

PUDSEY BOLTON ROYD PRIMARY SCHOOL
FOOD POLICY

Introduction

Our school recognises the importance of a healthy balanced diet on pupils' emotional and physical health and their capacity to learn effectively and achieve well in school. The principle aim of this policy is to ensure that all aspects of food and drink in school promote the health and well being of the pupils, staff and visitors to our school.

The policy has been produced in consultation with pupils, staff, parents, governors and LEA representatives.

Aims

- To actively support and promote healthy eating and drinking throughout the school day.
- To provide children with the opportunity to learn about health, nutrition and well being through the taught curriculum.
- To ensure children have access to safe, easily available drinking water during the school day.
- To make the provision and consumption of food an enjoyable and safe experience.
- To ensure that food provision in school complies with the national standards as set by the government and reflects the ethical and medical requirements of staff and pupils.
- To improve the health of pupils and staff by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- To work in partnership with the school caterer and parents to provide healthier options.

Settings for Food Policy

Snacks

- Children in Nursery and Reception are provided with whole milk daily. In Key Stage 1, children are provided with semi-skimmed milk daily. In Key Stage 2, milk is offered for children at the start of the day. All parents can opt in to this scheme.
- As part of the National Fruit and Vegetable scheme, all Foundation Stage and Key Stage 1 children are provided with a free morning snack of washed (and cut where appropriate) fruit or vegetable, which is shared in the classroom.
- Key Stage 2 children are encouraged to bring a piece of fruit or vegetable to school, to eat at morning break time. Children are also able to buy fruit, vegetables and fresh fruit juices at our Healthy Tuck Shop. Our tuck shop is open twice a week at morning break time and is run by Key Stage 2 pupils.
- Pupils may not bring sweets to school but are encouraged to bring a healthy snack for playtimes.

Water

- Cold water is freely available throughout the school day to all members of our school community. Drinking water fountains are sited in all classrooms and in the dinner hall. Chilled water is available in the staff room.
- Children are made aware of the benefits of drinking water regularly and are encouraged to do so. They may drink water throughout the school day and are encouraged to bring their own water bottle. Water bottles enable children to drink water throughout their lesson time and lunchtime.
- In the dinner hall, every child is served a cup of fresh water with their lunch. Jugs of water are available on every table.

Dining environment

- The school is committed to providing a welcoming eating environment that encourages positive social interaction with others.
- All children are encouraged to eat the food they have been provided with.
- Fresh drinking water is available at all times.
- Pupils are rewarded for good behaviour and eating healthy meals through stickers and praise. Each week, dinner staff nominate children who have shown good manners. They are invited to “High Tea” with the headteacher to enjoy a drink and biscuit.

School lunches

- Our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. The catering provider is contracted to ensure that the Government School Food Standards are duly met. (See Appendix 1)
- School meals are offered for free to all children in Nursery, Reception and Key Stage 1 classes.
- School menus have been developed in consultation with parents, pupils and teaching staff. Regular tasting sessions are held with parents and pupils.
- School lunch menus are displayed in each classroom and in the dining hall. The school lunch menu is also available for parents to view on our school website.
- The school caters for a diverse range of dietary needs and this is reflected in our menu provision.

Packed Lunches

- Many children bring packed lunches to school and whilst the content of these is a matter of parental choice, parents are encouraged to support the school’s healthy eating ethos, by providing a healthy balanced packed lunch.
- Guidance on healthy packed lunch choices, has been issued to parents through leaflets and newsletters, following guidance from the School Food Trust, and is attached to this policy (see Appendix 2).
- Parents are advised that snacks such as fizzy drinks, sweets or chocolate bars are not to be included in packed lunches.
- We do not allow children to swap or share food with others at lunchtime.

Pupil Voice

- Our pupils play a key role in giving feedback to our catering providers. Year 5 and 6 pupils can apply to be School Food Ambassadors. They receive training in their role, and meet each half term. At various times in the year, School Food Ambassadors collect feedback from pupils to ensure that we are providing enjoyable meals and a positive dining experience. They meet regularly with the catering providers and kitchen staff to discuss the results of their surveys and make suggestions for developing the menu.

Healthy Tuck Shop

- The school has a tuck shop for Key Stage 2 children, which opens two days per week at morning break time. The shop is managed by teaching assistants and runs with the help of Key Stage 2 pupils. It is a non profit making venture, with good quality fruit and vegetables being purchased from a local supplier. The range of products available varies, dependent on season and demand. We occasionally run ‘special promotions’ with free tasting sessions, to encourage pupils to try new products.

Before-school club

- A before-school club is open to pupils every morning from 8.30am at a cost of 20p per day. The club is run by our learning mentor and aims to provide a relaxed and pleasant start to the day.
- Children are offered a drink of juice and a piece of toast, as well as the opportunity to play and spend time with their friends.

Food across the curriculum

- There are many opportunities throughout the curriculum for pupils to develop knowledge and understanding of food, including nutrition and healthy eating patterns, preparing and cooking food, learning where food comes from and the impact of food production on health and the environment.
- Our curriculum schemes of work specify that these aspects of food and nutrition are taught in a variety of curriculum areas, including science, PSHCE, RE and Design technology.

Cooking lessons

- Cooking and nutrition forms an important part of the DT curriculum.
- Each child in school is given the opportunity to learn essential cooking skills to enable them to make healthy choices, develop independence and prepare them for adult life. In Nursery and Reception, children take part in regular cooking sessions and parents are asked to make a termly contribution towards the cost of ingredients.
- In Key Stage 1 and 2, children learn cooking skills in small groups in our teaching kitchen.
- A dedicated member of staff is responsible for planning and teaching the sessions. The recipes which children will cook have been chosen by Healthy Schools Co-ordinator and DT coordinator. We ensure that during their time at school children will learn to cook simple, nutritious meals which form the basis of a balanced diet (see Appendix 3)

Themed Weeks/Initiatives

- In order to maintain the high profile of healthy eating in school, we aim to deliver regular whole school assemblies with a healthy eating theme.
- We aim to plan at least one event/themed week per year, which focuses on food education and healthy eating.
- School Food Ambassadors help to plan and lead a Healthy School Challenge in the summer term of each year. This is usually a 6 week long challenge, agreed by the children, to promote a healthy lifestyle.
- Each year, our school takes part in a "Potato Competition", in which all the children help to grow and harvest their own potatoes. In this way, children are able to experience first-hand where their food comes from and enjoy tasting the produce.

Extra Curricular activities

- The school has an active gardening club, who are responsible for developing the garden area, growing crops in our poly tunnel and maintaining our flower beds. Plants are offered for sale to parents at certain times of the year.
- Our learning mentor runs a "Change for Life" club to promote healthy eating and exercise.

Dissemination, Monitoring and Evaluation

- The policy, and any future amendments to it, will be communicated clearly to pupils, parents and staff via the school council, staff meetings, parent newsletters and on the school website.
- The different aspects of this policy will be monitored and evaluated by a member of the senior management team responsible for food, together with the support of the Healthy

Schools team. Pupils, staff, parents and governors will be involved in the evaluation of these actions.

Policy prepared by: Catherine Upton

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