

Alexandra Primary School



Alexandra

Primary School

Aspire, Perform, Succeed

**A policy to promote healthy food in support of
children's wellbeing at school**

Author: J Bird
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Contents

Aim.....	2
Contents.....	2
Rationale.....	3
Definition.....	3
Objectives.....	3
Specific Aspects of Food in Schools.....	4
Water.....	4
Nut-free school.....	4
Allergies.....	4
School Lunches.....	4
Dining Environment.....	4
Packed Lunches.....	5
Morning Snack.....	5
Birthdays.....	5
Celebrations and Festivals.....	5
Food in the Curriculum.....	5
Values.....	5
Roles and Responsibilities.....	6
Governors.....	6
Head Teacher and Deputy Head Teachers.....	6
Subject Leaders.....	6
Class Teachers and Teaching Assistants.....	6
SMSAs.....	6
Welfare Assistant.....	6
Staff of Breakfast Club and Aftercare.....	7
Parents.....	7
Monitoring and Evaluation.....	7
Communication of this Policy.....	7
Equality statement.....	7

Aim

To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to Alexandra Primary School.

Contents

The Whole School Food Policy is a shared, evolving document for all stakeholders that interact with our school. It expresses a common vision of the ethos, status and role of all

aspects of food at Alexandra. It encourages all aspects of food to be brought together, clearly, coherently and consistently.

It should include:

- The formal curriculum e.g. subjects (design and technology, science, personal, social and health education, citizenship), equipment and resources, ingredient provision (where possible) and continuing professional development for staff.
- Extra-curricular activities, e.g. cookery club and the after-school club.
- Participation in national events and initiatives e.g. National School Fruit Scheme, and meeting standards, as advised by the Department for Education and the School Food Trust (www.schoolfoodtrust.org.uk), a national charity and specialist Government advisor.
- Provision of all food at school e.g. breakfast clubs, school lunches, fluid consumption and use of food as a reward.
- Consumption of food at school e.g. eating environment, service style, time, pupils bringing food to schools and packed lunches (including information to parents).
- Events and lettings at school e.g. school fairs.
- Pastoral care and welfare issues e.g. behaviour, free school lunches.

Rationale

Alexandra Primary School aims to develop the whole child by giving positive, consistent messages about food and nutrition. We recognise the importance of healthy eating and that good, nutritious food is essential for children's ability to learn as well as to their long-term health. This policy has been formulated to enable Alexandra Primary School to develop a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school. It has been developed in conjunction with our other relevant policies. Our school supports the 'five a day' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling childhood obesity.

Definition

Our school defines healthy eating as providing the body with well-balanced, nutritional food which will ensure good health and well-being. We aim to give children the skills they need to make healthy choices which will stay with them throughout their lives.

Objectives

To ensure:

- All aspects of food and drink in school promote the health and well-being of pupils, staff and visitors.
- Pupils have the basic knowledge to formulate life-long skills e.g. cookery classes, workshops on healthy lunchboxes, gardening club.
- Our pupils have the confidence, skills and understanding they need to make healthy choices

To promote:

- A well-balanced and healthy lifestyle.

- A welcoming eating environment to encourage the positive social interaction of staff and pupils. The school recognises that sharing food is an excellent opportunity to build relationships and promote good social skills.
- A healthy physical development of all members of our school community.
- The important connection between a healthy, balanced diet and a child's ability to learn effectively.

Specific Aspects of Food in Schools

Water

Children are actively encouraged to bring their own bottles for water and are given free access to these, as well as water fountains located in each playground. Water is freely available throughout the day to all members of the school community. Regular opportunities are given to drink water and children are regularly reminded and encouraged to drink water at break times.

Nut-free school

Due to the risk to those who have an intolerance to and / or serious allergic reactions to nuts, Alexandra makes every effort to be a nut-free school. This is enforced, as well as possible, in school through a ban on nuts and nut products. However, the practicalities of policing all food on the premises make this very difficult. Off the premises, on a school trips for example, pupils with these allergies must take their EpiPen with them and be supported by a teacher who is capable of helping to administer it. Teachers who accompany children on school trips have all had training in the use of an EpiPen.

