

# Woolenwick Junior School

## Whole School Food Policy V1

Policy Name	Whole School Food Policy
Created by	CS/ MC
Responsibility of	School Improvement Committee
Reviewed by	Original document
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Next Review Due	June 2019
Cycle	4 years
Ratified by Full Governing Body on	June 3 rd 2015
Policy will be published	website

### **Version History**

Version	Amendments	Date	Author
V1	Original document	May 2015	CS/MC

### **Background**

As part of the School Food Plan, a new set of [standards](#) for all food served in schools was launched by the Department for Education. They became mandatory in all maintained schools from January 2015.

### **Introduction and Context for Policy**

Woolenwick Junior School is committed to being a healthy school and to promoting the health and wellbeing of the school community. As part of this we aim to help our children understand the consequences of, and to develop the skills to take responsibility for, the food choices they make.

Aim: To ensure that all aspects of food and nutrition in the school help promote the health and well-being of the school community.

### **Objectives**

- To ensure that food provided across the school day is consistent with our aim and meets the new mandatory standards, covering all school food, introduced from January 2015. We refer to the following document to ensure this:

School Food Standards in England 2014:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/344684/School\\_food\\_in\\_England- June 2014- revised August 14.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/344684/School_food_in_England- June 2014- revised August 14.pdf)

- To ensure that food and nutrition information across the curriculum, and in extracurricular activities, is consistent and up-to-date.
- To ensure that the whole school community is involved in the implementation of this policy.

### **Food Provision across the School Day**

The food provided within school meets or exceeds the latest mandatory standards. The menu is carefully planned and is a balanced diet containing all nutrients needed for growing children including a balance of sugar, fat, protein and carbohydrates.

- School lunches are currently supplied by Hertfordshire Catering Limited (County Council official suppliers) and meet mandatory standards.
- Milk is provided by Cool Milk for pupils on free school meals, for whom it is free of charge, or for those children where their parents/carers choose to pay to participate in the scheme. This milk is semi skimmed.

A copy of the weekly menu is on display in the dining area and is discussed with the children. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, having regular discussions with parents/carers about this. We work with families who are eligible for free school meals to encourage them to take this up. Class teachers join their pupils periodically for meals and use this to monitor and encourage healthy eating as well as develop their personal and social skills.

### **Packed Lunches**

Many children bring a packed lunch to school. We believe that the packed lunch should form part of a child's well-balanced diet. To support parents/carers we may at times include information and ideas about the contents of these in newsletters. In our Starting School booklet and new parents' pack we include the packed lunch policy to help them.

We do not allow children to have fizzy drinks and encourage every child to have at least 1 portion of fruit and 1 of vegetable each day.

We encourage families to minimise waste and use re-usable containers for salads and pasta meals.

Children are not allowed sweets and ordinary confectionary bars in their packed lunches.

Serious concerns about contents of packed lunches will be discussed with parents/carers rather than the child.

**Our packed lunch policy can be found at Appendix A of this policy.**

### **School Eating Environment**

The school will provide a clean, safe, healthy and sociable environment, for children, staff and visitors having lunch at the school to eat their lunch. In doing so, the school requests children adhere to the following rules:

- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box.

- All litter from lunch boxes brought in from home must be taken home at the end of the school day.
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful.
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition.

### **Nut Allergies**

Parents are asked to avoid providing food products that may contain nuts, in packed lunches or any other food brought into the school. Children with a nut and/or peanut allergy should have an individual management plan. Staff are trained to recognise and manage allergic reactions. This policy may have to be altered in the event of a pupil starting school with a severe allergy to nuts.

### **Snacks**

At break time, children are allowed to bring and eat a piece of fruit or vegetable. No other type of food is permitted. Ideally the fruit should be in its own skin avoiding the need for plastic bags which increase the risk of litter. The school reserves the right to not allow any child to consume any non-permitted snack.

### **Water for All**

During school meal times, only drinks that comply with the School Food Plan guidelines may be consumed. Outside lunchtimes, if children bring in a sugary drink to be consumed throughout the school day they will be asked to take it home and we will talk to parents/carers and remind them of the food policy. Drinking water is available to the children so that they can regularly drink throughout the day. Children are encouraged to bring water bottles to school but fruit juice or squash is not permitted in water bottles. Cooled water is available to staff and visitors in the staff room.

