

Baston CE Primary School

FOOD IN SCHOOL POLICY

INTRODUCTION

Baston CE Primary School actively supports healthy eating and drinking and food education throughout the school day. Our Whole School Food Policy was produced in consultation with our school community and leaders of Food in Schools initiatives for the Local Authority.

Our aim is to ensure that all aspects of food provision, food education and nutrition contribute to the health, educational benefits and wellbeing of our pupils, their families and the whole school community across the school day (until 6pm). We will achieve this via our school meals service, food education, cooking lessons and growing activities to embed a whole school approach to food education.

FOOD IN SCHOOL LEAD

This school food policy and healthy eating strategy is led by Mrs Rachael Porteus.

FOOD IN SCHOOL POLICY OBJECTIVES

Our objectives are to:

- Create and sustain a whole school approach to our meals and dining provision, healthy eating and food education within our school community.
- Ensure that all food served in school on school days before 6.00pm is fully compliant with the 'School Food Plan' food standards in line with government legislation. (www.schoolfoodplan.com/standards)
- Increase the uptake of universal, free and paid hot school meals in line with national targets (UFSM target uptake is 87%).
- Promote hot school meals and their nutritional benefits to children's health, well-being, behaviour and education.
- Actively encourage healthy packed lunches, adopt a healthy packed lunch policy following consultation with pupils, parents, governors and staff and provide information for parents on healthy packed lunches.
- Promote the importance of hydration to children's health and education, recommend water as the drink of choice for all children (including those bringing packed lunches from home), and ensure all children have access to free drinking water throughout the school day from the water dispensers.
- Monitor and review our meals and dining service at least once a term, with a focus on the child's perspective and provide the best possible dining experience for all of our children.
- Deliver effective cooking in the curriculum activities (including nutritional information) to all children.
- Maximise free school meal uptake and pupil premium funding by encouraging all parents to register and by supporting parents with registration for free school meals.

We will meet our objectives by:

- Including actions regarding school food across the whole day in our School Development Plan 2017 - 2018.
- Ensuring children taking up free school meals or with special dietary requirements are not stigmatised in any way, for example by separating packed lunches from school meals.
- Educating pupils, school staff, governors and parents on the links between healthy eating and the educational benefits, health and well-being of children.
- Setting up a school food group to focus on school food and report directly to the senior leadership team, caterer, governors and school council.
- Holding termly meetings with our catering team to review meal provision.
- Holding termly meetings with the Senior Leadership Team and lunchtime staff to review dining provision and agree improvements where necessary.
- Providing support, appraisals and regular training opportunities for lunchtime staff.
- Ensuring that all children have then opportunity to learn about food, nutrition and age appropriate practical cooking skills (www.schoolfoodplan/actions/cookinginthecurriculum).
- Ensuring that food based topics across general learning areas are audited regularly by a staff subject team and that predominantly savoury dishes are prepared.
- Ensuring that breakfast club, after school club, tuck shop and snacks provide food that is compliant with the Food School Standards, (www.schoolfoodplan.com/standards).
- Continually marketing school meals and the benefits of healthy eating via newsletters, school prospectus, website, social media, collective worships, parents evenings, staff and governors meetings.
- Establishing an annual school food week, running healthy eating taster sessions, school meal taster events for pupils and parents, holding food related competitions, cooking demonstrations etc.
- Linking with health promotion national events such as National Smile Week for Oral Health, National Roast Dinner Day, National School Meals Week, International School Meals Day, National Bike Week, etc.
- Ensuring all staff in school receive relevant training opportunities eg. lunchtime staff training for midday supervisors, basic food hygiene training for teachers and midday supervisors, training on adopting a 'whole school approach' to food including at lunchtimes in line with the recommendations of the School Food Plan Alliance.
- Establishing food based extra-curricular provision such as cooking and growing clubs.

We will monitor and evaluate our progress through:

- Formal curriculum: teachers having the training and skills to deliver cooking lessons in line with DfE/PHE framework.
- Governors checking each new menu and other food provision across the school day to ensure all food complies with the Food Standards.
- Senior leadership team and governors consulting with pupils, parents and school staff to ensure pupils are experiencing a calm, happy, healthy lunch time.
- Holding regular consultations with pupils, parents, school staff and governors to ensure the best possible food service across the school day.
- Asking pupils, parents and staff for feedback via surveys.
- Monitoring meal uptake throughout the year and promoting school meals to help children get the best start.

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.

CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage in accordance with National Curriculum 2014. Healthy lifestyles are promoted through wider aspects of the whole school ethos, such as PSHE, SMSC and our school values.

Teaching methods

The effective teaching of healthy lifestyles 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 may include: debating issues, group discussions and role-play.

Visitors to school

Baston CE Primary School values the contribution made to food in school by all outside agencies e.g. Roots to Food, Farm to Fork. We believe it is the responsibility of the school to ensure that the contributions made by visitors 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.

Resources

Resources for the teaching of healthy eating are stored in the main resource area. Some key resources for particular year groups are stored in the age appropriate classrooms.

Evaluation of pupils learning

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning related to healthy eating and food in school.

These may include:

- Pupil interviews
- Pupils' work
- Planning scrutiny
- Consultation with pupils through the School Council
- Questionnaires for pupils/parents at the beginning/end of a unit of work or special event
- The formation of task groups or focus groups of pupils to look at existing provision and to make recommendations for the future

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 certificates, positive reinforcement and stampers.

FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. Food handlers undergo appropriate food hygiene training and suitable equipment and protective clothing is to be worn. Any food safety hazards are identified and controlled.

Our school is a nut-free school.

THE FOOD AND EATING ENVIRONMENT

The dining hall provides the children with a safe and clean place to eat. Children are brought into the hall a class at a time to reduce congestion. Reception children are served their dinners at the table, KS1-2 children collect their own food from the serving area. Children are encouraged to eat all of their dinner or packed lunch and good eating habits are encouraged. (eg. using a knife and fork, sitting sensibly on your chair).

REVIEW

Date policy implemented: 4th May 2017

Review Date: May 2019