Allergies

Lunchtime staff are aware of children who have allergies and this is recorded on the 'Allergy sheet'. Those serving children hot lunches must refer to the sheet, ensuring all children are catered for. Out catering provider ensures children with known and diagnosed allergies have menus that are adapted to meet their dietary requirements.

School Lunches

School lunches are provided by Wilson Jones and all meals must meet the new nutritional government guidelines for school catering as well as the Food for Life Silver standard. Wilson Jones only uses red Tractor meat, Marine Conservation Society fish, locally produced fruit and vegetables, British Lion eggs and Halal Certification (halal meat) in its menu. All food is cooked from fresh ingredients, daily, on site. Wilson Jones have an inclusive catering policy, embracing all that is required to support medical needs.

Dining Environment

The school is committed to providing a welcoming eating environment to encourage the positive social interaction of pupils and teachers. It is recognised that the physical constraints mean we operate a number of sittings, limiting the time available for serving and eating school dinners and packed lunches. Despite this constraint, the school will aim to provide a calm, ordered environment - conducive to enjoyable eating and good manners.

The school is also committed to:

- Helping children where necessary e.g. opening of packets, carrying trays.
- Encouraging children to eat as much of their dinner as is appropriate with a focus on eating their fruit and vegetables before dessert.
- Monitoring wasted food. - Supervising children having school dinners and packed lunches - Providing water jugs and clean cups on every table.
- Encouraging children to wash their hands before eating.

Packed Lunches

The Food Standards Agency survey of packed lunchboxes showed that in general children's lunchboxes contained too much salt, fat and sugar and too little fruit and vegetables. Our School encourages parents and children to pack healthy lunchboxes and provides information and guidance on balanced meals with plenty of fruit and vegetables, bread and protein. Food not eaten in a packed lunch should be sent home to ensure parents are aware of how much has been eaten.

Morning Snack

Pupils are allowed to have a snack during the morning break. While difficult to monitor, parents are asked to pack fruit or a healthy snack bar. Chocolate bars, crisps and sugary drinks are not allowed. Children in Key Stage 1 get one piece of fruit provided by school as part of the National School Fruit Scheme. Milk is provided for Pupil Premium or those who purchase it through the Cool Milk.

Birthdays

We are aware that many parents like to celebrate their child's birthday in school as well as at home, however, we do not allow any cake or sweets into school for this purpose and request that instead parents can send in fruit such as raisins if they wish.

Celebrations and Festivals

The school recognises that food plays an important role in the celebration of different cultures and religious festivals. As part of our curriculum children will have the opportunity to experience foods significant to different countries and belief. Our caterers have a programme of special meals to celebrate events across the year and are flexible should school wish to celebrate an event.

Food in the Curriculum

Food and nutrition are statutory components of Science for all primary school pupils. The significance of food in our lives means it can and should be used to enrich the curriculum and develop pupil's experience of food and healthy eating. The curriculum offers opportunities for children to experience food from different countries, historical periods and cultures as well as reinforcing the need for a healthy, balanced diet. Children will each year study a unit on Healthy Eating and are encouraged to use what they have learnt to make informed decision about what they are eating.

Other subjects also cover aspects of nutrition:

- PSHE – includes a unit on healthy eating or healthy choices for every year group
- Religious education – looks at food customs and beliefs
- Physical Education – reviews the energy balance
- History – understanding the evolution of food in society
- DT – meal planning and design, recipes and food preparation techniques

Values

At Alexandra we strive to work together as a whole community, sharing our ideas and beliefs and all working for the ultimate good of the children in our care. We aim to show respect for ourselves and each other and this is demonstrated by the empowerment we give to our children from an early age. We aim to give children information so that they are able to make sensible choices over food. Our School Council should be ensuring the children's voices are heard in this regard so that policies like this remain relevant and new ideas are brought forward.

