

## Whole School Food Policy

Spring 2017

---

### Summary

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra curricular events. Key changes:

- Only water to be consumed in school
- Fruit and vegetables only to be given as snacks during school day
- Stickers or group items such as stationery to be shared for birthdays as a healthy alternative to cakes and sweets.
- Healthy / balanced approach to party food within school

### Recommendation

Governors to read and agree the policy.

Author's Role	PHSE and Healthy Schools Lead
Date	Spring 2017
Internal review Date	Spring 2018
Official Review Date	As updates

## **FIELDHEAD CARR PRIMARY SCHOOL WHOLE SCHOOL FOOD POLICY**

### **Why is a policy needed?**

At Fieldhead Carr 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 within 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 Plate 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:

- Breaktime snacks including those brought from home.
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

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

### **Break time snacks**

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

Twice a week all children within school can purchase a maximum of two slices of wholegrain toast at a minimal cost.

Any snacks that are brought from home will be restricted to fruit or vegetables unless

recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

### **Milk**

Our school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines. Parents are invited to register and pay for their child to participate in this scheme, which provides a carton (189ml or 1/3 of a pint ) of semi skimmed milk every day for Foundation Stage 2 and Key Stage 1 children and a carton of full fat milk for Nursery children. Parents can specify if an alternative type of milk is required e.g. soya. Children in Nursery and those families in receipt of Free School Meal are eligible for free milk.

### **Water**

Clean filtered drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

### **School lunches including packed lunches**

At Fieldhead Carr all school meals 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. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily. (Appendix 1: Packed lunch guidance) Support and advice is provided through information on our website and annual packed lunch parent's workshop.

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 residential 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 re enforce 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.

### **Before and after school club / Holiday club**

Food provision at our breakfast and after school club and holiday club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification. Children in the clubs have regular opportunities to prepare and cook healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities.

### **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in to celebrate birthdays we would ask that healthy foods such as fruit or non food items such as stickers, a special book for the class or colouring pencils are considered as alternatives. In school we celebrate children's birthdays during our celebration assembly which includes children choosing a book to keep.

At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

### **Monitoring**

We consult annually with caterers, pupils, parents / carers and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals. The monitoring procedures for packed lunches can be found in Appendix one.