

# **EAST BOLDON INFANT SCHOOL WHOLE SCHOOL FOOD POLICY**

## **INTRODUCTION**

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

The school has been re-accredited with the Healthy School Award in 2015.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

## **FOOD POLICY CO-ORDINATOR**

This school food policy and healthy eating strategy is co-ordinated by our Healthy School co-ordinator Mrs Eggerton.

## **FOOD POLICY AIMS**

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day
3. To support our children in maintaining a healthy weight
4. To encourage good dental health

These aims will be addressed through the following areas:

### **1. EQUAL OPPORTUNITIES**

In healthy eating, 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.

### **2. CURRICULUM**

Food and nutrition is taught at an appropriate level throughout Early Years and Key Stage 1.

This is addressed through PSHE and science curriculum

### **Teaching methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include group discussions, design & technology, food technology and role-play.

### **Leading by example and staff training**

Teachers, catering staff and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating

guidelines. To facilitate this staff attend appropriate training on Food in School and food hygiene.

### **Visitors in the classroom**

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

### **Resources**

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the PSHE area in the school hall. Books and resources are linked to the termly programmes of work.

### **Evaluation of pupils learning**

The healthy eating aspects of the National Curriculum are monitored through teacher assessment.

Other aspects of healthy eating work are evaluated through activities, which have been built into the curriculum, as part of the planning process e.g. designing healthy food poster/meal as part of Health and Fitness weeks.

## **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

### **National Nutritional Standards for School Lunches**

The LA school meals service provides the pupils with lunch. All children are encouraged to take a balanced lunch with plenty of fruit and vegetables.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. The contact details for the LA caterer can be found at the end of this policy document.

Children are offered a 200ml drink of semi-skimmed milk daily. This provides a valuable source of calcium which supports healthy growth in children.

### **SNACKS IN SCHOOL**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat, salt and sugar at break-time. The school is part of the 'Fruit for Schools' scheme and offers fruit and/or vegetables at break time. In addition children may bring a healthy snack to school but chocolate snacks, crisps, sweets and nut based products (due to allergic reactions) are discouraged. There are examples of good snacks on the Change4life web link at the end of this policy document.

### **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 or other achievements. Other methods of positive reinforcement are used in school e.g. certificates, headteacher/teacher awards, stickers, praise and encouragement.

## **DRINKING WATER**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and pupils are encouraged to bring their own water bottles to school. In addition the pupils have access to water fountains throughout school.

## **4. FOOD AND DRINK BROUGHT INTO SCHOOL**

### **FOOD SERVED ON SCHOOL PREMISES**

Only the LA school meals service provides food on the school premises. Catering staff have undergone appropriate food hygiene training and their facilities meet appropriate food safety requirements.

As parts of food technology, cooking and healthy eating, pupils do have the opportunity to prepare, cook and sample foods. Staff have undertaken food hygiene training and strict, hygienic procedures are adhered to.

### **PACKED LUNCHES**

We encourage parents to use the school catering service and only packed lunches prepared by the school caterers are offered daily to pupils. These adhere to the National Nutritional Standards for Healthy School Lunches.

Only in exceptional circumstances or when pupils are out of school on educational visits are packed lunches allowed. School promotes healthy packed lunches and requests that parents refrain from including sweets, chocolate and fizzy drinks in pupil's lunch boxes.

## **5. SPECIAL DIETARY REQUIREMENTS**

### **SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

### **VEGETARIANS AND VEGANS**

The LA school caterers offer a vegetarian option at lunch everyday. When necessary the school meal service can also provide a vegan option.

### **FOOD ALLERGY AND INTOLERANCE**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. The LA school caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to the school's agreed process.

## **6. FOOD SAFETY**

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. We consult our local Environmental Health Department about legal requirements.

## **7. THE FOOD AND EATING ENVIRONMENT**

The school aims to provide a welcoming and positive dining environment in which to eat and socialise. Lunch time supervisory assistants support the children during lunch times, encouraging healthy choices, promoting table manners and helping pupils who find lunch times difficult e.g. helping to cut food, using appropriate cutlery, opening tubs/ cartons and carrying trays.

Year 2 lunch time monitors also help the younger children in the dinner hall, promoting independence when eating and clearing food.

Staff have lunch with pupils to promote healthy eating in a calm and sociable atmosphere.

## **8. MONITORING AND EVALUATION**

The school council is involved in discussing issues and ideas for improving lunchtimes and reporting these back to classes. Actions for improvement will be included in the School Improvement Plan and shared with staff, governors, parents and pupils.

This policy will be monitored by Headteacher and reviewed annually.

## **USEFUL LINKS/RESOURCES**

<http://www.schoolfoodplan.com/standards/>

<http://tna.europarchive.org/20120419000433/http://www.food.gov.uk/multimedia/pdfs/foodpolicygovernor2.pdf>

<http://www.nhs.uk/Change4Life/Pages/healthy-snacks.aspx>

South Tyneside Catering Services tel. (0191) 4246710

## **REVIEW**

Reviewed annually

Review Date: Spring 2016.