Roles and Responsibilities

It is extremely important that the whole school is united in providing the children with the correct information about healthy eating. We need to give consistent messages about the importance of a healthy, well-balanced diet and regular exercise, within lessons and extra-curricular activities. Communication with parents ensures that similar messages are reinforced at home.

Governors

- To oversee the implementation of the Policy for Food in School;
- To ensure the school complies with all appropriate legislation;
- To ensure the policy is monitored and reviewed and that necessary revisions are undertaken.

Head Teacher and Deputy Head Teachers

- To ensure everyone within the school community has access to this policy and is aware of their responsibilities, so that it is implemented on a day-to-day basis;
- To advise the governors on the implementation of the policy;
- To ensure that there are appropriate resources and training for the implementation of the policy within the context of whole school development planning;
- To monitor the implementation of the policy, particularly with regard to school meals, breaktime snacks and food provided outside of the school day.

Subject Leaders

- To provide support and advice to colleagues regarding aspects of food and healthy eating within their curriculum area;
- To audit and update resources on an annual basis;
- To monitor displays in the school to ensure they reflect the school's policy;
- To maintain current awareness of policies, initiatives and issues relating to food in their area of the curriculum, and disseminate information to colleagues;
- To identify training issues and liaise with the Senior Leadership Team, to ensure such training needs are addressed.

Class Teachers and Teaching Assistants

- To follow the school's policy on food;
- To act as a positive role model;
- To communicate our expectations to parents so that they comply with the policy in relation to birthday treats, party food and cooking sessions as part of the curriculum.
- To plan, deliver and assess curricular activities in line with this policy.

SMSAs

- To supervise children while eating their meals and ensure that they have access to water;
- To encourage children to make healthy food choices and eat balanced meals with portions of fruit and vegetables;
- To assist children with opening containers, cutting up food etc. as necessary;
- To report any concerns about the content of packed lunches or individual children's food consumption to the class teacher, welfare or head teacher/deputy head.

Welfare Assistant

- To ensure Healthcare Plans are completed and advise staff regarding children with medical needs with regard to food;
- To administer the medication required by such children and liaise with parents to ensure it is up-to-date.

- To liaise with the catering provider regarding children with allergies, menus and any dietary requirements

Staff of Breakfast Club and Aftercare

- To follow the school's policy in the provision of food;
- Ensure they are aware of children's allergies and dietary needs;
- To encourage children to make healthy food choices and eat balanced meals with portions of fruit and vegetables;

Parents

- To be aware of the school's policy on food and support its implementation within the school and the wider community;
- To encourage children to make healthy food choices and eat healthy snacks and balanced meals with portions of fruit and vegetables;
- To follow guidelines when acting as a volunteer helper with curriculum projects or leading cooking sessions

Monitoring and Evaluation

Evaluation of the progress made by the school in implementing the aims and objectives of this policy will be made by the SLT reporting to the Governing board. These reports should include:

- Updates on food content, presentation, nutritional standards and sourcing of ingredients
- Monitoring food waste
- Overall hygiene
- Equipment, kitchens and dining facilities
- Other issues including: variations from menu, staff changes, changes to numbers of pupils taking school meals; changes to costs and company developments.

Communication of this Policy

This document is freely available to the entire school community and is located in the policy section on the school website.

Equality statement

Alexandra Primary School is committed to valuing diversity and to equality of opportunity. We aim to create and promote an environment in which pupils, parents and staff are treated fairly and with respect, and feel able to contribute to the best of their abilities.

The Governing Board believes that there should be no discrimination on account of someone's gender, marital status, colour, race, nationality, ethnic or national origin, disability, religious beliefs, age or sexual orientation. Full consideration has been given to this during the formulation of the above policy as it is the Governing Board's aim that no-one at Alexandra Primary School should suffer discrimination, either directly or indirectly, harassment or victimisation on any of these grounds.