

Godstone Primary & Nursery School



Whole School Food Policy

REVIEW DATE: March 2020

REVIEWED BY: Headteacher

NEXT REVIEW: March 2023

Head Teacher: Candida Jarrott-Chase

Chair of Governors: Linda Waghorn

Intent

As a school, we have always prided ourselves on providing the best education for your children. We now wish to extend this ethos by promoting healthy eating patterns to our children at school. This will be implemented by taking a more proactive approach to improving the health and wellbeing of children while attending lessons. In the past, as part of the curriculum and to improve the wellbeing of our children, we have incorporated:

- Actively encourage children to bring in water containers
- Achieved accreditation as a Healthy School with Enhanced Status
- We are now taking the work already undertaken on food in our school a stage further by introducing a new 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 and 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 help fuel the mind to be more receptive to learning new skills.

Implementation

Water

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 they have access to their water bottles all day. They are not permitted to bring in any other drink than water for class sessions.

1.2 All water in the school is suitable for drinking.

1.3 Water is available to all staff in the staff room.

1.4 Children and parents are encouraged to provide a healthy drink option for packed lunches.

Snacks

2.0 To ensure that break-time snacks and drinks are in line with the Whole School Food Policy.

2.1 Early Years Foundation Stage (EYFS) and Key Stage One (KS1) children receive a daily portion of fruit/vegetables through the National School 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 fruit (including dried fruit) and vegetables to eat during morning break.

School Lunches

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

3.1 The School works to ensure the provision of a healthy, balanced school lunch, under guidelines from the Children's School Food Trust.

3.2 Menus are colour coded for allergy awareness and sent out to parents via Scopay. Menus are also available in hard copy in the Reception area.

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.

3.3 School lunch menus are designed for the majority of the school population, but the school recognises that some pupils may have special dietary needs and every effort will be made to cater for all pupils' needs by offering an option of a jacket potato with a variety of fillings which should cater for most needs.

3.4 Since September 2014 all children in Years R, 1 and 2 will be eligible for free school meals as part of the Government's universal infant free school meals (UIFSM).

3.5 Children in Key Stage 2 (Years 3, 4, 5 and 6) 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.

Packed Lunch

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 below, as set out by the British Nutrition Foundation. These are available on our website:

A child's packed lunch should include only the following:

- At least one portion of fruit and one vegetable every day
- Meat, fish or other source of non-dairy protein (eg lentils, kidney beans, chickpeas, houmous and falafel) every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- Oily fish, such as salmon, at least once every three weeks
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc every day.
- A small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg, houmous, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), smoothies or milk (not flavoured).

A child's packed lunch should NOT include:

- Snacks such as crisps. (Instead, include seeds, vegetables and fruit - with no added salt, sugar or fat - savoury crackers or breadsticks served with fruit, vegetables or dairy food.)
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. (Cakes and biscuits are allowed but encourage your child to eat these as part of a balanced meal.)
- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Nuts or nut products (We are a Nut Free School)

4.2 Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and brought into school.

4.3 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.

4.4 Further advice and ideas for packed lunches can be found at: www.childrensfoodtrust.org.uk

4.5 Parents who have difficulty following these guidelines are requested to contact the school.

Dining Environment

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 that dining is an important 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, indoor and sociable environment for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- Children are encouraged 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 mealtimes (e.g. children who may have problems eating their lunch, spill or drop their lunch, unable to open a packet/bottle, do not eat their lunch or skip lunch, etc.)
- Children are expected to behave while eating their lunches and be polite and helpful.
- Children are expected to move around the lunch hall in a kind and calm manner.
- If a child has a problem or wishes to leave, they should raise their arm and wait until a Midday supervisor speaks to them.
- If children are unsure of what the meal, or any meal item is, they can ask the caterer or Midday supervisor to explain.
- Children should leave the area where they have eaten their lunch in a reasonably clean and tidy condition.

Curriculum

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

6.1 As part of the work that children do for Sciences and for Personal, Social, Health and Citizenship Education (PSHE), they will be taught:

- The components of a healthy diet.
- The importance of healthy eating both now and in the future.

Children with additional needs

7.1 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 and Kitchen.

7.2 There is an opportunity for parents to detail any dietary needs/allergies on the school's admission form. Information relating to individual needs is discussed with all parents before their child's admission to school.

Food Hygiene

8.1 Children are always reminded about the importance of hand washing before eating or handling food.

8.2 Whenever children work with food in the classroom, they are helped to follow basic hygiene routines.

Accountability

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

9.1 This policy, and the supporting procedures and activities, will be monitored and reviewed every 3 years and approved by the Headteacher

9.2 All reports on the Whole School Food Policy and its findings will be published on the school's website: www.godstoneschool.co.uk

Impact of the Policy

- To ensure that food and nutrition in our school promotes health and wellbeing.
- To provide opportunities for children and adults to share food in order 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/tolerance or specific medical needs.
- To ensure that children develop a healthy attitude towards food and understand the importance of a balanced diet.