



Food Policy



Shipston-on-Stour Primary School

1. INTRODUCTION

- 1.1 Diet is a contributing factor to the rapid rise in childhood obesity, and it has been found that too many children's diets are too high in fat, salt and sugar, and too low in fruit and vegetables. Poorly nourished children, particularly those who are overweight or obese, experience social and psychological problems. This can have a significant impact on their behaviour and performance in schools.
- 1.2 As children spend on average a quarter of their waking lives in school, one big step to improving the nutrition of children is to offer healthy food and drink choices throughout the school day. The school environment, attitudes of staff and pupils, as well as what children learn in the classroom, have a major influence on their knowledge and understanding of health. If encouraged to enjoy healthy food and drink early on, it is much more likely that these positive behaviours will remain with a child throughout life.

2. DEVELOPMENT AND DISSEMINATION PROCESS

- 2.1 This policy was originally formulated by a working party consisting of the headteacher, chair of governors, parent governor, a teacher, a member of the Parent Teacher Association, a teaching assistant and the school catering manager. The policy was informed by consultation discussions with pupils during circle time and School Council meetings.
- 2.2 The draft policy was circulated to governors and staff. Parents were informed of the draft policy through the school newsletter and invited to comment, either by picking up a copy of the draft policy from reception and/or by speaking directly to the member of staff leading the development of the policy. Parents were invited to come along to a short after school discussion about Food in school and the content of the policy. An overview of the draft policy was discussed by the School Council.
- 2.3 The policy was amended in response to the comments and recommendations that arose through the consultation period and finally approved by the governing body in 2008.
- 2.4 A summary of the policy has been disseminated to parents through the newsletter, to staff, governors and catering staff through meetings and pupils through the school council and an assembly. All members of the school have been invited to view the full policy, a copy of which is held with other school policies in the school office. All approved policies are available on the school website.

3. OUR AIMS

*'Learning together
Opening eyes
Building community
Reaching for the skies'*

3.1 We aim to: -

- Improve the health of the whole school community by supporting pupils and families to establish and maintain life-long healthy and environmentally sustainable eating habits;
- Create a happy, caring and secure environment promoting an ethos which reflects the school's commitment to high achievement, good relationships and the equality of opportunity for all children.
- Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the whole school day, as outlined in the National Healthy School Programme;
- Integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities;
- Ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school.

4. OUR OBJECTIVES AND DESIRED OUTCOMES

4.1 We shall accomplish our aims through food education, including the development of skills such as cooking and growing, the food served in school and core academic content in the classroom.

4.2 We shall work towards the following **objectives**: -

- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and its impact on both health and the environment;
- 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;
- To ensure the food provision in school reflects the ethical and medical requirements of all pupils and staff, e.g. religious, ethnic, vegetarian, medical and allergic needs;
- To encourage parents/carers who provide food and drink for consumption at school (packed lunches, snacks, etc.) to meet the same standards as food provided by the school;
- To ensure that food and drink available before and after school meets the same standards as that provided by the school (breakfast/after school clubs, study support/out of hours activities, residential visits, etc.);
- To make the provision and consumption of food an enjoyable, social and safe experience for all;
- To encourage children to develop appropriate skills for choosing and preparing healthy meals;
- To ensure adequate provision for children who have specific dietary requirements in relation to a medical condition (this may conflict with healthy eating principles), e.g. cystic fibrosis;
- To introduce and promote practices within the school that reinforce our aims, and to remove or discourage practices which negate them.

4.3 Our desired outcomes are: -

- Staff are trained in practical food education;
- Pupils choose healthy and nutritious food across the school day and enjoy it;

- The whole school is aware of how they are transforming school food;
- There are few/no behavioural incidents in the eating areas;
- The school meets the school food standards;
- Pupils can plan and cook healthy food;
- There are snacks available that are not rich in salt, sugar and fat;
- There is increased fruit and vegetable consumption;
- All pupils achieve a healthy body weight.
- The school promotes healthy choices.

5. MANAGEMENT AND CO-ORDINATION

- 5.1 There is an identified member of the senior management team who oversees all aspects of food within the school. Their role is to ensure the following:
- 5.1.1 Establish an effective structure to oversee the development, implementation, monitoring and review of this policy and to encourage a participatory approach to achieving the objectives (for example, by setting up a School Nutrition Action Group, SNAG).
- 5.1.2 Provide an environment that is both physically and socially conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food and drink.
- 5.1.3 Establish a process for reviewing the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date. Ensure the school complies with current National Nutritional Standards for school lunches and other food in school and with the Food in Schools Standards.
- 5.1.4 Ensure that outcomes of the Policy contribute to the completion of the self evaluation process, including the Ofsted SEF and National Healthy School Status.

6. FOOD DURING THE SCHOOL DAY

- 6.1 The school community has agreed to promote a balanced diet, in line with 'The balance of good health.'
- 6.2 **Snacks / fruit in school:** The school participates in the National Fruit and Vegetables to School Scheme which entitles all KS1 children to a free piece of fruit or vegetables every day. All KS2 children are encouraged continue with this by bringing a piece of fruit or vegetable into school for break time. Children are asked not to bring in confectionary or crisps.
- 6.3 **School meals:** The school uses County Caterers to provide hot school meals. Regular meetings between the Head Teacher, County Caterers area manager and school governor are held to discuss how CC is meeting the government's school food and nutrition standards, and the promotion of healthy options to the children. A band system is implemented where children can choose the school meal they wish to eat, in order to minimise wastage and to ensure they will be eating something they like.

