



WHOLE SCHOOL FOOD POLICY

Non-Statutory Policy (Annual Review)

Date next due for review	Date reviewed by Committee or Full Governing Body (FGB)	Any Changes YES/NO	Approved by Full Governing Body
	21 November 2016 (FGB) (Went to parents' consultation)	Yes – updated policy (No changes following parents' consultation)	13 March 2017
October 2017			

BRACKEN LEAS PRIMARY SCHOOL WHOLE SCHOOL FOOD POLICY

INTRODUCTION

Bracken Leas is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, children/young people.

The policy is referred to in the school prospectus/profile and is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence based findings; and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet.

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material

Standards for school food throughout the school day are in place.

www.childrensfoodtrust.org.uk

Further information can also be found in the School Food Plan (July 2013)

www.schoolfoodplan.com

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by the Governors and It is the Senior Leadership Team that oversees all aspects of food in school.

FOOD POLICY AIMS

The main aims of our school food policy are for example:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food/drink choices throughout the school day and ensure food brought into school is healthy too
3. To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school

These aims will be addressed through the following areas:

1. CURRICULUM

There are numerous opportunities in the curriculum for pupils to develop knowledge of health -explore and include them here.

We run an afterschool 'Let's Get Cooking' cooking club in school for Key Stage Two children. Our Eco Club grow various vegetables and soft fruits. They also grow potatoes under the *Potato Council scheme*.

In Foundation Stage, KS1 and KS2 there are a number of opportunities for pupils to develop their knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from e.g. shopping, preparing and cooking food.

It is legislation (September 2015) that nutrition education is embedded in the curriculum and there is consistency across different subjects- science, technology, PSHE, PE and that it remains consistent with the whole school food policy.

Other examples of coverage are:

English – poetry, persuasion and argument e.g. writing to a company to persuade them to use advertising to encourage children to make healthier choices and offer those choices in their products.

Maths – offers the opportunity to look at labelling for weights, calculating quantities for recipes and measuring ingredients.

Science – learning about the main food groups and the foods that are present in these groups, how they help us to stay healthy, are digested and how our body responds to exercise.

R.E. - discussion and understanding about the roles of certain foods in the major religions of the world - experience of foods that may be associated with particular religious festivals.

Computing – can offer the opportunity for research on all types of food issues.

D.T. – food technology provides the opportunity for planning, cooking and preparation of a variety of foods that can also be packaged in individually designed boxes.

P.S.H.E. – encourages the children to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle.

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 who rely on growing food as their source of income.

History – provides insight into the changes in diet and food related to times and events in the past.

Physical Education – provides children with the opportunity to develop physically and to understand the practical impact of sport, exercise and other activities such as walking that will improve their long term health.

This is addressed through:

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for food in schools became compulsory in June 2014. Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm. (Full details and the documents and guidance relating to this are available from the Children's Food Trust) www.childrensfoodtrust.org.uk

BREAKTIME SNACKS

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

In line with legislation and in sync with the Universal free fruit scheme, BLPS expects children across the school to consume an item of fruit and/or vegetables at break time. We participate in the National School Fruit and Vegetable Scheme. Fruit and vegetables are delivered to the school and it is the responsibility of each teacher in EYFS and KS1 to ensure that children have access to this. EYFS have a rolling snack throughout the morning; between 9.30 and 11.00a.m. children can help themselves. In KS1 the fruit and vegetables are available at morning break.

Staff are always expected to act as role models to children and as such will only consume non-fruit items in the staff room, out of the sight of pupils

SCHOOL LUNCH

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

As a school we encourage pupils to have a school lunch provided by our catering service Dolce catering <http://www.dolce.co.uk/catering/education/> and free school meals are provided to all those pupils who are entitled to them. Parents can contact the Free School Meal Team at Northamptonshire County Council:- tel. 01604 236656 or email freeschoolmeals@northamptonshire.gov.uk to confirm whether they are eligible for Free School Meals.

All menu's prepared by Dolce are well balanced and Nutritious in line with the Nutritional Standards (2006) and The School Food Standards (2014); menus are cycled on a three week rota to provide variety and balance.

We include newsletter items on healthy eating. To help reward the children for eating healthily, all lunchtime supervisors are provided with special healthy food stickers to give out each day.

Parents and carers are also reminded about keeping food cool especially during hot weather.

PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'eatwell plate'. This will ensure children having packed lunches have a healthy balanced meal.

Food safety issues around packed lunches will be conveyed to parents.

On the school website we give advice for parents on healthy lunchbox ideas. There is a link to Change 4 Life with ideas for healthier lunchboxes. Sweets, crisps, chocolate or chocolate covered items are not permitted in school lunches in line with the School Food Standards (2014:9).

Please see separate *county agreed* pack lunch guidance on our school website

<https://www.brackenleasschool.co.uk/wp-content/uploads/2015/11/healthy-lunch-box-content.pdf>

USE OF FOOD AS A REWARD/BIRTHDAYS

The school does not allow the eating of sweets or other foods high in sugar or fat on site, in line with the School Food Standards (2014), the Childhood Obesity – Plan of Action (2016) and the Healthier Child Project, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at the lunchtime meal service. We have water dispensers in Key Stage 1 and Key Stage 2 so all children can access water at all times, and all children bring a water bottle into school to be kept in their classroom.

4. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices as required.

VEGETARIAN DIETS/HALAL MEALS

School caterers offer a vegetarian option at lunch everyday. Dolce are unfortunately unable to provide Halal meals as food is prepared in a "kitchen pod" which is not equipped for this purpose.

SPECIAL DIETS - MEDICAL

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. The school and school caterers (if appropriate) are made aware of any food

allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

We ask that children do not bring foods containing peanuts into school in their lunchboxes. Children who require a special diet wear a red lanyard so that they can be easily identified by lunchtime staff.

Parents are given a Medical Diet School Meal Request Form if they have a child who follows a special diet and requires a school meal, available from the relevant school food supplier.

5. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

- The cook – Maxine Sutton and kitchen assistant Catherine Bedell have Food Hygiene Certificates – level 2.

6. THE FOOD AND EATING ENVIRONMENT

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment. Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

7. LEADING BY EXAMPLE AND STAFF TRAINING

Teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. Paul Evans from First for Wellbeing meets with the Healthy Eating Co-ordinator on a regular basis which is then disseminated to staff.

It is essential that staff are committed to setting an example with food in school; we actively encourage staff to promote a healthy lifestyle and to be good nutrition role models.

8. CONSULTATION/MONITORING AND EVALUATION

This policy has been developed in line with The Healthier Child Project, with reference to The School Food Plan (2013) The School Food Standards (2014) and Childhood Obesity – A Plan of Action (2016).

Furthermore, we have consulted the whole school community. The policy and its impact is reviewed on an ongoing basis.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.

9. REVIEW

Date policy implemented: November 2016

Review Date: October 2017