

Woodthorpe J.I School

Food, Nutrition and Packed Lunch Policy

1. Background and ethos

At Woodthorpe Junior and Infant School we know that what pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for healthy eating and drinking that occur on the school premises.

We acknowledge the link between pupils' diets and their physical and emotional health and also the key role that we as a school can play in supporting pupils and their families to develop and maintain a healthy diet.

The policy is fully inclusive and applicable to pupils with special dietary requirements, including for medical or religious reasons.

The ethos of the school is one that promotes awareness and the importance of healthy lifestyles within the school at all times and recognises the valuable role that all school staff have in modelling good practice and helping to create an environment which supports a positive attitude to healthy lifestyles.

2. Aims and Objectives

Aims

At Woodthorpe Junior and Infant School we aim

- to ensure that all aspects of food and nutrition education promote and support the health and well-being of pupils and staff and meet the mandatory nutritional standards for school lunches and food served throughout the school day
- to equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives
- to ensure equal access for all to healthy food and drink and appropriate nutrition education
- to increase the uptake of pupils having paid school meals and to increase the uptake of free school meals by pupils entitled to them.

Objectives

At Woodthorpe Junior and Infant School we will meet these aims by:

1. reviewing all teaching and learning to ensure that information relating to food and nutrition in different lessons/subjects/key stages are consistent and up-to-date and that there are no gaps in the curriculum.
2. ensuring that pupils are well nourished and hydrated at school and that every pupil has access to safe, tasty, nutritious food appropriate to their needs.
3. maintaining 90-100% uptake of free schools meals entitlement.
4. enabling pupils to have sufficient time in order to eat their food
5. working in partnership with parents to promote the aims of the food and nutrition policy including advising on all foods brought into the school by pupils.
6. introducing and promoting practices within the school to reinforce these aims and removing or discouraging practices that negate them.

3. Policy development and consultation

This policy has been developed by the members of the SLT (Senior Leadership Team) and the Curriculum Committee.

Consultation occurred with

- Teaching and non-teaching staff via staff meetings
- Pupils via school council/school nutrition action group/focus groups
- Parents via parents' evenings/questionnaires.
- Catering staff

To support us developing this policy we have used guidance from DfES and the Health Education Service including:

- Mandatory nutritional standards for school lunches and for other food
- National Healthy School Status
- Every Child Matters
- Food in Schools
- Food policy in Schools, Food Standards Agency

4. Equal Opportunities

At Woodthorpe Junior and Infant School we will ensure that pupils' religious and medical dietary needs are met. We will also try to increase the uptake of free school meals by those pupils entitled to them whilst also making sure that pupils entitled to free school meals are not identifiable by their peers.

5. Teaching and learning

At Woodthorpe Junior and Infant School teaching and learning about food occurs in Science, PSHE and Design and Technology.

The following outside agencies have supported teaching about food:

Life Education Caravan
Quantum Theatre
Foodnet

Food Hygiene regulations are considered with any teaching and learning about food including food tasting.

6. Food provision other than at lunchtime

At Woodthorpe Junior and Infant School any food and drink provided to pupils throughout the school day will meet the nutritional standards.

6a. Breakfast clubs

Our parents have access to a privately run Breakfast Club in school.

6b. Mid morning provision

Mid morning provision includes fruit for Reception and Key Stage 1 children. We sell toast which is run by the catering staff with support of KS 2 children.

6c. Fluid consumption

All pupils are able to bring in clear plastic bottles to fill with water and to use at their desks. Water is freely available at water dispensers around the school and at lunchtime. All teaching and non-teaching staff encourage pupils to drink water and after PE lessons and during times of hot weather there are specific reminders to pupils to drink sufficient water. As an alternative to water, pupils will be allowed to bring in squash or flavoured water in an appropriate, non-spill drinking container.

6d. After school clubs

The privately run after school club, provides healthy food and drink. The after school club promotes the ethos of healthy eating by practical cooking sessions and displaying posters on healthy eating.

7. Food provision at lunchtime

7a. School lunches

At Woodthorpe Junior and Infant School we provide food and drink to pupils at lunchtime which will meet the mandatory nutritional standards. The school meals are provided by Direct Services.

The menus are devised by the school meals service and are nutritionally analysed by Direct Services. Details of the nutritional analysis are available if there is any concern over whether the nutritional standards are being achieved.

The menus reflect the cultural mix of the school and pupils' choices. Pupils are supported to make healthy choices from the selection provided by all catering staff. Menus are discussed at school council meetings and the catering manager attends this meeting to discuss any changes that may be wanted.

The queuing system is monitored to ensure that no pupil has to queue for more than 10 minutes. The seating arrangements are that pupils are allowed to sit with members of their house. This promotes good behaviour. To allow pupils sufficient time to eat their food, lunchtimes are staggered and the lunchtime is one hour for Key Stage One and 45 minutes for Key Stage 2. Reception children come in to dinner first.

To help create a suitable ambience in the dining room all lunchtime supervisors have been trained on managing pupils' behaviour. This is monitored by the Head teacher, Deputy Head teacher and Assistant Head teacher who are also available to give support. Additionally all staff are encouraged to use the dining room.

Pupils play a role in the smooth running of the school dining room with the use of monitors who help clear the tables on wet play lunchtimes.

Within and outside the dining room the menu for the day is prominently displayed so that pupils can decide what to eat before entering the dining room, thereby speeding up the queues.

Around the dining room there are large posters displaying the healthy eating messages and displays of pupils' work on healthy eating are in the dining room.

