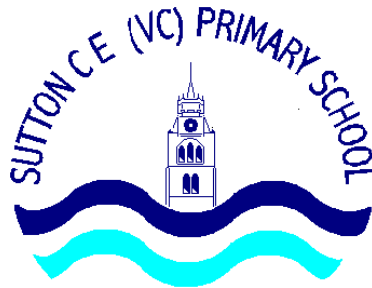


# SUTTON CE (VC) PRIMARY SCHOOL



## BASIC FOODS IN SCHOOL POLICY

Version 2018 v1

To be reviewed every 3 years

Approved by staff



Date: March 2018

Approved by Governors



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## **SUTTON CE (VC) PRIMARY SCHOOL**

### **BASIC FOODS IN SCHOOL POLICY**

#### **Introduction**

This document is freely available to the entire school community. It is also been made available on the school's website.

In school we are committed to giving our pupils consistent messages about all aspects of health to help them to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE and Citizenship, Sex and Relationship and Drug Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify the areas we need to change to develop a more healthy approach to the issue of food in our school?

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

#### **Rationale**

Sutton CE (VC) Primary School is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all staff can bring together all elements of the school day to create an environment, which supports a healthy lifestyle.

#### **Aims**

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school. We aim to develop a whole school approach to healthy eating through which the food consumed at school is in harmony with the principles of healthy eating taught in the classroom.

#### **Objectives**

- To give consistent messages about food and health by reviewing the formal curriculum to ensure information relating to food and nutrition is up to date.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.

- To contribute to the healthy, physical development of all members of our school community.
- To encourage all children to take part in the '5 a day' campaign.
- To provide healthy, balanced meals by working with our school Catering Manager to ensure that our hot meal provision meets the National Standards.
- To help teach the children to appreciate a well-balanced and varied diet.
- To encourage social skills at meal times.
- To begin the process of ensuring that future generations enjoy the benefits of healthy eating.

### **The setting for our Food Policy:**

#### **Snacks**

All Foundation Stage and Key Stage 1 pupils are part of the National Fruit Scheme and have a morning break time snack of washed fruit and vegetables. This is free to all participating children. Left over fruit is placed in bowls in the playground for all children to eat.

The Key Stage 2 pupils have the opportunity to bring in a healthy snack from home if they wish. This should be fruit (fresh, dried or tinned) or a muesli bar without chocolate.

From September 2011 the school has been part of the School Milk programme – parents are able to buy a daily third of a pint of semi-skimmed milk directly from the scheme's supplier, currently Cool Milk. This milk is free to pupils under 5 yrs old.

#### **Dining Room**

We believe that 'eating' should be a social experience. We try to ensure that the 'eating environment' – the school hall – is as pleasant as possible. For example all queuing and noise levels are monitored and restricted by the Midday Supervisory Assistants and dining room rules are clearly displayed and enhanced by photographs and captions. The school hall is regularly monitored for its appearance and painted when necessary.

We also give the option for the Key Stage 2 children to eat their packed lunch on the picnic benches outside. This still allows for social interaction amongst the children and alleviates the rush in the hall. The picnic benches are monitored regularly and are cleaned daily.

#### **School Lunches**

The school has been proactive in its efforts to meet the Government's new standards for food in schools which are being phased in by September 2009. A contracted caterer – Cambridge Catering Service - provides all our school meals. This contractor is committed to incorporating a healthy approach to food as part of their tender. Where possible this includes the use of fresh fruit and vegetables each day as a choice for the children. CCS provides a hot and cold option, both of which pay regard to nutritional balance and healthy options. Menus are sent home in advance so that parents can encourage their children to try school meals that they know. We use a band system so the children pick either a red, green or blue band at the start of the day so the exact numbers go to the kitchen of what the children want. This has proved to be successful to date and has helped with the children getting the dinner they want despite when they go into the hall. It has also reduced food wastage in the kitchen.

## **Packed Lunches**

Many children bring a packed lunch to school. Following our participation in the Health Promoting Schools Initiative we encourage parents to provide a healthy packed lunch for their children. This could include a sandwich, a piece of fruit or vegetable, a yoghurt, a small chocolate covered biscuit (e.g. Penguin, Club), cereal bar, pasta or a packet of crisps. Your child may also wish to bring a carton/bottle of fruit juice or squash for their packed lunch.

