



Scalford C of E Primary School

Food Policy

2017

Headteacher: Mrs M Waring Chair of Governors: Mr A Cox

REVIEWED January 2017

Signed copy in the School Office

Introduction

The school is dedicated to providing an environment that promotes healthy eating to encourage higher levels of concentration and therefore attainment to work towards achieving the school's vision. This will enable 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 school policy.

Food Policy Aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the day

These aims will be addressed through the following areas:

Equal Opportunities

In healthy eating, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage (Appendix 2). This is addressed through Science and Design and Technology lessons.

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

Leading by example and staff training

Teachers, caterers and school nurses 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.

Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas.

Evaluation of pupils learning

The healthy eating aspects of the National Curriculum are assessed through teacher assessment as part of ongoing assessments.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

Food and Drink Provision throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral requirements. We know through consultation with pupils and parents/carers, that the overwhelming majority of our pupils come to school having had breakfast.

Eating a healthy breakfast is promoted throughout the year but in particular during our annual Breakfast week.

National Nutritional Standards for School Lunches

The government introduced National Nutritional Standards for School Lunches that became compulsory in April 2001. These standards apply to all hot and cold midday meals prepared for pupils during term time, including packed lunches. The standards describe how many servings from each food group of the Balance of Good Health should be available at lunch.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. Every effort is made to liaise with the catering service in providing a healthy school meal.

Snacking

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 discourages the consumption of snacks high in fat and sugar at break-time. Fruit is provided for Years R, 1 and 2 under the government's fruit scheme. KS2 children can bring in their own fruit.

Fresh fruit will be placed in designated areas within the appropriate classrooms to ensure children have free access to their daily fruit. Milk will be collected by a member of staff when it is due to be served, to ensure it maintains freshness. Children must not collect the milk from the fridge as this will create a health and hygiene risk.

Drinking water

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

The school agrees with this recommendation and provides a free supply of drinking water. A water fountain is available within school and children are welcome to bring bottles for playtimes and lunchtimes.

Hot Drinks

All staff, including visitors, work experience students and volunteers should adhere to the following policy: Hot drinks in an open mug may be offered in a designated safe area where there are no pupils present. All hot drinks taken out of the resources room into school must be in a sealed thermostatic drinking cup. If a pupil should inadvertently be in the room where hot drinks are being consumed, then every effort must be taken to minimise potential risk to the pupil.

All staff on playground duty that do not get a break may have a hot drink, provided that the drink is served in a sealed thermostatic drinking cup and it is not left unattended in the area where the pupils are present.

FOOD AND DRINK BROUGHT INTO SCHOOL

Mobile Caterers serving food on school premises / village hall

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions.

Packed lunches

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches.

The school wishes to encourage parents and carers to provide children with packed lunches that adhere to these standards. This is to be achieved by promoting healthy packed lunch options and the student council also promote 'healthy lunchboxes' and conduct healthy lunchbox surveys.

SPECIAL DIETARY REQUIREMENTS

Special diets for religious and ethnic groups

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

Vegetarians and vegans

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

Food allergy and food 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 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.

Monitoring and Evaluation

Assessment of the success of the School Food Policy is to be the responsibility of all staff, including staff on duty at playtimes and lunchtime supervisory staff. Lunchtime supervisory staff will liaise with class teachers about individual children and report trends to the Headteacher.

APPENDIX 1 – NUTRITIONAL GUIDELINES

National Diet and Nutrition Survey of 4 to 18 years old

Young people require a varied and balanced diet to maintain health and promote proper growth and development. A good diet in childhood can also help prevent ill health in later life. The National Diet and Nutrition Survey of 4 to 18 years olds found that although the majority of young people in the UK are getting all the nutrients they require, they are not eating a balanced diet. On average, sugar in carbonated drinks and sweets, which can cause dental caries, provided 16% of food energy, which exceeded the recommended average intake of 11%. Also, the intake of saturated fats from pastries and cakes was higher than the recommended average intake. These findings suggest that young people could benefit from consuming less food and drinks high in sugar and fat, and more fruits and vegetables and bread, other cereals and potatoes.

Dietary Reference Values for Food Energy and Nutrients for the UK

These values described in the 1991 report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food Policy, are estimates of how much of individual nutrients people require including children.

The healthy eating principles which this policy uses help to ensure that pupils are eating a diet that provides the recommended amount of the different nutrients required for health.

The Balance of Good Health

The Balance of Good Health (BOGH) is a pictorial representation of the recommended balance of foods in the diet, which aims to help people understand and enjoy healthy eating. It shows the types and proportions of foods needed to make a well-balanced and healthy diet. It is suitable for all children of school age, adults, vegetarians and people of all ethnic origins.

The five food groups that make up the BOGH are:

- Bread, other cereals and potatoes
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish and alternatives
- Foods containing fat, foods containing sugar

The BOGH contains the healthy eating guidelines that this school will apply through its food policy. The BOGH will be used to teach about and promote healthy eating, and in menu planning.