- 6.4 **Packed lunches:** Parents are requested to support the school's commitment to healthy eating by not sending in large quantities of unhealthy snacks such as chocolate bars and crisps. This is also in recognition of the important impact of peer pressure on children. The school endeavours to ensure that information and ideas about healthy packed lunches is sent home regularly to promote awareness and support for this agenda.
- 6.5 **After school clubs:** Food provided meets government (DCSF) standards for non-lunch school food. This is monitored by the Headteacher.
- 6.6 **Birthday treats:** The School council discuss birthday treats and decided that small cakes/buns or sweets were acceptable to be given out at the end of the school day.
- 6.7 **School community events and parties:** The school is not required to meet government school food standards at one-off events such as Christmas Bazaar and Summer Fete. The school sees such events as celebration times, when it is appropriate to enjoy treats together. However, care will be taken to ensure healthy drinks and snacks are also available and that the nature of the event does not promote excessive consumption of less healthy options.
- 6.8 **Trips and off site purchase of food:** As with all other policies, the school's healthy eating policy will also apply.
- 6.9 **Storage of food:** Hot food is supplied by Shipston High School and maintained according to the standards required. The school will ensure that packed lunches etc are stored in a clean environment and away from heaters and direct sunlight.
- 6.10 **Nuts:** Children are not allowed to bring nuts into school due serious nut allergies of a few children.
- 6.11 **Water:** Water is provided for all children at lunchtime. There is also a water supply available to children, where they can fill water bottles. Children are encouraged to bring in a water bottle by their class teacher and through assemblies. Parents are encouraged to supply their children with water bottles through newsletters. It is parents' responsibility to ensure that water bottles are taken home and washed regularly. Teachers will encourage children to take a drink daily, and will particularly encourage children displaying poor behaviour or lack of concentration, or where parents have made staff aware of any medical condition that can be improved with increased consumption of fluids. Water bottles should only contain water, not squash or juice. This is to avoid problems with spillages (juice and squash cause more damage and the sugar in them attracts ants).
- 6.12 **Milk:** Subsidised milk is provided to Reception and Key Stage 1 children. Parents are made aware of how to access this scheme through the school newsletter. It is stored in a fridge.
- 6.13 **Other drinks:** Juice is provided for children taking school meals at lunchtimes. Fizzy drinks are never served to children and parents are asked not to send these into school for health, practical and environmental reasons. However, these may be available during PTA events.

7. STAFFING AND STAFF DEVELOPMENT

- 7.1 All staff, including support and catering staff, need access to professional development and support relating to food, nutrition and basic food hygiene. A range of provision will need to be identified that meets staff needs across a range of roles and responsibilities.
- 7.2 Areas of staff expertise and individual staff development needs will be identified through existing staff development systems. This will be ascertained through (e.g. staff audit, performance management, etc).

8. CURRICULUM ORGANISATION, PLANNING AND DELIVERY

- 8.1 We will ensure that the taught curriculum and food provision throughout the school day present a consistent message. There are opportunities to explore issues around food in many subject areas. We undertake to capitalise on these opportunities in order to: -
- Bring the subject "alive" through curriculum links and projects that provide ongoing contact with food professionals.
 - Develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures.
 - Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.
- 8.2 Both curricular and extra-curricular activities will help pupils develop an understanding of food issues, including: growing; hygiene and safety; preparation; nutrition; healthy lifestyles; and the food industries.
- 8.3 The school teaches pupils about food and healthy eating through the Science and PSHEE Curriculum, assemblies and Healthy Lifestyle Day.

9. ASSESSING, RECORDING AND REPORTING PUPIL PROGRESS

- 9.1 Pupils' knowledge, skills and attitudes to food are assessed within PSHEE, Design and Technology and Science, in line with the whole school assessment policy.

10. PARTNERSHIPS

- 10.1 The school values working in partnership with parents/carers and with the wider school community. This is an essential part of promoting healthy lifestyles. Partnership working will be promoted through School councils, health professionals, healthy school staff, parents, healthy lifestyle day and policy development.

11. EQUALITY OF OPPORTUNITY

- 11.1 In accordance with school and Local Authority policy, a commitment to equal opportunities and inclusion will be built into all aspects of food and drink provision.

12. MONITORING AND REVIEW OF THE POLICY

12.1 The effectiveness of this policy will be judged according to the strength of the written, oral and observed evidence to demonstrate the achievement of the objectives and desired outcomes above. This will be monitored, evaluated and reviewed by senior management and (e.g. Governors, Design and Technology Leader, PSHEE Leader, SNAG, School Council, pupils, staff, etc).

13. FURTHER INFORMATION

13.1 For further information about current initiatives and resources to support a whole school approach to food in school visit: -

- www.warwickshirehealthyschools.com
- www.healthyschools.gov.uk
- www.schoolfoodtrust.org.uk
- www.foodinschools.org/fis_toolkit.php