

William Westley C of E Primary School

WHOLE SCHOOL FOOD POLICY



As a school, we have always prided ourselves in providing the best education to your children, within available resources, whilst attending our school. We now wish to extend this ethos by promoting healthy eating patterns to our children at school, by taking a more pro-active approach to improving the health and wellbeing of children, while attending class.

In the past, as part of the curriculum and to improve the well being of our children, we have incorporated:

- Provision of water containers for children
- Achieved accreditation as a Healthy School

We are now taking the work, already done on food in our school, a stage further by introducing a **Whole School Food Policy**. This policy will cover the following:

- Break time snacks
- School meals
- Non-school lunch packs
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Extra curriculum activities

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.

This also links in with striving to achieve one of the five outcomes as set out in the Governments Policy document "Every Child Matters":

- Being healthy: enjoying good physical and mental health and living a healthy lifestyle

Our School operates a **No Nut Policy** and therefore ask that nuts are not brought onto the school premises in any form whatsoever.

AIMS OF THE POLICY

- To ensure as far as possible that food and nutrition in school promotes health and well being;
- To provide opportunities for children and adults to share food as a way to celebrate cultural diversity and to build friendships;
- To increase children's knowledge of food production;
- To ensure children and staff have access to water all day;

- To ensure that food provision in school reflects the ethical and medical requirements of staff and pupils e.g. vegetarians, people with allergies or specific medical needs;
- To ensure that children develop a healthy attitude towards food and understand the importance of a balanced diet.

OBJECTIVES

1.0 To encourage pupils to drink water at frequent intervals throughout the day; to educate them about the importance of hydration, and to ensure that they have easy access to free, fresh drinking water throughout the school day.

- 1.1 Children are encouraged to drink water and that they have access to their water bottles all Day. They are not permitted to bring in any other drink, for class sessions, other than water.
- 1.2 Water is available to all staff in the staff room.
- 1.3 Children and parents are encouraged to provide a healthy drink option for packed lunches.

2.0 To ensure that all break time snacks and drinks are in line with the whole school food policy.

- 2.1 **Foundation Stage and Key Stage One** children receive a daily portion of fruit/vegetable through the National Fruit and Vegetable scheme in the classroom immediately before morning break. They are encouraged to try the fruit/vegetable. Each class arranges how the fruit is distributed and shared, all children sit down, which encourages them to spend time eating their fruit.
- 2.2 **Children in Key Stage Two** are encouraged to bring in fruit to eat during morning break. No other food is permitted for break time unless there is a medical requirement.

3.0 To provide a healthy, nutritious and enjoyable school lunch.

- 3.1 The School currently contracts to Ashlyns, who are responsible for delivering a healthy balanced meal. The school and its caterer must meet the new **School Food Standards** for school meals. <http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School-Food-Standards-Guidance-FINAL-140911-V2C.pdf>
- 3.2 The weekly menu will be on display for parents and children.
http://www.williamwestley.cambs.sch.uk/index2.php?WEBYEP_DI=6
- 3.3 If a child is not eating well, parents/carers will be informed. Food is provided for children with special dietary requirements such as allergies. Children will be encouraged to develop good eating skills and table manners.

- 3.4 Children are entitled to free school meals if their families are in receipt of Income Support or Income-based Job Seeker's Allowance. Application forms for free school meals are available from the School Office.

4.0 To provide information on healthy foods that should be included in Lunch Boxes from home.

- 4.1 The school recognises the benefits of a well balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines are set out by the British Nutrition Foundation:
- 4.2 A child's lunch should include only the following:
- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, or pasta salad
 - Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
 - A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
 - Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
 - A drink - fruit juice (**not fizzy or diluted squash**), water (not flavoured), milk (not flavoured)
- 4.3 Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.
- 4.4 In addition, the school requests that parents **do not** include the following items in packed lunches:
- Any nuts *including* foods containing nuts.
 - Chilled cooked rice
 - Sweets (including Winders), chocolate, etc.
 - Crisps or any packaged savoury snacks high in salt and fat
 - Fizzy drinks/sugary drinks
 - Sweet cakes, e.g. sugary cakes, doughnuts, etc.
 - Sweet nut bars, etc.
- 4.5 The midday supervisors will encourage children to eat all their food and not share with others. Food that is not eaten is left in their lunch boxes so that parents know what has been consumed

- 4.6 Further advice and ideas for packed lunches can be found at:
<http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect/lunchboxtips/>
<http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>
- 4.7 Parents who have difficulty following these guidelines are requested to contact the school.

5.0 To ensure the dining environment is a desirable place where there is enough space to sit and eat a meal, promoting social and community cohesion.

- 5.1 The school recognises the importance that dining is a social and cultural experience. If you have a pleasant and happy dining environment, people will want to eat there. We believe that it is important to give the children ample opportunity to sit and enjoy their meal together, allowing them to feel rested and refreshed for learning in the afternoon.
- 5.2 The school will provide a clean, sociable environment indoors for children to eat their lunch. In doing so, the school requests children adhere to the following rules:
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box
 - All litter, from lunch boxes brought in from home, must be taken home at the end of the school day
 - Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
 - Children are expected to behave whilst eating their lunches, be polite and helpful
 - If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
 - If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain
 - Caterers and supervisory assistants should thank children for using the facilities, as children should thank them for their help and assistance
 - Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

6.0 The school will Reward pupils for good meal time etiquette and good behaviour.

6.1 In order to encourage good behaviour and social interaction during the meal time, all school staff use positive behaviour strategies.

6.2 A variety of reward systems may be implemented at different time during the school year in order to best encourage a pleasant eating environment. These may include:

- A golden table; each week tables are awarded table points for good meal time etiquette and good behaviour.
- Eating outside in good weather
- Class merits

7.0 The school will include work associated with healthy balanced diets in its curriculum.

- 7.1 As part of the work that children do for sciences, and for personal, social, health and citizenship education (PSHCE), they will be taught:
- The components of a healthy diet
 - The importance of healthy eating both now and in the future
 - Designing menus including costing
 - Measuring and weighing recipes
 - Growing vegetables
 - Food on the plate games
 - Exploring food through history

8.0 Children with Special Education Needs.

- 8.1 All staff are made aware of any medical/allergic conditions of individual children through staff meetings, discussion and clearly displayed notices in the School Office.
- 8.2 Information relating to individual needs is discussed with all parents before their child's admission to school.

9.0 Parental Involvement.

- 9.1 The school prospectus and website contain a summary of the school's healthy eating policy. This is discussed with parents before their child starts school.

10.0 Food Hygiene and Food safety.

- 10.1 Children are always reminded about the importance of hand washing before eating or handling food.
- 10.2 Whenever children work with food in the classroom they are helped to follow basic hygiene routines.
- 10.3 Parents are encouraged to follow guidance from the Food Standards Agency on keeping food safe in respect to packed lunches:
<http://www.eatwell.gov.uk/asksam/keepingfoodsafes/asksamcooking/>

11.0 The school will make arrangements for monitoring and evaluating the activities to ensure these objectives are met.

- 11.1 This policy, its procedures and activities, used to meet the school's Whole School Food Policy, will be monitored and reviewed periodically by the School Council, and the Governing Body.
- 11.2 All reports on the Whole School Food Policy and its findings will be published on the school's website: www.williamwestley.cambs.sch.uk.

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