

Whittonstall and Broomley First Schools



Food in School Policy

Policy Reviewed	September 2022
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Next Review	September 2023
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Whole School Food Policy

At Whittonstall and Broomley First Schools we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the schools, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Aims and Objectives

- To provide our pupils with high quality, balanced for meals and snacks in our schools that are affordable and meet the highest standards within current guidance.
- 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 Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.

This Policy is written with the latest up to date guidance from:

- The Food Standards Agency: <https://www.food.gov.uk/>
- School Food in England (last updated 26th August 2021) from the DfE

This policy will be regularly updated to ensure our schools provide our pupils with the best possible options that follow latest guidance and best practice.

Settings for food policy

We do not use vending machines in our school. Currently we do not run a tuck shop but if we decide to do so in the future, the food policy will be applied to all items sold.

Food During the School Day

In our schools we provide our pupils with two opportunities to eat throughout the day; morning snack time and lunch. Pupils are able to access fresh water at any point during their day.

Snack

In our EYFS and KS 1 classes, all children are provided with a morning snack of fresh fruit. In EYFS, children are able to access morning snack throughout the morning, KS1 access snack during morning break. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day.

In Key stage 2, school does not provide a fruit or vegetable snack. We do however actively encourage all of our KS2 children to bring an item of fruit or vegetable from home to be eaten during morning break.

These are the only permitted snacks for morning break.

We acknowledge that children may have specific dietary needs and may therefore require an alternative to this arrangement. In this circumstance we will ensure that we work together with parents and medical professionals to support the needs of the pupil on an individual basis.

School lunches and packed lunches

Promoting happy healthy lunchtimes

In both schools our catering managers Mr Brennan and Mrs Robinson make lunches on site. The meals served adhere to the latest guidelines for food standards in school and are healthy and nutritionally balanced. The menus are also planned by our catering managers, and are reviewed regularly to ensure they take into account the needs of our pupils and their opinions.

Each day the kitchens provide:

- 3 Options for children to choose from; a vegetarian and non-vegetarian option, as well as the option of a jacket potato with a range of fillings. (Children are able to select their option daily and are not required to choose in advance of the day)
- A daily salad bar and fruit bowl, providing the children with a range of fresh fruit and vegetables.
- A selection of desserts

The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices to encourage children to choose a variety of foods throughout the week and encourage pupils to try new foods.

The school will provide hygienic facilities and a calm dining environment, where children are encouraged to sit with their peers and enjoy a healthy dining experience. The school will

ensure that packed lunch pupils and school hot dinner pupils are able to sit and eat together comfortably.

In our schools children also have the option of bringing a Packed Lunch to school. We recognise that this might be a more cost effective option for parents and that some children prefer specific items from home. Where parents and carers do provide a packed lunch we support them to use the following guidance to ensure they work in partnership with the schools to meet the aims of this policy.

Packed lunches should aim to provide:

- A source of complex carbohydrate for energy, eg.bread, pasta, rice, couscous, noodles, potatoes, cereals or a small packet of crisps.
- A source of protein, such as meat, fish, dairy or other source of non-dairy protein (eg lentils, kidney beans, chickpeas, hummus and falafel)
- At least one portion of fruit
- At least one portion of vegetables.
- Healthy drink such as water or a carton of fruit juice

Packed lunches may also include **one small** treat item ie/ a small biscuit or cake.

Food brought into school must not include:

- Nuts or products containing nuts or traces of nuts.
- Carbonated/fizzy drinks
- Sweets or chocolate bars of any kind
- This may change dependent on current allergies in school, all stakeholders will be informed if this occurs.

As fridge space is currently not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to preserve their food.

When a child has a packed lunch the school will ensure that the contents of the lunch box are returned home so parents are able to monitor what their child has eaten.

Special diets and allergies

The school also recognises that some pupils have special diets due to a medical diagnosis. In this instance the school's catering managers will work with the families to ensure that we are able to meet the medical requirements where possible. In this instance we understand that it may not be possible to fully meet the standards of this policy.

Water for all

Water is freely available throughout the school day to all members of the school community. Children are encouraged to bring in their own water bottles from home, which can be refilled at our water filling stations. Children may drink their water at any time during the school day. School cups are also available for any child who does not have their own water bottle.

Monitoring

Children eating in the dining room are supervised by school staff and are encouraged to eat their lunch with a knife and fork. This helps to support and reflect what they do at home.

Manners are incredibly important in both of our schools and we believe lunchtime is an opportunity to practice those skills. Therefore, children will be actively encouraged to use manners daily, with staff encouragement and modelling.

Food choices (for both packed lunch and school dinners) will be monitored by supervising staff.

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. Parents and carers are updated termly on our water and packed-lunch policies through the school newsletter. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, the only exception to this is at lunch when children may drink fruit juice that contributes to one of their five a day.

During out-of-school events, e.g. school discos etc. the school will endeavour to provide refreshments in line with our current school policy. If the refreshments fall outside of our policy parents will be informed in advance.

We encourage exemplary table manners within our schools, and work in partnership with our families to ensure that we support the manners that the children are taught at home.

Food across the Curriculum

In EYFS, KS 1 and KS 2, opportunities are created 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.

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and Design technology. We ensure that pupils are taught cooking skills in line with the National Curriculum and that those skills are progressive and appropriate for the age range.

Details of the curriculum aims and objectives can be found in the relevant subject documents in school.

Curriculum Links:

There are opportunities to explore issues around food in many subject areas and we actively strive to capitalise on these opportunities throughout our curriculum. Opportunities include encouraging children to:

- 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.
- Use both curricular and extracurricular activities to help pupils develop an understanding of food issues, including: growing; hygiene and safety; preparation; nutrition; healthy lifestyles; and the food industries.
- Use the local community to support our teaching in school, with links to local agriculture and cooking business.
- Support those less fortunate than ourselves by fund raising for good causes and having regular food bank collections during the school year.

We recognise the role that food plays in our society and are continuously looking for ways to support the children in their learning.

Assessment and Understanding:

Assessing, recording and reporting pupil progress Pupils' knowledge, skills and attitudes to food are assessed within PSHE, science and Food Technology in line with the whole school assessment policy.

All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.