

# **AVENUE PRIMARY SCHOOL**



## **WHOLE SCHOOL FOOD & NUTRITION POLICY**

**Autumn Term 2016**



## **Mission Statement**

**‘Expect the Best ...To be the Best’**

### **Whole School Food and Nutrition Policy**

This policy is provided to help ensure that staff, pupils, parents and visitors understand the ethos of the school in relation to food and drink, both with regards to education and in foods and drink provision. The policy is a written statement that outlines all aspects of food, nutrition and healthy lifestyle. It plays an important role in establishing the health and wellbeing of local children and their families.

#### **Rationale**

The government commissioned School Food Plan (July 2013) highlighted the importance of food in children’s health and welfare. The School Food Plan aims to increase the number of children eating nutritious food via the provision of free school meals, implementation of cooking and vegetable-growing initiatives and support of a whole school approach to healthy lifestyles.

At Avenue Primary we recognise that we can make a major contribution to improving the health and well-being of our pupils and their families. Therefore it is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

#### **Aims**

To ensure that we are giving consistent messages about food and health.

To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils.

To give our pupils the information they need to make healthy choices.

To promote health awareness.

To contribute to the healthy physical development of all members of our school community.

## **Provision of food**

School meals are provided by Newham Catering Service.

### **The eating environment**

There are two dining rooms with a staggered timetable lunch times beginning with Reception and KS1 followed by Lower KS2 then Upper KS2.

The daily choices are clearly displayed as a menu in both dining rooms. Pupils queue with their classes and sit with their friends. Children with SEN have their needs assessed and are supported at lunchtime by a LSA if needed. Arrangements are made for regular seating places if needed.

### **School meals**

We follow the National Government Food Standards, which means all children will be provided with at least one portion of fruit and one portion of vegetables every day. Salad is also available as an option and children are expected to choose from these. A vegetarian option is always available. Sandwiches, with a choice of fillings, are also available and a range of food from different cultures is included on the menu. The school provides halal food and the certificate is displayed in the dining hall. We follow the standard menus provided to the school twice a year based on food that is in season at the time. The menu is rotated on a four-weekly basis. Like-for-like changes are negotiated with the cook and the catering provider to reflect children's preferences. Changes are agreed with the head teacher and must meet the government's standards for school lunches. The menu is available on the school website but may be subject to change.

Meals are served on sectioned trays and older children pick up their own cutlery and cups. Food is displayed so that children can see and make choices with desserts first, then hot food, then the salad bar or bowl. They are expected to stack empty trays, dirty cutlery and rubbish in the allocated places before leaving the hall.

Serving staff ensure children know what choices are available. They encourage children to take their full entitlement of food. This includes a portion of vegetables and access to a salad bar which they are free to return to. Midday assistants look out for children who are not eating. They encourage children to eat something, or taste a particular food, but if they have concerns about a child, they speak to teachers who can then speak to parents.

All school meals are provided free for all children and menus are available from the school.

### **Dietary requirements**

There are a number of children with specific allergies throughout the school including some who are highly allergic to nuts. As a result of this we are a 'nut free' school. The lunch menu is checked thoroughly for this and a list of allergies in the class is kept in the 'class file' and the hygiene room. The school kitchen is provided with photos of all children with allergies and details of the allergies. The kitchen staff are informed about any other dietary requirements. Children with dietary needs are not singled out and their needs are met by ensuring staff are aware of what they can eat.

### **Breakfast Club**

Breakfast Club operates on a daily basis from 7.45-8.50 a.m. for a small fee. It is available in the school for all children from reception onwards and a registration form is available from the school office. Food offered follows the National Government Food Standards which encourages healthy choices and is consistent with a healthy diet. Children are encouraged to prepare their own food.

### **Packed lunches**

A few pupils still choose to have packed lunch. Packed lunch boxes are brought to classes and taken to the hall by pupils. As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks to prevent food from spoiling.

Parents receive advice and are encouraged to provide a healthy packed lunch. The contents are monitored and unhealthy foods may be replaced with a healthier substitute. The midday assistants and learning mentors inform teachers if children persistently have an unhealthy packed lunch. Parents will then be consulted by a member of staff.

All uneaten food and waste is kept in the lunchbox and returned home with the child so that parents are able to monitor their child.

Glass bottles, tins and fizzy drinks are not permitted.

The meals service provides a packed lunch for all children going on a trip. If children bring their own then parents are advised to provide a healthy packed lunch.

### **Snacks**

Foundation stage and KS1 children receive free fruit and vegetables as part of the government fruit scheme. Foundation stage children who are less than 5 years old are also provided with free milk.

Children may bring fruit to eat at break time and there is a healthy tuck shop held on a Friday before and after school.

