

Holbrook Primary School Whole School Food Policy

Introduction:

Our school ethos promotes health, well being, safety, security and values the contributions made by pupils, staff, parents, and others.

The aim of this policy is to ensure that our school promotes consistent messages regarding the importance of a healthy balanced diet in all aspects of school life. Individual, medical, cultural and ethical needs will be taken into account in all areas.

Objectives

The policy seeks to achieve the following objectives:

- To develop partnership between all staff and governors, external suppliers, children and their parents/ carers in developing and maintaining a whole school food policy.
- To educate children about food sources and methods of food production e.g. farming including organic farming, and manufacturing, in appropriate curriculum opportunities
- To promote an understanding of the role of food and its production in achieving economic wellbeing and the meaning and role of Fair Trade
- To enable children to learn and experience foods from different cultures
- To educate children about food and how to achieve a balanced diet in appropriate curriculum opportunities e.g. PSHE and Science, enabling them to make informed choices
- To educate children about food hygiene in appropriate curriculum opportunities e.g. PSHE and Science
- To maintain the health of pupils, their families and staff by providing information/guidance on healthy eating
- To reinforce parental knowledge about the components of a balanced diet
- To make the provision and consumption of food an enjoyable and pleasant experience that enhances the social development of all pupils.
- To encourage healthy eating and drinking habits at break times and lunchtimes, that will last beyond the pupil's time at school.
- To encourage adequate water consumption by pupils throughout the school day.

Where and to whom the policy applies

The policy applies to education about food during the school day on the school site and influences the choices of food for consumption at break and lunchtimes during the school day both at school and during school trips.

The policy applies to:

- All teaching and non-teaching staff employed by the school
- All pupils
- All parents (particularly parent helpers)
- All governors of the school

Food in the Curriculum

There are many opportunities to develop pupils' knowledge, understanding and experience of both a variety of foods and healthy, balanced eating, across the curriculum. Holbrook Primary School will actively seek to do this and develop cross curricular links wherever appropriate in the following areas.

Literacy: looking at food and food related issues as a stimulus for written work.

Maths: understanding nutrition percentages, calculating quantities/weights.

Science: types of food and its composition; where it comes from; digestion; contribution to the body's maintenance.

RE: role of food in all religions; exploring which foods are associated with a variety of religious/cultural festivals.

PSHE: experience of foods from other countries; balanced diet; and Fair Trade.

ICT: to record or report data in the above subject areas; to research food issues, recipes etc.

Design and Technology: understanding the balanced plate; designing and making healthy sandwiches. Understand how to prepare and cook food safely. As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating.

KS1 – Use the basic principles of a healthy and varied diet to prepare dishes.

Understand where food comes from.

KS2 – Understand and apply the principles of a healthy and varied diet.

Prepare and cook a variety of predominately 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.

Food Safety in the Classroom

Children will be taught the importance of food hygiene, including thorough hand washing, during any lessons involving practical experience in the production of food e.g. making biscuits or sandwiches.

Parents will be asked to sign a reply slip permitting their son or daughter to take part in lesson where certain ingredients are being used and to notify the school if their child is allergic (or is suspected of being allergic) to any of the ingredients to be used. For more information see DT policy.

Snacks

Children are encouraged to eat a healthy breakfast before school.

Key Stage 1

The School subscribes currently to the School Fruit and Vegetable Scheme to provide all infants (4 to 7 years) with free fruit and vegetables to be consumed during morning break. All children are also allowed to bring in a healthy snack. They are asked not to bring in cakes, crisps, chocolate or sweets.

Key Stage 2

All children are encouraged to bring in a healthy fruit or vegetable snack should they need food between breakfast and lunch. This contributes to the recommended 5 portions a day.

Cooked Lunches

A cooked lunch is available at the school. Children choose from different healthy menu choices. Children can choose to eat salad from the salad bar. School Council regularly talk to their classes about the dinner choices available and are involved in evaluating the hot dinners provided at school. Taster sessions and themed days are advertised throughout the school. School menus are displayed in the dining area and on the website.

Packed Lunches

Holbrook Primary encourages children to bring healthy packed lunches and rewards children who make healthy choices. Information is shared with parents/carers about what constitutes a healthy lunchbox.

Breakfast Club

At Breakfast Club the children are offered to choose from a healthy selection of food items from a selection of groups to ensure they receive a balanced and varied diet. Food eaten in Breakfast Club is monitored by the Breakfast Club Co-ordinator and any concerns in eating habits are reported to parents and or the Headteacher.

Lunchtime Supervision

The Lunchtime staff take their responsibilities seriously and endeavour to ensure that children have eaten an adequate amount to sustain them through the remainder of the school day. Lunchtime staff check lunches and encourage children to eat more healthily where possible. If lunchtime staff are concerned about a child's diet or see any trends developing, they will report any concerns to the Headteacher. The Headteacher, in turn, will discuss the situation sensitively with the child's parents to ensure the well being of the child is not compromised. The Headteacher may use this information to inform families of the 'One Body. One Life' program.

Food Allergies

Special diets, in terms of being free from dairy, wheat, gluten, egg and nuts, can be catered for by the school caterer. All pupils and staff are prohibited from sharing their food or drinks with other pupils in order to minimize the risk of incurring an allergic reaction in a pupil with an allergy.

N.B. Holbrook Primary School, all staff, including the school caterers, are aware of which children have food allergies (photographs of the children with their names and details of their allergy are available in the medical books). A number of staff members are specifically trained to deal with adverse allergic reactions to food including how to use an EpiPen.

Drinks

It is widely agreed that children need plenty to drink throughout the day. Thorough hydration is essential to maintain good health and keep minds alert. To encourage children are provided with a drink bottle and positively encouraged to bring a drinks bottle to school each day. Given the effects on dental health from the consumption of drinks containing sugars and the known effects on behaviour from the consumption of carbonated, flavoured drinks, the school requests that drinks bottles contain water alone. Children have access to drinking water taps where they can refill their bottles during the school day. Milk is provided to pupils in Nursery and Reception.

The Dining Environment

Lunch (cooked or packed) is consumed in the dining room and supervised by a Lunchtime Supervisor and assistants. Children in each year group are free to sit with their friends. Some

children are invited to eat a special meal on Fridays. This is a reward for pupils who have received rewards for Healthy Eating throughout the week.

Staff Development

As part of their induction, new staff will be made aware of this policy and asked to ensure compliance at all times. The school will access training and relevant support materials, as available, to enhance the quality of teaching in the delivery of education relating to food: food sources; methods of production; fair trade; foods from other countries; healthy eating; food safety; food hygiene etc.