7b. Packed lunches

All pupils who bring packed lunches to school will be given information on appropriate healthy eating guidelines. See Packed Lunches policy.

7c. Playtime

While children can bring in an item like chocolate or crisps as part of a balanced meal at lunchtime, they are only allowed healthy options at playtime.

8. Exceptions

At Woodthorpe Junior and Infant School we hold celebrations and some special event food is allowed.

9. Working with parents and carers

The partnership of parents with our school is essential and particularly with promoting healthy eating. At Woodthorpe Junior and Infant School we

- publish the menu in the weekly newsletter
- send letters home informing parents of the food policy and packed lunch policy re children bringing in food and drink from home
- ask parents for their views on changes to the food and drink provision in the school
- include healthy eating tips in the school newsletter
- hold healthy food workshops for parents.

10. Working with partner organisations and outside visitors

In order to enhance the food policy and nutrition education at Woodthorpe Junior and Infant School we have worked with the Local Authority Health Education Service, Cityserve and Foodnet. Liaison with the Health Education Service occurs via the Healthy School Steering Group.

11. Monitoring and evaluation

Compliance with nutritional standards at lunchtime will be monitored by nutritional analysis of menus by Cityserve (the school meals provider).

Pupils' menus and food choices are monitored and used to inform policy development and provision. Monitoring occurs via a variety of methods such as visual monitoring by Lunchtime Supervisors, surveys of pupils, use of school council and parent/carer views.

Packed Lunches

We aim to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is regulated by national standards.

An audit of the packed lunches children brought into school showed:

- 30% of pupils brought no fruit or vegetables in from home, as part of their pack lunch;

- 90% of pupils brought a fatty or sugary snack, with 53% bringing 2 or more such snacks;
- 41% brought a sugary drink as part of their packed lunch.

Research shows that:

‘Primary school pupils were more alert and over three times more likely to be ‘on-task’ working with the teacher in the classroom after lunch, following an intervention to improve the dining environment and the nutritional quality of the food served’. *School lunch and learning behaviour in primary schools: an intervention study (School Food Trust)*

Objectives

- To make a positive contribution to children’s health;
- To encourage a happier, healthier and calmer population of children;
- To promote consistency between packed lunches sent in from home and food provided by the school which must adhere to national standards set by the government;
- To contribute to the self-evaluation for review by Ofsted – Ofsted will ask school leaders how they help to ensure a healthy lifestyle for their children and, specifically, whether their dietary needs have been considered;
- To reduce fatty and sugary foods in lunch boxes;
- To increase the portions of fruit/vegetables in children's lunch boxes;
- To promote a balanced diet in the provision of food in lunchboxes.
- To cater for children with allergies and food intolerances

Support & Guidance:

This policy has been developed with the support of Food Net including an NHS Nutritionist, two members of staff who are trained in food hygiene and delivering healthy lunchbox workshops respectively and our Senior Leadership Team.

Where, when and to whom the policy applies:

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips, during normal school hours, from the beginning of September 2016.

It also applies to all staff and visitors attending school trips and using the dining hall.

Our Schools Facilities

- The school will provide dining facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available on the dining tables throughout lunch time;
- The school will work with parents to ensure that packed lunches abide by the standards listed below;
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop food getting warm;
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together;
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.

Packed Lunches: Advice on what to pack

Packed lunches should always include:

- At least one portion of fruit **or** vegetables every day for vitamins and minerals;
- A starchy food every day for energy and concentration e.g. any bread, wrap, chapatti, pasta, rice, noodles, potatoes;
- Meat (or meat substitute), cheese or another source of non-dairy protein e.g. eggs, lentils, kidney beans, chickpeas, hummus;

Drinks:

- A drink of water (still or sparkling), squash or flavoured water

Other:

- Only **one** of these items per day:
One small cake or
One biscuit (not chocolate coated) or
One snack size bag of crisps

These foods should only be eaten occasionally as part of a balanced meal.

Packed lunches should NOT include:

- High fat savoury snacks such as sausage rolls, pasties, fried samosa.
- High sugar and fat snacks such as chocolate bars, sweets.

Special Diets and Allergies

Due to the high risk of nut allergies, we do not allow children to bring foods containing nuts.

The school also recognises that some pupils may require special diets that do not allow for the guidelines above to be met exactly. In these cases parents are urged to be responsible in ensuring that packed lunches are as healthy and close to the guidelines as possible.

For these reasons pupils are also not permitted to swap food items.

Monitoring & Review:

Packed lunches will be monitored regularly and reviewed by lunchtime supervisors. Supervisors will report to the leadership team via the senior lunchtime supervisor.

Parents and pupils who do not consistently adhere to the packed lunch guidance. If a child regularly brings a packed lunch that does not conform to the policy then a member of staff will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration

Promotion of the Policy:

During development, parents, and pupils (via questionnaires and opportunity to write in with concerns) were consulted for their views on the content of this policy; governors – our curriculum committee; staff trained in food hygiene and in delivering healthy lunchbox workshops to parents/carers; our leadership team and our senior lunchtime supervisor.

The school will inform all parents and carers of the policy via the school newsletter and it will be available on the school's website.

The school will use opportunities such as parents' evenings and school's Health Week to promote this policy as part of a whole school approach to healthier eating

All school staff, including teaching and catering staff, will support the implementation of this policy.

12. The Rights of Every Child

Woodthorpe JI School uses the U.N. Convention of the Rights of the Child to ensure that every policy supports the improvement of life chances for children.

Articles: 1, 2, 3, 4, 5 and 24.

Signed:

Approved: 25th January 2018

Review: January 2021