



KELLINGTON PRIMARY SCHOOL



Kellington Primary School

Title of Policy: **WHOLE SCHOOL FOOD**

Summer 2016

Person Responsible:
HEAD/SUBJECT LEADER

Frequency of Review: Three Years



Healthy Schools

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy 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.

The policy was formulated through consultation between members of staff, governors and parents from the PWP who formulated the Packed Lunch Traffic Light Scheme.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the 'eatwell plate' (formally the Balance of Good Health (BOGH))

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Sarah Bower

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

1. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

Leading by example and staff training

Teachers, caterers and school nurses 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. This will be discussed at staff meetings or circulated by email as appropriate.



Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

Resources

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'eatwell plate' where appropriate.

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored with the PSHE resources. Samples from some of these resources are displayed in the PSHE folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

Evaluation of pupils learning

◆ Primary

The healthy eating aspects of the National Curriculum are assessed through SATS.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Food-based Standards exist covering all aspects of school food. (Full details and the document relating to this are available from the School Food Trust)

www.schoolfoodtrust.org.uk

Breakfast

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 food-based standards.

The breakfast menu includes: cereals, toast, fruit, yoghurts.

National Nutritional Standards for School Lunches

National Nutritional Standards for school Lunches became compulsory in April 2001.

The Government has announced new standards for school food. There are three parts, to be phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team (North Yorkshire County Caterers) meets the National Nutritional Standards for School Lunches.



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TUCK SHOP

A tuck shop should provide a range of snack foods that comply with the food based standards and help to contribute to a balanced healthy diet focused on the 'eatwell plate'.

All children can access a tuck shop selling a small variety of foods e.g. raisins & fruit.

SNACKING

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. Foundation and Key Stage 1 children receive a free morning snack under the Schools Fruit & Vegetable Scheme. Key Stage 2 children are encouraged to bring in similar snacks from home.

USE OF FOOD AS A REWARD

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school, such as "dibble box prizes and stickers".

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. Two water fountains are available for use and children are encouraged to bring in their own water bottle from home.

4. FOOD AND DRINK BROUGHT INTO SCHOOL

PACKED LUNCHES

Packed lunches prepared by the school caterers (North Yorkshire County Caterers) adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'.

We operate a "traffic light" scheme, which was formulated following consultation with parents/carers. (Refer to Appendix 1 below).

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices



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VEGETARIANS AND VEGANS

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

SPECIAL DIETS - MEDICAL

Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

6. 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 undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

7. THE FOOD AND EATING ENVIRONMENT

The school hall is used as a dining hall for all children.

FOOD RELATED ACTION PLANS

None at present

MONITORING AND EVALUATION

This policy is reviewed by Governors as per schedule.



APPENDIX 1

PACKED LUNCH - "TRAFFIC LIGHT" GUIDELINES

RED - TO BE AVOIDED



- Chocolate bars
- Fizzy drinks
- Sweets
- Corn snacks - monster munch etc
- Processed pre-packed "lunchables"
- Chocolate puddings/mousse

AMBER - OCCASIONALLY & NO MORE THAT TWO AT A TIME



- Sausage rolls
- Pork pie
- Potato crisps
- Biscuits (only one)
- White bread
- Cakes/muffins
- Cheese strings
- Jam sandwiches
- Processed meat
- Scones
- Malt loaf

GREEN - THE GOOD OPTIONS



- Bread e.g. wholemeal, high fibre white, rolls, french bread, pittas, bagels
- Sandwich fillings - e.g. peanut butter & grated apple, chicken, grated cheese & cucumber, mashed banana, humous, tuna, cooked meats, cottage cheese.
- Savoury crackers
- Breadsticks
- Rice cakes
- Vegetables e.g. cherry tomatoes, carrot sticks, celery, cucumber chunks, baby sweet corn, grated carrot & raisin salad
- Fresh fruit e.g. seedless grapes, plums, kiwi, cherries
- Dried fruit e.g. apricots, dates, raisins, sultanas
- Yoghurts
- Canned fruit in fruit juice
- Fruit Juice
- Milk drinks

TOP TIPS!

- Use a small insulated cool bag with a freeze block in to keep cool
- Make sandwiches the night before and keep in the fridge overnight
- Freeze a carton of juice which will be thawed by lunch time and will keep the rest of the food cool

More information is available at www.schoolfoodtrust.org.uk/packedlunches and www.eatwell.gov.uk