

Whole School Food Policy.

Rationale

Diet is central to health and children and young people's diet can be an important influence on their health now and in the future. Kenmore Park Infant and Nursery School believe it is important that we promote health with all members of our school community and demonstrate a positive approach with regard to foods, balanced diet and healthy eating patterns. This policy is a key part of our work to support and endorse children's right to nutritious food (article 24-a right to healthy food and clean environment) and the outcome of 'be healthy' for our children and young people.

Aim

To develop a whole school approach to healthy eating to enable and encourage the nutritional health (article 24) and wellbeing of the pupils, staff and visitors. To Support our Children's rights to 'survive and develop healthy (article 6)

Objectives and guidelines

- To provide a formal curriculum that ensures all information relating to food and nutrition is consistent and up to date, provides opportunities for pupils to develop and practise their skills in making healthy lifestyle choices and considers attitudes towards food.
- To promote healthy eating and drinking messages in all aspects of School life.
- To work with the school caterer to ensure that school meals meet the government nutritional standards and provide balanced and healthy choices. (see appendix A)
- To make consumption of food and drink an enjoyable experience
- To provide access to drinking water for all the school community
- To ensure the food provision and food messages reflects the individual needs of staff and pupils
- To ensure that any packed lunches brought from home and consumed in School provide pupils with nutritious food in line with the nutrition standards and the school policy.

Contextual Information

Our school meals are provided by ABM catering and on an average day the pupils' current take up is;

- Packed Lunches-11%
- School Lunches-89%
(Vegetarian-17%. Eggless/allergy 6% and meat 66%)

Formal Curriculum

In the Foundation stage, Key Stage 1 there are a number of opportunities for pupils to develop their knowledge and understanding of health and nutrition, including balanced and healthy eating patterns.

- Each year group has a curriculum map that demonstrates and encourages cross curricular liaison between subjects / topic areas. (Science, D&T and PSHE)
Foundation Stage.
- Creative development-exploring a range fruit and vegetables.

KS1

- Science: Health and growth.
Pupils have the opportunity to plan a 'healthy meal'
Pupils learn that fruit and vegetables have nutritional value and are an important part of our diet
- Art: provides opportunities to handle/investigate foods and food issues by investigating different fruits.

Extra Curricular activities:

The School encourages pupils to actively participate in extra curricular activities that encourage and promote healthy lifestyles messages and the children right to join clubs (article 15).

The School facilitates an extensive range of after School activities (at various times during the academic year):

- Football, Street dance, Gymnastics, Tennis and Multisports
- In KS1 pupils have the opportunity to attend cooking groups facilitated by a TA (who has a Health and Hygiene Certificate) The pupils engage in making a variety of healthy snacks. The recipes used support healthy eating advice.
- An international Culture day/evening that includes a celebration of foods from different countries.
- A Healthy Schools Week
Each Year group makes a 'healthy snack' –these have included smoothies, fruit kebabs.

Food Provision

- 1) To provide food and drink through the school day that meets the government's mandatory nutritional standards for school food and provides balanced and healthy choices that cater for the religious, ethnic, vegetarian, medical and allergenic needs of all pupils (see appendix A)
- 2) To provide a safe, enjoyable and health promoting environment for the consumption of food in school.
- 3) To ensure all pupils and staff have access to safe, healthy and appealing food and water that complies with new nutritional standards throughout the school day.
- 4) To ensure healthy eating messages are promoted and communicated throughout the school.
- 5) Hot School meals/Packed lunches are eaten in the canteen, where there is supervision by the Lunch time leaders.
- 6) Posters are displayed encouraging healthy eating and well-being messages.
- 7) The School encourages pupils to eat together and practice social skills. Pupils are responsible for clearing away and making sure there is no litter.
- 8) Children are consulted about their views on the dining area and menus via the school council.

<p>Mid morning</p>	<ul style="list-style-type: none"> • The school does not have a tuck shop • The pupils in EYs, 1 and 2 all receive a washed piece of fruit/vegetable through the SFVS • The school does not allow pupils to bring in fizzy drinks, crisps or confectionary • The school allows only fruit and water as a break time snack
<p>School lunch</p>	<ul style="list-style-type: none"> • The school has a contractor caterer (ABM caterers) that provides a daily hot meal • The school works closely with the school caterers to offer balanced and healthy choices that meet the needs of all our pupils including religious, ethnic, vegetarian and medical needs. • The school lunches meet the government nutritional food based standards • Menus are visible to pupils in the dining hall highlighting the healthier choices and menus are sent home also
<p>Packed lunches (see appendix A on further guidelines)</p>	<ul style="list-style-type: none"> • In exceptional cases parents are allowed to send in a packed lunch if a child has serious allergies and it is deemed in their best interest for the meal to be provided from home. The school encourages parents to provide packed lunches in line with healthy eating guidelines • The school provides information for parents about how to provide a healthy packed lunch through workshops and newsletters. • The school does not allow fizzy drinks • Crisps or confectionary are <u>not allowed</u> in packed lunches <u>on any days</u> • The school promotes messages on a balanced and healthy approach to eating with regard to school lunches and has systems in place to monitor pupil choices
<p>Drinks</p>	<ul style="list-style-type: none"> • The school actively promotes the consumption of water • The school has four water fountains that pupils can access easily • Pupils are encouraged to bring in their own bottles of water (labelled) for use in classrooms. • Parents and pupils are responsible for bottle cleanliness • Pupils are encouraged to drink water particularly after physical activity and in hot weather • A plumbed in water cooler is available in the staff room • The school allows only water, milk or fruit juices as drinks in packed lunches.

