

Freegrounds Infant School
Whole School Food Policy

1. Policy source

Freegrounds Infant School Whole School Food Policy reflects advice for governing bodies from the DfE in School Food in England (January 2015) and the Independent School Food Plan.

2. Arrangements for Monitoring and Review

This policy shall be reviewed in full at least once every three years. The person named on this policy shall inform the governing body of any changes to the model policy or to statutory or non-statutory guidance.

The governing body will receive regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

Parents are signposted to this policy when their child joins the school, so they are aware of the school's commitment to maintaining a healthy school community.

This policy will be monitored and evaluated through normal lesson observations and through pupil and parent surveys

3. Introduction

"Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment" (The School Food Plan, 2013). At Freegrounds Infant School we understand a healthy balanced diet is key to an individual fulfilling his or her full potential in life. We believe it is important to enjoy a varied and interesting diet while understanding that certain food groups should be eaten in moderation.

From September 2015, under the new Common Inspection Framework, schools are expected show evidence for the extent to which they supports their pupils' mental and physical wellbeing and help the children to gain 'knowledge of how to keep themselves healthy, including through exercising and healthy eating'.

4. Vision

At Freegrounds Infant School we endorse the School Food Plan vision to ensure that:

- Our children are served tasty and nutritious food at school, with no child going hungry.
- We take a 'Whole School Approach' to food, with creative collaborations between the Headteacher, school cook and kitchen staff, children, staff, governors and parents.
- Our children will know how to feed themselves well, and will enjoy cooking and growing with their families, both at school and at home; embedding a *whole school culture of health*.

Freegrounds Infant School is a Rights respecting school. Children and adults work together to recognise and act upon the rights of the child within our school, our local community, and the wider world. We believe that by understanding their own rights children learn to respect and value the rights of others.

In this Policy we specifically recognise the following articles from the UN convention on the Rights of the Child:

Article 3 The best interests of the child must be a top priority in all decisions and actions that affect children.

Article 6 (life, survival and development) Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential.

Article 12 Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.

Article 24 Every child has the right to the best possible health, good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.

5. Objectives

The governors and staff aim to:

- Take a Whole School Approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.
- Ensure that all aspects of food and nutrition at Freegrounds Infant School promote the health and well-being of the whole school community.
- Encourage children to develop healthy diet habits and attitudes - eating more fruit and vegetables, eating less sugar and fat and drinking more water.
- Enable pupils to make healthy food choices through the provision of information about healthy foods and where food comes from and the development of appropriate skills, including food preparation.
- Ensure that all adults in our school community are aware of this approach and work towards it.

6. Food in school

6.1 School meals.

Midday staff in the dining hall encourage an atmosphere that promotes healthy eating and develops social interaction between the children.

The school contracts its lunchtime meals service to Aspens.

All meals served adhere to national food standards, which ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.

Aspens operates its menu at Freegrounds Infant School. The menu rotates over three weeks and a new menu is issued twice a year. At the start of each school day the children choose the lunch they would like from a choice of vegetarian or non-vegetarian hot meal.

School lunch menus are distributed to parents and are available on the school's website; the week's menu is displayed for children by kitchen staff in the dining hall and in the classrooms.

Children are required to eat all or at least try to eat most of the food provided.

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.

A school lunch must be provided for pupils where a meal is requested and either the pupil is eligible for free school lunches, or it would not be unreasonable for lunches to be provided.

Special dietary requirements Individual care plans are created for pupils with food allergies/food intolerance. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

Parents of children with special dietary needs must liaise with Aspens and agree a menu before their children can partake in school meals. The school will provide a photograph to enable the kitchen staff to identify children with special dietary requirements.

Children will be encouraged to eat their hot dinner main course before eating their dessert choice.

Universal Free School Meals.

From September 2014, all children in reception, year 1 and year 2 have been eligible for free school lunches. The school fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

We encourage take up of the school meals through the school newsletters, special theme days and engagement with parents.

Aspens attend the annual open evening to offer food samples and promote school meals to parents.

Opportunities will be given for some parents to eat a school meal with their children on special occasions (EYFS).

