

Wrotham Road Primary School

WHOLE SCHOOL FOOD POLICY

Date of Policy Implementation Jan 2015

Date of Next Policy Review Jan 2017

Rationale:

We believe that an active lifestyle and a well-balanced diet can enhance the health and well-being of all. A healthy approach to eating can have a positive impact on pupil attainment, behaviour and punctuality. This whole school food policy is part of the overall Healthy School Action Plan. We aim to encourage the children to adopt a healthy approach to food which will stand them in good stead for their future well-being. By giving the children opportunities to learn to grow, harvest and cook food we can increase their understanding of how food is produced, widen their experience and help set patterns for future healthy lifestyles. By adopting a whole school approach we want to demonstrate that Wrotham Road School makes a positive contribution to the health and well-being of the pupils, staff and other members of the whole-school community.

Aims:

- To ensure that all aspects of food and drink in the school promote the health and wellbeing of every member of our school community.
- To develop greater understanding of where food comes from and how it is grown.

Objectives:

- To ensure that the following objectives are fully integrated into all aspects of school life and are embraced by all members of the school community.

Curriculum, Teaching and Learning:

- Pupils will be taught about healthy eating through schemes of work for Design & Technology, PSHE, and Science as part of the IPC (*Mile Post 1 (5-7) – We are what we eat, I'm Alive!*, *Mile Post 2 (7-9) – What's on the Menu?*, *Mile Post 3 (9-12) – Fit for life*).
- Opportunities will be provided for pupils to grow, harvest and cook produce from the school community allotment.
- After school clubs and special events organised by school FLO will reinforce and promote healthy eating.

School Lunch Provision:

- The school will work with the school meals provider (currently Total Catering) to ensure that all menus are produced in accordance with current food and nutrition standards for school lunches.
- Information regarding menus and costs will be provided to parents via newsletters and the school website. Since September 2014 all EYFS and Key Stage 1 children are entitled to a free school dinner (Government initiative).
- Water will be served with school meals and pupils encouraged to drink water whilst playing during the lunch break.
- Opportunities are taken to celebrate cultural events through the menus.

Packed Lunches:

- Parents and pupils will be given information on what constitutes a healthy, balanced packed lunch.
- Parents will be advised that foods containing nuts are not allowed as there are some pupils with a severe nut allergy
- Pupils will be encouraged to bring their packed lunch in an insulated box/bag.
- Packed lunches will be stored appropriately- on trolleys away from heaters.

Drinks:

- Pupils will be given a free water bottle (funded by PTA) when they join the school. They will be encouraged to bring their water bottle each day and will have access to drinking water through the day.
- Staff and visitors will have access to drinking water in the staff-room and reception area.
- Pupils will have free access to drinking water fountains in the playgrounds.
- Any drinks, other than water, supplied at school functions will be sugar-free.

Snacks:

- We have a "fruit-only" policy for break-time snacks.
- KS1 pupils receive a break-time fruit/veg' snack as part of the "free fruit" scheme. KS2 pupils receive any excess fruit on a rota basis.

Canteen Environment:

- We have taken on-board pupil suggestions for improving the school canteen environment. As a result the school worked with the catering company & pupils to “re-brand” the canteen and highlight the school lunch provision.
- Staff are encouraged to eat with the pupils to ensure good behaviour in the canteen and maintain a healthy regard for the social aspects of all ages eating together.
- Midday Supervisors and other staff encourage the children to eat their school dinners and packed lunches and give awards for good behaviour.

Breakfast Club:

- Breakfast club is open to all children at a subsidised charge. In addition some vulnerable children are offered a free breakfast.
- The school will ensure that the food and drink provided will meet the “Food in Schools” & School Food Trust standards.
- Opportunities are taken to celebrate cultural events through the breakfast menu.
- Children are supervised in brushing their teeth after breakfast.

After school clubs:

- Food and drink provided will meet the “Food in Schools” & School Food Trust standards.
- Opportunities are taken to celebrate cultural events through any food provided.

Special Events:

- Opportunities will be taken to celebrate cultural diversity through food.
- Parents will be encouraged to participate in preparing and supplying food for special events whilst ensuring appropriate food safety standards are maintained.

Pastoral care and welfare issues:

- Catering staff will be informed of any medical or cultural dietary needs of the pupils.
- The school will strive to ensure that any pupils who might gain from the social and health benefits from attending breakfast and/or after-school club are given the opportunity to do so.

Staff:

- All staff who are involved in the preparation and serving of food will receive appropriate food handling training.
- Staff will be encouraged and supported to eat balanced, healthy meals at school.
- Staff will have the opportunity to have a free school meal with the children when they are on-duty during lunchtimes.
- Staff are encouraged to develop good team relationships through the shared Friday breakfast and team meals outside of school.

Parents, Carers, External Agencies and the Wider Community:

- The school aims to involve parents/carers in guiding food policy and practice within the school and acts on feedback wherever possible.
- The school will continue to work with parents and the wider community to develop the School Community allotment.
- The school will engage with external providers/agencies to promote a healthy lifestyle (e.g. School Nurse, Oral Health Promoter, catering company, supermarkets and theatre/drama companies).
- Where possible the school will make links to local producers to support understanding of where food is grown and at what times of year.

Monitoring and Evaluation

Policy Agreed January 2015

Ratified by Governing body

Review Date

The policy will be reviewed annually.

Person responsible for the policy: Healthy Schools Co-ordinator (currently Rachel White)

It is important to engage and seek approval from senior management and governors to ensure that there is a whole school commitment to this policy.

Who was consulted in drafting this policy?

Pupils, staff, governors & parents/carers were consulted.

Signed on behalf of the school

Head teacher

Pupil

Healthy schools coordinator

Relevance to other school requirements/targets

OFSTED

Every Child Matters: being healthy, enjoying and achieving, making a positive contribution, staying safe, and achieving economic well being

Government nutritional standards for school lunches and non-lunch food.

Relevance to other related school policies/strategies

School Improvement Plan

Extended Schools

Behaviour Policy

PE Policy

Inclusion Policy

Equal Opportunities Policy

Health and Safety

Healthy Schools Programme

Eco-Schools

Relevance to other related local policies/strategies

Local Healthy Weight Strategy

Local Area Agreements