Whole School Food Policy

Sir John Heron Primary School

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Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHCE, and Relationships and Health (RSHE) Education policies.

Why do we have a food policy?

Sir John Heron is a healthy school. We want:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors.
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively.
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices.

What do we want to achieve?

- To ensure 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 the provision and consumption of food is an enjoyable and safe experience.
- To ensure that we are giving consistent messages about food and health, and are providing our pupils with the information they need to make healthy choices.
- To ensure that the whole school community understands that a balanced diet is recommended.
- To contribute to the healthy physical development of all members of our school community.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- 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 introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day, including trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

Eat for Free Scheme

Eat for Free is Newham's universal primary school meals scheme which has been providing free school meals since 2009, saving families approximately £500 per child each year.

Currently, all primary age pupils attending schools in Newham receive free school meals from Reception to Year 6. Nationally, all pupils in Years Reception, 1 and 2 receive free school meals. Ensuring that all Years 3 – 6 pupils receive free meals, regardless of their family income or entitlement to certain benefits, is known as Eat for Free. The scheme costs the council around £6 million per year.

Eat for Free is an opportunity to invest in certified, high quality and nutritious meals that sit at the heart of our whole school approach to food and health, whilst supporting Community Wealth Building; Newham Climate Now; and the Just Transition Plan.

Free Milk and Fruit/Vegetables for Foundation Stage (FS) and KS1

Free Milk and fruit is provided for all children until their fifth birthday. All FS and KS1 children have a daily snack of washed fruit or vegetables, which is shared in a family setting for all class members. Children are given responsibility for passing the fruit to others and for helping to clear away. This is part of the Government initiative to provide all infants with free fruit or vegetables during the day.

Allergies

We have a number of pupils with severe allergies, including to nuts. As such, children are not allowed to bring nuts into school at any point. **Any snack brought in from home must be nut-free**, and children are requested to not share any food with other pupils.

Food and Water during the School Day:

a) School Universal Breakfast Offer

The school provides bagels to each year group as part of the school's universal breakfast offer. Bagels are on offer to children throughout the day.

b) Breakfast Club/After School Club

The food offered during Breakfast Club is consistent with the healthy school approach, *School Food Trust's* non-lunch standards and is monitored by the Headteacher.

During relevant after school clubs, children are taught how to prepare a range of foods, some of which may be considered a "treat". Children are taught that

“treats” should be eaten in moderation and form part of a health balanced lifestyle.

c) Break time

At break times our pupils are only allowed to consume bagels and fruit, provided by the school. Water is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safe for a pupil with a nut allergy.

The school takes part in the CoolMilk scheme, which provides free milk to pupil premium families. Additionally, parents may purchase milk if they wish their child to have it during playtime.

d) Lunchtime

Lunches meet the *School Food Trust's* national standards. All pupils have a choice from two lunch options, plus a salad bar, enabling them to eat healthily. The government's food-based standards is to meet one third of a child's average dietary requirements across a menu cycle.

Pupils are encouraged to taste and eat new foods.

Staff, lunch timings and seating arrangements are sympathetic to a positive social eating environment, whether they are choosing school dinner or eating a packed lunch.

Packed lunches are monitored and the curriculum encourages a healthy balance. The school may send home a letter/leaflet to parents/carers where a packed lunch provided from home is deemed to be unhealthy. Appropriate storage arrangements are made for packed lunches in school.

e) Water

All pupils and staff have mains fed water freely available at all times and are able to refill bottles easily.

Children must bring in a water bottle each day to store their water in, and this must be taken home each night to be washed. Children may drink their water at any time, except during assemblies. Regular water breaks are built into the school day by class teachers. Water is served to pupils during lunchtime with their school dinner.

The school has invested in water machines which provide freshly filtered cold water throughout key areas of the school.

Curriculum:

At Sir John Heron, our curriculum is designed to provide our pupils with the knowledge and skills needed to eat a balanced diet and recognise when food is a treat, and consume this appropriately.

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times, food safety principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet (as depicted by *The Eatwell Plate*) makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

Foods containing high levels of fat, sugar and salt will not be used as rewards.

a) **Food across the curriculum**

In Reception, KS1 and KS2, 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* provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

- *Mathematics* can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

- *Science* provides an opportunity to learn about the types of food available, their nutritional composition, digestion and 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.

- *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.

- *PSHCE* encourages young people to take responsibility for their own health and wellbeing, and teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss

issues of interest to young people, e.g. advertising and sustainable development.

- *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 who rely on growing food as their source of income.

- *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 physical activity such as dance and walking. School visits provide pupils with activities to enhance their physical development such as day visits and residentials to activity centres.

b) **School Visits and Events**

Food served at events and offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

As the school participates in Newham's Eat For Free programme, all children are provided with a free packed lunch for all educational visits.

Where parents/carers are asked to donate food offerings towards special events, these must be nut-free, and the items must be labelled with a full list of ingredients so that the school is aware of allergens and can serve this safely to pupils.

Birthday/Holiday Gift Food

As a school we do not distribute any birthday or holiday food. This is in line with our healthy eating approach.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. We ask parents not to send in fizzy drinks, crisps, cakes, biscuits, sweets and chocolates, and we remind them that only water may be drunk during the school day.

The school may send home a letter/leaflet to parents/carers where food provided for a packed lunch from home is deemed to be unhealthy.

Community Involvement

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example; healthy eating workshops and advice in the school's newsletter.

Staff and Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, religious vegetarian and for appropriate serving. There is a daily fish, meat (halal) and vegetarian option for children to choose from.

All primary school pupils in Newham are entitled to a free school dinner (this is not currently available for the 30 hour nursery children).

Monitoring and Evaluation:

a) Role of the Headteacher

The Head is responsible for food in school and regularly consults with the Local Authority's catering service to ensure a balanced diet is offered which meets the school food standards.

The Head will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.

b) Role of Subject Leaders

Subject leaders are responsible for the curriculum development of the Food Policy.

The Headteacher and the PSHCE leader are responsible for supporting colleagues in the delivery of the Food Policy.

c) Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

d) Role of the Local Authority (LA)

The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This document is freely available to the entire school community.