6.2 Packed lunches from home.

Although the governors encourage parents to choose a school meal for their child, children are permitted to bring a packed lunch from home, but it should be noted that sweets, bars of chocolate are not permitted in school. If staff have concerns regarding the contents of a lunchbox they will liaise directly with parents regarding this. Suggestions for a healthy packed lunch may be offered or a suggestion to liaise with the school nurse.

Children take their water bottles into the hall with them at lunchtime and therefore lunchboxes should not contain a drink. If a child does bring any of the items that are not permitted in school these items will be sent home.

We also operate a 'No Nuts' policy - see para. 6.7 below.

Children will be encouraged to eat their sandwiches/main carbohydrate/protein element of their meal before eating other items in the lunch box such as sweet treats and crisps.

Ideas for a healthy lunchbox can be found at <https://www.foodforthebrain.org/smart-kids/healthy-recipes-and-ideas.aspx>

Children are required to eat all or at least try to eat most of the food provided by their parents. All litter from packed lunch must be taken home in the packed lunch box.

6.3 Morning snacks.

EYFS and Key Stage 1 children have fruit and vegetables provided for them by the School Fruit and Vegetable Scheme.

6.4 Water for All.

Children are encouraged to bring a water bottle to school and enabled to drink water throughout the day: regular water and brain breaks are built into the school day and curriculum by class teachers.

6.5 Milk.

Milk is an important source of nutrients for growing children and the school food standards require lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. (Whole milk can be provided for pupils up to the end of the school year in which they reach age 5.)

EYFS and Key Stage 1 children are able to order milk from Cool Milk for break time. Under the Nursery Milk Scheme, operated by the Department of Health, free milk is provided to children under the age of 5. Milk is also free to benefits-based free school meals pupils; a charge is made for all other pupils.

6.6 Confectionary. Children are not allowed to have sweets, chocolate, chewing gum or fizzy drinks in school.

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

6.7 No nuts. Freegrounds Infant School operates a 'No Nuts' policy throughout the schools, as there are children in both schools with life-threatening allergies.

6.6 Birthday treats

To celebrate birthdays some families chose to bring items into school for other class members. Although the school is keen to celebrate special occasions our inclusive approach also recognises that some children are not allowed particular food due to allergies or intolerances and that some families may actively promote low sugar

diets or withdraw confectionary from their children's diets. As such any treats coming into school need to be run past the class teacher to ensure they are inclusive. Confectionary, cakes and sugary items are not permitted.

7. Curriculum

7.1 Cooking and Nutrition. The new primary curriculum for Design and Technology includes Cooking and Nutrition and emphasises the importance of cooking nutritious, savoury dishes, understanding where food comes from, and taking pleasure in the creative arts of the kitchen. Pupils should be taught to:

Key stage 1

7.2 Topics in Science, PHSE and PE address the benefits of healthy eating to promote physical and mental wellbeing and there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills such as shopping, preparing and cooking food. See Subject Curriculum Maps and Schemes of Work for details.

English provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing recipes for favourite meals (KS1).

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children are able to experience different foods associated with religious festivals. School's annual 'cultural week' and multicultural event provide opportunities to expose children to new and diverse food experiences.

Computing provides opportunities to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Geography provides focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand food as fuel and the practical impact of sport, exercise and other physical activity, such as dance and walking.

7.3 Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

Basic food hygiene training is carried out by staff members who are involved in food handling.

8. 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.

Parents and carers are regularly updated on our water and packed lunch policies through school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day.

During out of school events, e.g. school trips and parties, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

9. Useful Websites

The School Food Plan <http://www.schoolfoodplan.com/>

Food in Schools www.foodinschools.org

The Food in Schools site provides additional support information, as well as links to sources of further information.

Health Education Trust www.healthedtrust.com

Health Education Trust is a UK registered charity, formed to promote the development of health education for young people in the UK.

Grab 5! www.sustainweb.org/g5fp/index.htm

Provides top tips and practical advice on setting up a range of activities that promote healthier eating.

The Eatwell Plate <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

The Eatwell Plate highlights the different types of food that make up our diet, and shows the proportions we should eat them in to have a well-balanced and healthy diet.

10. How will the governors know this policy is effective?

Governors will know this policy is effective through:

Annual parent questionnaires
Pupil questionnaires
Informal visits during lunchtime
Headteacher's report - work on School Improvement Plan

Policy written by Nikki Riches

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