

ST BRIDGET'S C of E PRIMARY SCHOOL

Food Policy



Policy Written July 2016
Updated 2017

Unicef Article 24 (health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.

Preface

Why is a policy needed?

At St. Bridget's, we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Guide Model of Healthy Eating and supports key outcomes of the School Food Plan.

The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Application

This policy covers the areas of:

- Break time snacks, including those brought from home.
- Milk, water and other drinks
- School Lunches including packed lunches
- Curriculum
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

Food policy in school

The person responsible for this whole school food policy is the Head Teacher.

The policy will be implemented from September 2016.

A summary of this policy will be included in the school prospectus for parents and carers.

Break time snacks, including those brought from home.

- A free piece of fruit will be provided for children aged four to six years through the School Fruit and Vegetable Scheme.
- Where possible the school will recycle waste from the fruit or vegetables for sustainability and to raise the pupils' awareness of composting.
- Parents will be encouraged to comply with the 'Whole School Food Policy' of healthy snacks at break time.
- KS2 have the option to buy a healthy snack from tuck shop. All products are bought from 'Fruit 2 Suit'. Children can also bring in a healthy snack if they prefer.
- School milk will be provided at break time.

Milk, water and other drinks

Research shows that the amount of fluid consumed is below the recommended levels for good health and well-being among most young people. The Food Standards Agency recommends that everyone should drink 1.5-2 litres (6-8 cups) of fluid a day. Low fluid intake can lead to enuresis or bed-wetting and can also affect concentration and learning. Schools which have already set up water schemes, report that pupils are more content, can concentrate and learn better as they are not so tired.

Aims

- To ensure that children and teaching staff have access to drinking water.
- To encourage pupils to drink water at frequent intervals throughout the day so that they remain properly hydrated in particular following exercise and in warm conditions.

Objectives

- Water drinking will be promoted to pupils.
- Information about water provision in school will be promoted to parents through newsletters.
- The school will provide good quality water free of charge which is conveniently located.
- Pupils will have access to water fountains during the lunch and break times.
- Children will be encouraged to bring their own water bottle.
- Pupils will be allowed to refill the water bottles at a designated sink during the break times.
- Pupils will take their water bottle home each day for cleaning and refilling.
- Each pupil will be able to have a water bottle filled with water and no other drink on their desk or nearby.
- Water bottles will be allowed in the classroom but teachers have the right to remove water bottles from disruptive pupils.
- Pupils will be allowed to go to the toilet when they need to.

Expected outcomes

- Promotes good health and well-being amongst pupils, staff and other adults.
 - Pupils remain alert and there is a reduction in the incidence of tiredness, headaches and general irritability.
 - Health problems including urinary tract infections, bed-wetting and constipation are reduced.
 - Pupil behaviour is improved.
 - Pupils' mental and physical performances are improved.
 - Demonstrates to parents that the school values pupils' health and well-being.
 - The caring image of the school is demonstrated to parents.
 - The school presents a consistent message about healthy eating.
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- Milk will be stored in a fridge prior to drinking.
 - Parents and carers will be notified about the cost of school milk each term and payment will be expected at the start of each term. Milk and fluoride milk are free to pupils in receipt of free school meals.
 - The school will ensure that pupils have access to drinking water throughout the day and at break time.
 - Drinks (except water) brought in from home are only allowed at lunchtime. Sugary drinks, such as fruit juice, are only allowed to be consumed at lunchtime, to help prevent tooth decay. Fizzy drinks are not permitted.
 - Only milk or water will be allowed as an in-between-meals-drink unless there are medical reasons.
 - Canned and bottled drinks will not be allowed to be brought into school because of health and safety considerations.

School Lunches including packed lunches

In 2006 St Bridget's set up our own in-house catering provision. The children were encouraged to take ownership of the service by creating a logo and a name for the provision. St. Bite's was born! St. Bite's continually serves to achieve the aim of providing good, quality food which encourages healthy eating in a pleasant and sociable environment.

School lunches, including packed lunches, at St. Bridget's will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment".

We will provide Universal Free School Meals for children in Foundation Stage two and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.) Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be.

Support and advice is provided through information on our website and guidance from our catering manager where required. Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

Curriculum Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We reinforce our delivery of the national curriculum by holding a healthy schools week annually which enables us to focus on all aspects of well-being including healthy eating.

Promoting healthier choices

- The school and the provider will market and promote healthier choices. The school will promote the food service to parents by sending menus home and by organizing food-tasting sessions with the service provider.
- Menus and prices of food offered will be displayed in the school dining area and on the school notice boards.
- The school will empower pupils and staff to make improved choices about food through the taught curriculum.
- The lunchtime staff will encourage pupils to choose healthy balances of food.
- Wherever possible the catering manager, kitchen staff and lunch time support staff will encourage children to eat what they have chosen.
- The school is committed to working with parents, pupils, staff and caterers to design menus to meet the religious, ethnic and vegetarian needs of pupils and staff.

Dining room environment and ethos

- The school will ensure appropriate time tabling of the lunch break to allow for civilised behaviours and good experiences of eating and talking with friends.
- The school will aim to find ways to enhance the environment for school meals by improving furniture, fittings and equipment in the dining area so that there is a pleasant environment for pupils and staff to eat their lunch.
- The school will work with the provider to ensure well-planned, customer-friendly management and administration of rota/queuing systems to prevent over crowding in the dining area.
- There will be good supervision of pupils at lunchtime, with a sensitive manner by teaching and/or non-teaching staff.

