

# Ashmole Primary School

## Whole School Food Policy

### Introduction

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

### Why a policy is needed?

At Ashmole Primary School we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. 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.

This policy explains

- \* How we promote healthy eating.
- \* What we do to provide healthy balanced food throughout the school day.
- \* How we help pupils eat healthily.
- \* What we teach so that pupils know how to make healthy food choices.

### Our approach to improving pupils' health through healthy eating.

We aim to:

- \* Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- \* Provide safe, tasty, and nutritious food that promotes health.
- \* Enable all pupils to have a healthy school meal.
- \* Make healthy eating enjoyable and the norm.
- \* Provide safe, easily accessible water during the school day.
- \* Promote healthy eating/ healthy food choices and discourage unhealthy eating/ unhealthy food choices.
- \* Be a role model for healthy eating.
- \* Monitor healthy choices, including packed lunches.
- \* Use a range of opportunities to promote healthy eating.
- \* Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

### Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices. Senior Members of staff lead on the development and monitoring of the WSFP and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor. The PSHE lead is responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, Science & DT planning.

The Trust ensures the policy is implemented. Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment. Parents receive the catering menu for the term and this is shared with the children in advance.

**This policy will contribute towards other policies in the following way:**

Behaviour - We use non-food related rewards for positive behaviour.

PSHE - Healthy food and choices and practical food education is included in the curriculum.

Science - Healthy eating and nutrition is part of the science curriculum.

DT- Cooking technology is part of the DT curriculum and focuses on healthy eating.

Equality - We take account of the needs of all our children, including those with disabilities and allergies.

**Development of the policy**

This school policy takes account of national guidance produced by the School Food Plan, Children's Food Trust, Change4life and information from the Department of Health and NHS.

**Teaching about healthy eating and cooking in the curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum and emphasise safety issues.

**Training staff to deliver practical cooking lessons**

Staff are involved in food preparation and cookery lessons, developing their understanding in food related issues including food hygiene. All food preparation is healthy. Staff teaching aspects of food with no formal training are supported by those who have. We are working towards having all staff trained in basic food hygiene.

**School lunches**

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. A copy of the weekly menu is on display in the dining area, the reception area, discussed with children and emailed home. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. There is a 'Healthy Eating' display, which is put together by children across all year groups. Staff monitor food choices and encourage pupils to try new foods, having regular discussions with parents about this. We work with families who are eligible for free school meals to encourage them to take this up. Class teachers join their pupils periodically for meals and use this to monitor and encourage healthy eating as well as develop their personal and social skills.

**Packed Lunches**

Appendix A: Packed lunch policy

**Snacks**

*Primary*

All EYFS and KS1 classes include a morning break time snack of fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away. We will share the fruit with Key Stage 2 children where possible who will be asked to bring fruit for playtime. Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips.

### **Breakfast club and after school clubs**

The Breakfast club is offered to all pupils and we actively encourage pupils who are more vulnerable to attend. The food offered at breakfast and after school clubs is healthy. We request that any food brought onto the school premises by pupils to after school clubs is consistent with the guidance given in the packed lunch policy and conforms to the school food standards for food other than lunches.

### **Nut allergies**

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

### **Partnership with parents and carers**

We inform and involve parents and carers about healthy eating through meetings, the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during the school day. During out of school events, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu.

Parents are made aware that we are a healthy school through newsletters and how our approach to healthy eating is in keeping with this.

### **Rewards**

We reward children for healthy eating with stickers and house points.

### **Water for all**

During school meal times only drinks which comply with the School Food Plan guidelines may be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the food policy. Children are encouraged to drink water regularly throughout the day and have water bottles in class. Water is available to staff and visitors in the staff room.

### **Curriculum assessment and monitoring**

Children's learning about healthy eating will be assessed in line with the school's assessment policy through science and PSHE. A review of what is taught includes feedback from staff and pupils.

### **Monitoring food provision**

The Ashmole Academy Trust is responsible for ensuring the quality of the food offered for school meals, as part of the contract with Cambridge Catering. We consult annually with pupils, parents, carers and staff and involve them in reviewing the school meals. The results will be used to evaluate the impact of the food policy and to further improve the school meals. We will monitor food waste when appropriate and take relevant measures to reduce food waste.

A full copy of this policy is available to staff, parents, carers and professionals in school.

### **Appendix A: Packed lunch Policy**

#### **Aim**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards. This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

#### **Why was this policy formulated?**

- \* To make a positive contribution to children's health and reflect a Healthy School
- \* To promote consistency between packed lunches and food provided by schools which must adhere to national food standards set by the government.

#### **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 or 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 aim for wholegrain varieties.
- \* Dairy food such as milk, cheese, yoghurt, fromagefrais, soya products everyday
- \* Only water, pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted
- \* If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive, examples are- fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings , fruit smoothies and fruit based crumbles
- \* Savoury crackers or breadsticks served with fruit, vegetables or dairy food

#### **Packed lunches should not include:**

- \* Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- \* Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- \* Meat products such as sausage roll, individual pies, corned meat and sausage/ chipolatas should be included only occasionally (no more than twice a week)
- \* Fizzy or sugary drinks.

### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers 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.

### **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

### **Monitoring packed lunches**

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

Sep 2021

Next review due: Sep 2022