### **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container as cool storage is not available. (More details are given in the packed lunch policy.)

### **BLAST Club**

Our out of school provision club offers breakfast, an evening meal and snacks for all children attending. All these meals will conform to the new standards and will adhere to this policy.

### **The Children's Centres**

The Stevenage North Group will follow this food policy when providing food and refreshments for children who attend the centres.

## **Partnership with Parents and Carers**

We inform and involve parents/carers about healthy eating through coffee mornings, school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents/carers are updated on our policies through school newsletters and on the school website. We ask parents/carers not to send in food or drinks that conflict with our food policy and we remind them that only water, semi skimmed milk or low sugar squash be consumed during the school day. During out of school events, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents/carers are given information about the annual national weight measurement programme that children in Year 6 take part in.

All adults including staff, volunteers and governors, who eat with the children, or where children are present, will also follow this policy.

## **Special Occasions**

Sweets and chocolates are not routinely used as prizes or rewards. However, there may be rare occasions when staff share special treats with the class, i.e. boxes of chocolates they have been given.

One-off occasions such as Christmas parties, Easter or charity events are not covered by the mandatory food standards but the school will try to ensure that there are healthy options available.

Birthday cakes – Some children do bring in cakes/treats to celebrate their birthday. Whilst this is not encouraged we recognise it as a public gesture. Staff and the child will distribute cake, etc. at the end of the day, when it will be the parents' choice as to whether/when children are allowed to eat it.

## **Teaching About Food and Nutrition**

The overall aim of our teaching about food and nutrition is to help children learn about, and to enjoy food. The Balance of Good Health Model/Eat Well Plate as recommended by the Food Standards Agency is used as the basis to teach about healthy eating within the curriculum.

Direct teaching about food and nutrition is taught within the curriculum and we also work with the following groups to support our aims to have healthy food in school:

- School Council
- Health Professionals e.g. Dietician, School Health Advisor
- Consultation with parents

## **Monitoring and Evaluation**

The school reviews its progress against its policies regularly. The Headteacher is currently responsible for monitoring food provision in school.

Lunchtime assistants keep teachers informed about packed lunches.

Staff regularly eat lunch with the children. Staff on duty monitor break time snacks.

## **Inclusion**

Staff ensure that they are aware of and accommodate children with particular dietary/medical needs and are sensitive towards over/underweight children. Through PHSE children learn how to behave appropriately to one another and respect differences. Children should learn that this is relevant in our attitudes to food and our wellbeing.

Staff check annually on transfer about specific dietary needs of children in their class. Alternative foods should be used where food allergies are an issue. It is not appropriate for a child to be given an alternative non-food based activity.

Children should be given the opportunity to express their views respectfully and share their beliefs about foods.

Parents/carers have a responsibility to inform the school if their child has any food allergies.

### **The Governors' Role**

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area. Governors have lunch with the children once a term.

## **Appendix A:**

### **Packed Lunch Policy**

The school recognises the benefits of a well-balanced hot school meal for children in the middle of the day, and would recommend to parents that this as the best option. However, should parents/carers decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

We recommend that a child's lunch should include the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad.
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative protein, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink – fruit juice (not fizzy), water (not flavoured), milk (not flavoured), squash (sugar free).

Water is available to all children, including those eating a packed lunch, in the dining hall at every meal time.

Parents/carers are advised to include an ice pack as the school has no facilities for storing packed lunches in a cool environment. Food products prepared and stored in ambient temperatures can, after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school requests that parents/carers do not include the following items in packed lunches:

- Sweets (including Winders), chocolate, etc.
- Crisps or any packeted savoury snacks high in salt and fat (the preferred option would be baked snacks low in salt).
- Fizzy drinks/sugary drinks.
- Cereal bars covered in chocolate.

Parents/carers who have difficulty following these guidelines are requested to contact the school.

Useful website for information on a healthy packed lunch for children with lots of ideas can be found here:

<http://www.childrensfoodtrust.org.uk/parents/schoolfood/packedlunches>

<http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>