School Meals

The School encourages the range of food cultures in School to be reflected in hot meal provision. ABM Catering Solution provide the school lunches and these work on a three week cycle.

Teachers are responsible for completing dinner registers each morning and numbers are submitted to the canteen.

To ensure children are eating foods that are accordance with their dietary/religious needs (article 14) Children enter the canteen wearing a coloured band.

Red-meat eater (halal)

Yellow-eggless

Green –vegetarian

The children eat in the canteen between 11.30am and 12.30pm.

All pupils are supported in taking their full food entitlement, for example they are expected to have at least one type of vegetable with their meal or salad.

If there are any concerns that a child is eating too little the parents will be consulted.

Professional development of staff

- Members of staff co-ordinating subject areas attend CPD opportunities to update their knowledge and skills to disseminate this to colleagues during briefings or Inset.
- Information about pupils with food allergies and food related conditions is shared with all staff members and training opportunities provided. (photographs of those pupils with severe allergies are displayed in their classroom and in the medical room along with their protocols) Medical bags are worn which contain epi pens by a supervising adult at all times of the day
- Adults who assist with food preparation activities in the school have the opportunity to gain a food hygiene certificate.

National and local events and initiatives.

The school is involved in numerous events that relate to healthy eating or healthy lifestyles.

- The school has been awarded/validated as a 'Gold' Healthy School.
- The school participates in Walk to School Weeks to promote healthy lifestyles and annually the Whole School go on a walk in the local area.
- The National 5 A Day messages and resources are promoted though the school
- The school holds an annual sports day for each year group and invites parents to attend and support their children
- Annually the school hosts a healthy schools' week. Pupils will partake in health eating workshops, and additional physical activities. The teaching objective for all activities is to promote healthy lifestyles messages.
- The school takes part in WOW- Walk on Wednesdays and pupils receive their WOW badges monthly if they have walked every Wednesday of the Month.

Partnerships with parents and carers.

The School strongly values the partnership with its parents and carers in the promotion and support of the health and well-being of the pupils. Parents and carers are regularly updated on school policy in relation to food through newsletters and parent workshops. We remind parents that no confectionary or fizzy drinks are allowed in School and provide information on the 'Eatwell guide.' (see appendix B for further information) We welcome parents and carers to share their ideas and suggestions in relation to food in the School. During out of Educational Visits and other events, the school encourages parents/carers to consider the food policy, when deciding on refreshments to provide in a packed lunch where packed lunches are provided from home. With the Universal Free School Offer the school ensures the children receive a health packed lunch for such occasions. The school ensures through their caterers that the packed lunch provided meets the health standards.

Monitoring, review and evaluation

- The formal curriculum is monitored through subject review/monitoring systems involving review of planning, lesson observations and pupils' work.
- Lessons and units of work are regularly evaluated with pupils and staff
- The caterers record menu choices and have regular meetings with the SLT and school council to monitor and evaluate the school meal provision
- The Headteacher can evaluate the menu against the food standards using the Headteacher check list (appendix c)
- The school council help to plan ways to promote fruit snacks and other healthy eating messages throughout the school
- The school employs an external catering company who use a computer programme to quality assure the menus in relation to nutritional standards.

Health and safety

It is the responsibility of the parents / Carers to provide an appropriate container in which food items can be stored securely and appropriately whilst at school. Parents are advised to use an insulated bag for storage. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Storage of Packed Lunches

The school will provide a storage area for packed lunch bags, in the most convenient and appropriate place possible. However, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school. All children are encouraged to take up the universal free school meal offer which ensure compliance with the food standards and also hugely reduces issues of hygiene and bacteria forming on food items.

Other issues:

Birthdays

The children are **not allowed to bring in cakes, sweets or confectionary** to distribute to the children when it is their child's birthday. They are encouraged to send in items of stationary or alternatively donate a book to the class library to commemorate the occasion. Any items



deemed inappropriate will be returned to the parent. We are working hard to ensure the safety and well-being of children with allergies whilst also promoting oral hygiene/ pupil health & well-being by discouraging excessive sugar intake.

Celebrations

At the end of each term, each class will have a party. The amount of food donated by parents is regulated by the class teacher. The class teacher will encourage parents to donate 'healthy snack' like boxes of raisins to avoid excessive amounts of sugary foods being eaten. We teach the children the importance of treats consumed in moderation.

Responsibility: SLT

Original policy written: July 2016

Last reviewed: July 2019

Next review: September 2022