We do not expect to find any sweets, chocolate bars or fizzy drinks in packed lunches.

For example, you may decide to alternate crisps and chocolate covered biscuits across the week to maintain a healthy look to your child's packed lunch. We support anything in moderation.

References to supportive websites for developing a balanced packed lunch are made in the school's Newsletters.

## **Water for All**

At Sutton CE (VC) Primary School we actively encourage all of our pupils to bring a clean water bottle to school each day. We allow these to be kept in the classrooms and the children are encouraged to drink regularly throughout the day especially at break times. The children also have access to drinking water taps to replenish their water bottles.

Water is served with our school meals and children who bring their own lunches are allowed to bring water or fruit juice as part of their packed lunch.

The school undertakes a statutory water hygiene test every 2 years outcomes from these tests are shared with the Governor's Health and Safety/Premises Committee and follow up work carried out as recommended.

We believe that access to drinking water:

- Promotes good health and wellbeing amongst pupils, staff and other adults;
- Reduces tiredness, irritability and distraction from thirst;
- Can have a positive effect on pupils' concentration throughout the day;
- Demonstrates to parents and to the local community that the school values pupils' health and wellbeing;
- Raises awareness of the importance of adequate fluid intake as part of a healthy active lifestyle.

## **Food Allergies**

As a school we operate a 'no nut policy' as some children in the school have a severe allergy to any form of nuts.

If your child has food allergies and you wish for them to have a school dinner, please come and speak to the School Office and we can contact CCS about making special arrangements.

The school dinner menus are available both at the office and on the school website

### **Food across the Curriculum**

Across the school in the Foundation Stage, Key Stage One and Two there are a number of opportunities for pupils to develop their knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Food technology is something the children will experience throughout the different phases at school and the teachers work hard to bring food into other aspects of the curriculum where appropriate. This may be through calculating food miles in Geography or understanding the different food types and how food is digested in Science.

School Visits help to provide the pupils with activities which enhance their physical development eg Grafham Water Centre.

The School Allotment: The school is currently working towards developing further its allotment. There is a lunchtime club which helps prepare and look after the allotment throughout the year and it has proved to be a valuable resource for developing the children's understanding of food and nutrition and to encourage them to taste the fruits of their produce.

### **Breakfast Club/Afterschool Club**

We do not currently run a Breakfast Club or Afterschool Club in our school, as this is offered by the two pre-schools within the village. If, in future it is deemed that there is a demand for this type of activity the principles of our Food Policy would apply.

The school works alongside the two pre-schools in the village who are able to offer extended schools provision on behalf of the school to ensure that both establishments are aware of the principals outlined in this policy.

### **Partnership with Parents and Carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but we strive to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through our school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch time when children may drink juice or squash. There is an option of milk for children having a school lunch on certain days.

The school is part of the national Cool Milk Scheme. Milk is offered free of charge to parents of pupils aged 4 years until the child's fifth birthday. Children older than 5 years are able to purchase school milk direct from the supplier.

During out of school events, eg school discos the school will encourage FOSS, parents and carers to consider the Food Policy in the range of refreshments offered to their children ensuring the 'no nut policy' is being observed.

### **Role of the Governors**

The Governors, through the Teaching and Learning Committee, will monitor and check that the school policy is upheld. Governors with an expertise in this area may be called upon to offer guidance and advice.

### **Monitoring and Review**

The Headteacher and PSHE and Citizenship Subject Leader are responsible for supporting colleagues in the delivery of the Food Policy. The Local Authority is responsible for ensuring the quality and nutritional content of the food offered as part of the contract with the school caterer.

This policy will be reviewed every 3 years to take account of new developments.

### **Useful sources of information**

Food – a fact for life

Food in schools programme

[www.foodinschools.org.uk](http://www.foodinschools.org.uk)

Food in Schools Toolkit

School Food Trust

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

[www.food.gov.uk](http://www.food.gov.uk)

[www.5ADAY.nhs.uk](http://www.5ADAY.nhs.uk)

<http://www.wateriscoolinschool.org.uk>

<http://www.wiredforhealth.gov.uk>