



Ashwood Park Primary School

Food In School Policy

Responsibility	Headteacher
To be reviewed	Bi - Annually

Ashwood Park does its utmost to teach children the key points about living a healthy life, including the importance of making healthy choices about food. We are proud to be a health promoting school and our policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

Aims and Objectives

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is and that food comes from a variety of sources.
- To give children the skills they need to make the right choices with regard to food and drink, and be able to apply the concept of a balanced diet to plan their own meals
- To help children understand that food contains nutrients that people need to stay alive and maintain good health.
- To promote the physical and emotional well-being of all our children.
- To ensure that the food ethos in school is not in conflict with the healthy eating messages delivered in the curriculum

The school will enlist the help of its school caterer, school health advisor and other professionals to help promote healthy eating habits.

Curriculum

We will plan explicit teaching about healthy eating in our curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world.

Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

National Nutritional Standards

National Nutritional Standards for school lunches became compulsory in April 2001.

Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

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

More information can be found on the following website; www.schoolfoodtrust.org.uk/the-standards

Breakfast and After School Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school operates a breakfast club that provides a nutritious meal for pupils before the school day.

Break Times

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

The school actively discourages the consumption of snacks high in fat and sugar at break-time. Children will be encouraged to bring fruit to eat at break times if they wish to have a snack.

Children in EYFS and Key Stage One benefit from the National School Fruit Scheme; this entitles them one free piece of fruit or vegetable a day.

We will not have vending machines on the school site that dispense sweets or chocolate.

All staff will role model healthy eating choices.

Lunches

We will serve only healthy food and drink for our school lunches. The lunches will be prepared by our school contractors, who will not be granted a tender unless they make a commitment to provide healthy food. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value.

School menu's are advertised in the school hall, sent home to parents termly and published on the school website.

Children are not rushed at lunch time to finish their meal or move away from friends - we aim that this should be a sociable and enjoyable time for children.

The dining environment is made as welcoming as possible for children.

School staff are encouraged to eat their lunch in the hall with the children at least once a half term.

The school recognises the benefits of a well balanced, hot school meal for children at lunchtime and would recommend to parents that this is the best option. However, if parents decide to send a packed lunch from home, we will:

- Send lunch box leaflets home that outline suitable lunchbox foods
- Make all parents aware of the food in school policy
- Promote examples of healthy packed lunches at parents evenings and for new parents

Parents are advised to include an ice pack, particularly during summer months since food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them which may be harmful to a child.

Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then bought into school.

All litter from packed lunches should be returned in the lunchbox so parents are aware what their child has eaten.

In addition, the school requests that parents do not include the following items in packed lunches:

- Salted nuts, sweet nut bars or any food containing salted nuts
- Fizzy/sugary drinks
- Savoury snacks high in salt and fat

Parents who may have difficulty following this, are requested to speak to the headteacher.

Food As Rewards

We will not give sweets or chocolate as prizes or rewards in school. Other methods of positive reinforcement are used in school.

We recognise that some children like to bring confectionery in for their friends when it is their birthday. In not wanting to discourage such acts of kindness, such treats will be distributed at the end of the day for the children to take home with them.

Water

We will encourage children to drink plenty of water by providing them with a water bottle for use at any time, access to cooled water, and regular opportunities to drink water throughout the day.

Other drinks in water bottles are not permitted in school.

Jugs of water will be provided at the dining tables for all children.

Food allergies and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Food Health and 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 hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Role of Parents

We will work closely with parents to ensure that the messages about food and drink we give in school are reinforced and supported at home.

We expect all parents who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

Parents will be consulted regularly on food in school - where possible changes to practice will be implemented following consultation and parents informed of any changes made.

The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every two years.

September 2015