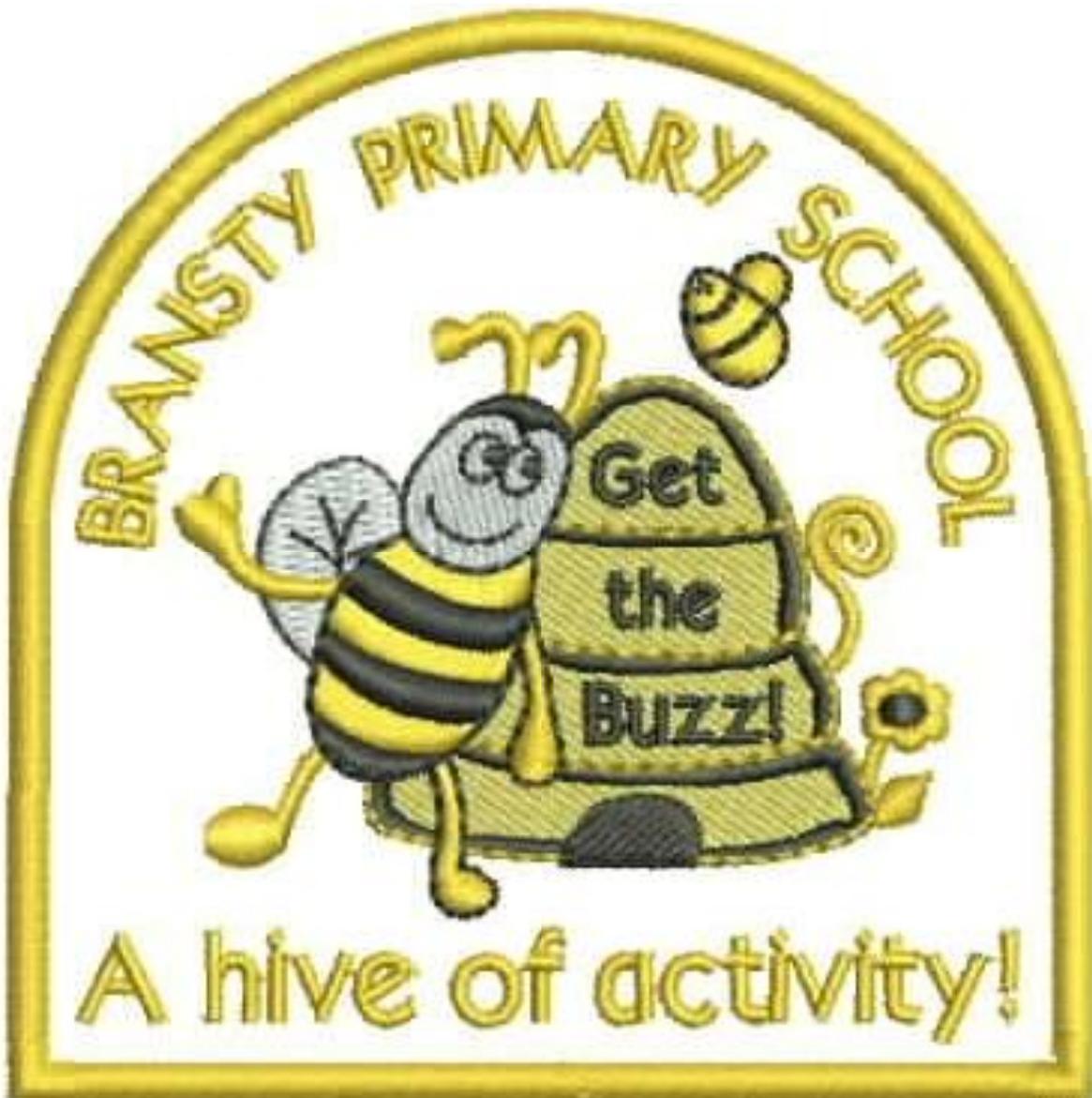


BRANSTY PRIMARY SCHOOL



Whole School Food Policy

School Food Plan

Joanne Fearon - Head Teacher.....

Date: 12th November 2018

Review: 3 YEARS

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make.

This policy should be read alongside the school's PSHCE, drug, and sex and relationship policies.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale

In our school, we feel it is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community.

We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5-A-DAY' campaign

Settings for food policy

(We do not use vending machines in our school. We currently run a tuck shop 'Snack Shack' and the food policy is applied to all items sold.)

Snacks

All Early Years and KS1 classes include a morning snack of washed fruit and/or vegetables to all children, in Early Years, snack is eaten in the snack area and children are encouraged to sit and eat at the table to promote good manners when eating.

In KS1, children are given responsibility for passing the fruit to others and for helping to clear away. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day.

KS2 children are encouraged to bring fruit to school, which they eat at playtime — no other snack is allowed during break.

Any left-over fruit is taken onto the playground and shared out amongst pupils.

For KS1 children the provision of any snack provided by school will be in compliance with “The Requirements for School Food Regulations 2014” and School Food Standards – Standards for school food other than lunch.

School Lunches and Packed Lunches

All our school meals are provided by our school kitchen team, which has devised healthy, well-balanced menus on a three-week rolling programme in compliance with “The Requirements for School Food Regulations 2014” and School Food Standards; where possible this includes the use of local produce and seasonal fresh fruit and vegetables each day as a choice for the children. All meals pay due regard to nutritional balance and healthy options, such as a salad bar option each day.

Around 12% of children bring a packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars, crisps or fizzy drinks.

Water for All

Children and all members of our school community are encouraged to drink water. Only water is available to drink at lunch time and water should only be included in children’s water bottles brought from home.

Food Across the Curriculum

In Early Years, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food and learning about ‘Farm to Fork’ etc.

Literacy - provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use locally grown or organic foods in children's food and drink etc.

Maths - can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

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.

RE - provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

Computing - can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Design & Technology - Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. Food Technology is also promoted by a volunteer who comes into school each week and works with small groups of pupils to plan and cook. (See attached cookery timetable with curriculum links).

PSHE - 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. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music - can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in un-tuned percussion instruments.

Geography - provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world whom rely on growing food as their source of income.

History - provides insight into changes in diet and food over time.

Physical Education - provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits - provide pupils with activities to enhance their physical development, e.g. to activity centres.

The kitchen team will be encouraged to offer support with curriculum activities which can be included in themed days, dishes on the menu and posters/displays in the dining room to reflect what is being taught in the classroom where appropriate.

Food Allergy and Intolerance

Individual care plans are created for pupils with food allergies. These documents include symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers and mid-day staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. Anyone undertaking food handling and preparation in the classroom will be issued with information about any children with food allergies or food intolerances.

Food Safety

All food handlers in school will undergo appropriate food hygiene training appropriate with their job role.

All food areas will be maintained and managed in line with all appropriate food safety legislation.

All foods prepared, served and sold in school will be sourced from reputable suppliers.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed-lunch policies through school newsletters.

During out-of-school events, e.g. school discos etc., the school will consider the food policy in the range of refreshments offered for sale to the children.

Role of the Governors

The governing body will receive regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the governing body has particular expertise in this area.

Monitoring and review

The Head Teacher is responsible for supporting colleagues in the delivery of the food policy. The governing body is responsible for ensuring the quality of the food offered as part of the school's catering service.