

Clipston Endowed VC Primary School and Great Creaton Primary School School Food Policy

Based on the policy as recommended by advisors to NCC.



School Food Policy

Presented to the Curriculum and Monitoring Committee: November 2015

Adopted by Governing Body: November 2015

Proposed Review: Autumn 2017

Signed
Mrs Dewinder Birk: Chair of Curriculum and Monitoring

AIMS OF CLIPSTON SCHOOL

Clipston Endowed Voluntary Controlled Primary School aims to provide every child with high quality teaching and learning. It is the school's philosophy to give our pupils a measure of independence, a high level of self-confidence, a deep sense of self-worth, and an understanding and deeper appreciation of our Christian heritage. To achieve this, we aim to:

- a) Enable all children to achieve their full potential, both academically, socially, personally, and morally in order that children expect the best of themselves.
- b) Promote spiritual development and the ability to grow and flourish as human beings.
- c) Support children in building relationships which reflect Christian values.
- d) Deliver a broad, relevant and challenging education which is of a high standard and appropriate to an individual child's needs.
- e) Promote high standards of behaviour based on mutual trust and respect, developing responsibility and fostering self-discipline.
- f) Promote good citizenship, thus enabling individuals to make valuable contributions to wider society.
- g) Ensure equal opportunities for all.
- h) Provide a welcoming and stimulating learning environment in which everyone feels safe, happy and secure.
- i) Develop a sense of pride in belonging to Clipston Endowed VC Primary School.

AIMS OF GREAT CREATON SCHOOL

Great Creaton Primary School aims to provide every child with high quality teaching and learning. It is the school's philosophy to give our pupils a measure of independence, a high level of self-confidence and a deep sense of self-worth. To achieve this, we aim to:

- a) Enable all children to achieve their full potential, both academically, socially, personally, and morally in order that children expect the best of themselves.
- b) Promote spiritual, moral, social and cultural development to support the ability to grow and flourish as human beings.
- c) Deliver a broad, relevant and challenging education which is of a high standard and appropriate to an individual child's needs.
- d) Promote high standards of behaviour based on mutual trust and respect, developing responsibility and fostering self-discipline.
- e) Promote good citizenship, thus enabling individuals to make valuable contributions to wider society.
- f) Ensure equal opportunities for all.
- g) Provide a welcoming and stimulating learning environment in which everyone feels safe, happy and secure.
- h) Develop a sense of pride in belonging to Great Creaton Primary School.

To achieve these aims staff and governors will work in partnership with parents, carers and the local community for the benefit of all our pupils

INTRODUCTION

Clipston Endowed VC Primary and Great Creaton Primary Schools (Our Schools) are dedicated to providing an environment that promotes healthy food and 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. This policy covers all aspects of food and drink at school.

The policy is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence based findings; and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet.

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material

Standards for school food throughout the school day are in place.

www.childrensfoodtrust.org.uk

Further information can also be found in the School Food Plan (July 2013)

www.schoolfoodplan.com

FOOD POLICY CO-ORDINATOR

Our School food policy and healthy eating strategy is co-ordinated by **Mrs Emma Mercer**.

FOOD POLICY AIMS

The main aims of our school food policy are:

To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes

To provide healthy food/drink choices throughout the school day

To ensure that food and drink in school promote the health and well being of pupils, staff and visitors to our school

CURRICULUM

It is essential that nutrition education is embedded in the curriculum and that there is consistency across different subjects- science, technology, PSHE & PE and that it remains consistent with the whole school food policy. There are numerous opportunities in the curriculum for pupils to develop knowledge of health including healthy eating projects, Gardening Club, PSHEE and PE lessons.

TEACHING METHODS & RESOURCES

- We follow the National Curriculum in order to impart Information to children about healthy balanced eating/food and nutrition.
- We provide information based around the 'eatwell plate' and deliver this to the whole school, for example during assemblies and certain lessons where Healthy Living is relevant.
- There is a link to www.childrensfoodtrust.org.uk on our school websites and this includes information for parents and staff based on the School Food Plan (July 2013).
- Staff regularly consider ways in which to link classroom activities and Topic work to learning about food and the 'food a fact of life' programme is available to all staff www.foodafactoflife.org.uk.

- For parents who do not engage with our Kingswood Catering Menus, we provide information on Healthy Lunchboxes.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for food in schools became compulsory in June 2014. Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch, tuck shops, vending and after-school clubs. (Full details and the documents and guidance relating to this are available from the Children's Food Trust) www.childrensfoodtrust.org.uk

BREAKFAST CLUB

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards.

The breakfast menu includes a choice of:

Toast (made using 50:50 bread) with a butter-substitute spread and optional jam.

Cereal

Water or milk to drink

A piece of fruit

BREAKTIME SNACKS

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 and sugar at break-time.

We encourage a fresh fruit or vegetable only policy for break time snacks as this positively enhances the National Free Fruit scheme in Key Stage 1. Some children with specific needs are an exception to the Breaktime Snack "fruit or vegetable" only policy.

SCHOOL LUNCH

Food prepared by Kingswood Catering meets the National Nutritional Standards for School Lunches. As a school we encourage pupils to have a school lunch provided by Kingswood catering. Free school meals are provided to all those pupils who are entitled to them.

PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'eatwell plate'. This will ensure children having packed lunches have a healthy balanced meal. Food safety issues around packed lunches are conveyed to parents at the New Parent Induction Evening. Information about Healthy packed lunches is provided on our websites.

AFTER SCHOOL CLUB

The food and drink provision at the Great Creaton after school club is in line with the overall whole school food policy.

USE OF FOOD AS A REWARD & BIRTHDAY TREATS

The school does not encourage the frequent eating of sweets or other foods high in sugar or fat, e.g. as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. "Treat" foods for birthday celebrations are not encouraged but we will adhere to parent's wishes on these occasions as requested.

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 provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at the lunchtime meal service.

SPECIAL DIETARY REQUIREMENTS RELIGIOUS AND ETHNIC GROUPS

The school endeavours to provide food in accordance with pupils' religious beliefs and cultural practices as required.

VEGETARIAN & VEGAN DIETS

School caterers offer a vegetarian option at lunch every day and we would liaise with them to endeavour to meet other requirements such as Halal meals if required.

SPECIAL DIETS - MEDICAL

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual medical care plans need to be created for pupils with special dietary needs/requirements. The school's caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process. Information at www.allergyinschools.co.uk may assist us with this process.

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 in Breakfast and After School Club undertake appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school.

THE EATING ENVIRONMENT

The school will provide a clean, sociable environment for pupils to eat their lunch. Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

LEADING BY EXAMPLE

Staff 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. Staff are committed to setting an example with food in school. For example when on break duty they will consume fruit or vegetables as a healthy snack instead of sugary treats.

CONSULTATION & MONITORING

This policy has been shared with the whole school community and families/staff to our school are made aware of its importance. From time to time Governors may carry out monitoring of aspects of this policy such as hot meal uptake, contents of lunchboxes or break time snacks. If a child is seen consuming something other than a fruit or vegetable at breaktime they will be encouraged to consider a healthier option next time. Staff will not withdraw food from a child or remove unhealthy options from lunchboxes.

REVIEW

As part of the established Policy Review cycle, this policy is due for review in autumn 2017.