



WHOLE SCHOOL FOOD POLICY

MELLERS PRIMARY SCHOOL

January 2017

Introduction

This policy covers all food provided and consumed in school including before, during and after school, on school trips and in extra-curricular events.

This document outlines the methods, aims and organisation of healthy eating at Mellers Primary School. The staff, governors and parents of Mellers Primary School recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

The implementation of this policy is the responsibility of all staff.

Mission

The educational mission is to improve the health of the entire community by teaching pupils and families' ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education using skills such as cooking, growing different food types and understanding how food is sourced.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health.
- To improve the health of staff, pupils and their families by helping to influence their eating habits, through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and environment.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils, e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To work towards ensuring that this policy is both accepted and embraced by everyone.

Methods

- Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.
- Take a whole school approach - to include consideration of curriculum, food service, pastoral and social care.
- Involve parents and the wider community.
- Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.

Organisation

- We run a family service style approach to lunchtime, which allows for an enjoyable lunchtime environment and experience.
- This environment fosters good manners and respect for fellow pupils, adequate washing facilities and sufficient time for pupils to enjoy their meal.
- Drinking fountains are found throughout the school and children may bring water bottles in school for use throughout the day or for sporting activities. The water supply is regularly tested in accordance with legislation for educational establishments.

School Lunches

From September 2014 every child in Foundation, year 1 and year 2 is entitled to a free school lunch. We encourage all pupils to eat our school lunch as it provides a healthy nutritious meal. Lunch time meals follow a set menu approved by the local authority. All meals meet the Healthy Schools standards and adhere to healthy school guidelines.

Packed Lunches

Children are encouraged to bring healthy packed lunches to school in order to provide the pupil with healthy and nutritious food that is similar to food served in schools, now regulated by national standards.

- The School Food Trust states that, packed lunches should include:
 - At least one portion of fruit and one portion of vegetables every day.
 - Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day.
 - Oily fish, such as salmon, at least once every three weeks.
 - A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
 - Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
 - Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- Packed lunches should not include:
 - Confectionery such as chocolate bars or sweets. Chocolate coated biscuits, cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
 - Meat products such as sausage rolls, individual pies, corned meat and sausages/ chipolatas should be included only occasionally.
 - Crisp should be limited to no more than a small bag. A healthier alternative to crisps could include seeds, vegetables or fruit.
 - Fizzy drinks.
 - Nuts or products that contain nuts.
- The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Food Allergies

- Individual care plans are created for children with food allergies. These care plans document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details.

- School caterers and mid-day supervisors are made aware of any food allergies / food intolerances and requests for special diets are submitted according to an agreed process.
- All other staff have access to a list of children affected by food allergies.

School Tuck Shop

- Our school Tuck Shop serves only fruit products.

Use of Food as a Reward

- 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 achievements. Other methods of positive reinforcement are used in school, such as praise, stickers and celebration assemblies.

Sweets from Home

- Only birthday sweets will be distributed to the children.
- There will be opportunities within the school year for the pupils to receive a 'treat' such as Christmas parties, Easter, other festivals and when baking within the class.

Food Hygiene

- In the area of food hygiene, the Head Teacher is responsible for compliance with requirements and the dinner staff involved in food preparation hold the basic food and hygiene certificate, with the kitchen supervisor having an advanced food hygiene certificate. A Hazard Analysis Critical Control Points' system is in operation and observed at all times. A copy for inspection is available upon request. All Government European Union regulations appertaining to food hygiene are complied with. There is a full independent food hygiene inspection of food storage, meal preparation and food service areas annually and a copy of the inspector's report should be provided to the school. The kitchen has a cleaning and disinfection schedule, which can be inspected.
- Pupils are reminded to wash their hands when they go to the toilet throughout the school day and that they wash their hands before they eat.
- When food is handled and prepared in school adults are aware of basic food hygiene.
- In the event of an outbreak of food poisoning in school the Head Teacher would contact the LA. The LA takes the decision to whether the school should be closed.

Equal Opportunities

- In food and nutrition education, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

Linked Policies

- This policy should be read in conjunction with the school policies on Multicultural Education, Equal Opportunities, Science, D&T and PSHE.

Dissemination

- The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.
- The policy will be incorporated into the website.

- The school will use opportunities such as parent's evenings and healthy packed lunch workshops to promote this policy as part of a whole school approach to healthier eating.
- All school staff will be informed of this policy and will support its implementation.
- This policy will be reviewed regularly by the school staff and the school Governing Body. The next review date will be in the Spring Term 2020

Curriculum Links

At Mellers Primary school there are a number of opportunities for pupils to develop 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.

Literacy provided children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

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

Science provides an opportunity to learn about the types of food available, plant growth, the effects of heat on food, nutritional composition, digestion, 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 experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the Internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices and record results of food surveys.

Food Technology (as part of DT) provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

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

Music can provide pupils with knowledge about different properties of cooked and uncooked food where pulses and grains are used in unpitched percussion instruments.

Art gives the pupils the chance to make observational drawings of healthy food and design healthy eating posters.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. Pupils can learn which foods grow in which countries, food miles, transport and wastage.

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

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other activities, such as walking.

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