### **Extended School**

Only fruit and water is permitted at extended school activities.

### **Drinking water**

The school promotes the drinking of water to improve the health and attainment of pupils. Therefore only drinking water will be permitted in class except in exceptional circumstances due to medical conditions and with permission from the school. There are drinking water taps in each class and children have access to drinking water throughout the day. Jugs of water are available in the designated 'snack areas' in the Foundation stage. All pupils in KS1 and KS2 are encouraged to have their own, labelled bottle with a sports cap to use in class. Due to a lack of water fountains in the playgrounds pupils are encouraged to have a drink before and after breaks. Bottles are not to be taken into the ICT suite or library. Bottles need to be washed out daily and refilled with fresh water. Bottles need to be taken home once a week to be washed in soapy water.

Jugs of water are available for all children to have with their lunch. The midday supervisors ensure they are kept filled up.

## **Curriculum**

This should be read in conjunction with the PSHCE policy and the Technology policy.

### **Where healthy eating is taught**

In the Early Years, Key Stage 1 and Key Stage 2, there are a number of opportunities for pupils to develop knowledge and understanding of food and health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. Children have the chance to grow plants which are used as foods. This is planned as part of year group topics and through:

- the National Curriculum Science Order
- the National Curriculum Food Technology Order
- the PSHCE curriculum as part of 'Nutrition and Physical Activity' in the scheme of work
- the Early Years Foundation Stage curriculum
- a whole school approach such as in assemblies, entering national health events, theatre-in-education, health weeks in school, etc.

### **How healthy eating is taught**

The school will use a range of active teaching methods and resources. It will ensure that pupils have opportunities to discuss issues as well as gain the necessary knowledge and skills, to make informed choices.

### **Whole school events**

Healthy eating has been encouraged as part of healthy eating weeks, the use of the 'cooking bus' to work with pupils and staff and involvement in the 'Food in Schools' project. The school will continue to take advantage of opportunities such as these to encourage healthy eating.

### **Food handling, preparation and serving in the classroom**

This should be read in conjunction with the risk assessment for the food technology room

The activity of food preparation, handling and serving of food in the classroom and food technology room is distinct from the provision of school lunch by caterers. There is no legal requirement for teachers, staff, parents or volunteers who prepare and cook food in the classroom to attend formal training or obtain a qualification in food safety. However the basic principles of food and personal hygiene should be observed during any class activity to avoid food poisoning occurring.

The basic principles of safe food preparation can be summarised as the '4Cs':

**clean:** wash your hands, surfaces and utensils properly and keep them clean

**cook:** cook food properly

**chill:** chill food properly

**cross contamination:** avoid spreading food poisoning bacteria between foods by cross contamination

Anyone undertaking food handling and preparation in the classroom should also seek information about any children with food allergies or food intolerances. The breakfast club supervisor has attended food handling training.

### **Provision for staff**

Staff bring in their own food or pay for their lunches at the office in the morning. Staff eat in the staff room, or dinner halls, and are provided with microwaves, boiling water and a dishwasher. Staff are not permitted to eat food in front of pupils unless they are providing a healthy role model such as eating lunch in the dinner hall or drinking water during the day. Tea and coffee are provided for free to all staff and visitors. There are drinking water taps in all classrooms and the staff room so drinking water is available to staff at all times. Where possible if refreshments are provided for staff a healthy option is included.

## **Parents**

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. This is not always easy but our school is well placed to lead by example.

Healthy options are promoted at the admissions phase. Parents and carers are regularly updated on our policies concerning food and drink through school newsletters.

During school events, e.g. parties, fairs etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

## **Other Issues**

Any additional food provided for pupils by the school e.g. year 6 breakfasts in SATs week, prefects breakfast, etc. should comply with the National Government Food Standards.

During Ramadan only year 5 and 6 pupils are permitted to fast. We encourage pupils to fast at the weekend as the school day is tiring. However if parents notify the school in writing, pupils are permitted to fast during the week. Again we would encourage children not to fast on their PE day.

Pupils are permitted to go home for lunch if parents request this option. If this is the arrangement then pupils are collected by their parent from the main door. Children may only leave school for home dinners if a parent has requested this in writing and has also confirmed that an adult **will be at home** during the lunch time period.

## **Role of the Governors**

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.

## **Monitoring and review**

Key Stage leads and subject leads are responsible for the curriculum development of the food policy. The Head Teacher, PSHE Lead and the Technology Lead and Senior Leadership team are responsible for supporting colleagues in the delivery of the food policy. The LEA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed annually to take account of new developments.

**Date Reviewed:**                      **Autumn 2016**

**Review Date:**                      **Autumn 2017**

Signed: ..... Chair of Governors                      Date: .....

Signed: ..... Headteacher                      Date: .....