- Pupils will be given help with social skills and appropriate behaviour when eating food.
- The school will have a system in place to remove easy identification of a pupil who has free school meals and will work to eliminate any bullying/teasing that may occur to pupils receiving free school meals.
- Where a medical condition determines that a child eats a specialised diet (e.g. obesity, diabetes, celiac disease, cystic fibrosis) the catering service will, where possible, try to accommodate the varying needs. The school will encourage parents to approach the school to discuss the individual requirements following consultation with their GP and a paediatric dietician.
- The school will ensure that pupils are reminded to wash their hands before they eat food. Good hygiene is promoted by posters around school.

Expected outcomes

- Healthier food and drink options are available at lunchtime.
- Pupils can choose healthier options on the menu.
- Pupils understand appropriate social behaviour at mealtimes.
- Pupils and staff enjoy eating their lunch together.
- An increase in the number of pupils having a school lunch, in preference to bringing a packed lunch.
- Pupils are more informed about food choices they make.
- A greater uptake of school meals by children entitled to free school meals, in preference to bringing a packed lunch.
- An enhanced environment in the dining area

Special Considerations

Rewards

The school believes in the importance of rewarding and celebrating good behaviour and good work, but the practice of giving sweets is not consistent with the taught health message of reducing sugary foods in the diet. Sugary foods also contribute to damaging dental health. Rewards will follow the whole school Behaviour Policy.

Celebrations in school

From a social and cultural perspective, there will be times when it is appropriate for the whole school to celebrate special occasions together by sharing confectionery. Examples of these times may be: Easter, Christmas, Eid, Ramadan, Diwali, Vaisakhi and Hannukah.

Competitions

The school will ensure that confectionery or food is not given as prizes for competitions that are organized in school.

Social catering/formal meetings

The school will ensure that there are healthier options available at events held at the school e.g. open evenings, school discos, plays, concerts and other public occasions. Healthier options will also be available at staff meetings, governors' meetings and other formal meetings, thus promoting the ethos of the health promoting school to parents and the wider community.

Offsite provision

The school will not permit commercial food vans e.g. ice cream and hot dog vans parking outside school.

A packed lunch with a balance of healthier food and drink will be encouraged when pupils have school trips. An information sheet on healthy lunchboxes will be sent to parents/carers. The promotion of healthier food and drink provision is also maintained when pupils go away on residential trips.

Sponsorship, fund raising and advertising

The school will not participate in the collection of confectionery/snack wrappers/tokens to raise funds for the school. These products are high in sugar, salt and fat, and may contribute to: tooth decay and Type 2 diabetes, high blood pressure, and coronary heart disease respectively. This practice is not consistent with the messages being taught about healthy eating.

The school will not advertise branded foods and drink products on school premises, school equipment or on books and will ensure that any collaborations with business do not require endorsement of brands or specific company products.

Curriculum

Aim

To raise awareness of the basic principles of a healthy diet, enable children to develop an interest in healthy eating and empower pupils to make healthy eating choices.

Objectives

- Nutrition and oral health education will be embedded in the curriculum.
- Nutrition oral health education will be consistent with the 'Whole School Food Policy'.
- The school will ensure that there is consistency across subjects and with food provision and with other aspects of the 'Whole School Food Policy'.
- All the teaching staff will receive training updates on oral health and nutrition messages from Health Promoting Schools Project Officers, the Health Promotion Service, Community Dietitians, School Nurse, Oral Health Promotion or other health professionals.
- Where possible, kitchen staff and lunch time support staff will receive information and training on 'healthy eating' which is consistent with the healthy eating messages that pupils receive through the curriculum.
- There will be opportunities for pupils to learn about food handling, food preparation and food safety in the curriculum.
- Where possible children will be encouraged to grow food to improve their understanding of the connections between food, health and the environment.

Expected outcomes

- Pupils understand the importance of a balanced diet for good health and in helping to prevent obesity, tooth decay and chronic diseases in later life.
- Pupils can apply the concept of a balanced diet to planning their own meals.
- Pupils and staff are empowered to make improved choices about food in and outside school.

Working with parents/carers

Aim

To work with parents to optimise the education, achievement, health and well being of pupils.

Objectives

- The school will organize opportunities for parents/carers to receive information on healthy eating from the Health Promotion Service, Health Promoting Schools, Community Dietitians, School Nurse, Oral Health Promotion or other health professionals.
- The school will work with and consult parents/carers about the food service in school.
- The school will work with the catering provider to organize food-tasting sessions for

parents/carers and their children.

- The School Nurse will give advice to parents/carers about the benefits of drinking school milk and dental milk at new parents' evenings.
- Workshops for parents will be organized from time to time to support their role on the issue of healthy eating.

Expected outcomes

- Parents/carers and school work more closely together.
- An increased potential for a consistent approach to healthy eating at school and at home.

The role of school staff

Schools and all the staff within them should be aware that they act as important sources of information and advice and as influential role models for pupils. Staff should provide a positive role model for children and young people, for example in the snacks and drinks they choose for themselves, and their attitudes to food and eating and to the importance of physical activity.

The School Nurse can be available to discuss questions that may arise on the food and drink which can be brought into school.

School staff who are concerned that a pupil is not growing adequately or not eating during school time should inform the school nurse.

Miscellaneous

Equal opportunities

All members of the school community are valued and the school seeks to provide the best environment for their education experience, health and well-being, in line with the school's equal opportunities policy.

Monitoring and evaluation of the Whole-School Food Policy

This policy will be reviewed biannually or more frequently if required. The review will evaluate the success of the objectives and expected outcomes for each aim in the policy. Following the review, a brief report will be made to the governors' meeting.

The person responsible for monitoring and evaluation of this policy is the Catering Manager and Headteacher in collaboration with RPJ3.

Resources

School nurse

Community Nutrition and Dietetic Services

Oral Health Promotion Team (Dental Public Health)

Health Promoting Schools Project Officers

Nutrition Information File (in Wirral only)

Health Links Resource Library or Health Promotion Service

RPJ3 Consultants