

ST MICHAEL'S COFE PRIMARY SCHOOL

FOOD POLICY 2017

1. Introduction

Staff and Governors recognise that we have a part to play in promoting a healthy lifestyle, including encouraging healthy eating options. A food policy, reflecting Lincolnshire County Council Food In Schools Policy, for our school will enable us to be proactive in this regard and enhance learning capabilities.

2. Rational for the School Food Policy

- Diet is central to health and a child's diet can influence both current and future health, as well as affecting learning potential. A good diet in childhood can help protect against chronic diseases when older e.g. obesity and related health problems.
- All recent studies demonstrate that children eat too much saturated fat, added sugars and salt.
- On average, children only eat 2 of the recommended 5 portions of fruit and vegetables a day.
- Poorly nourished children, including the overweight and obese, often experience social and psychological problems, which can also impact on their behaviour and performance in school.
- As children spend a quarter of their waking lives in school, schools need to promote healthy food and drink choices throughout the school day.
- The school environment, staff and pupil attitudes and what children learn in the classroom, have a major influence on their knowledge and understanding of health issues.

3. The Aims of the School Food Policy

Through implementation of this policy we aim to:-

- Improve children's health and wellbeing, behaviour, concentration and learning outcomes by promoting a whole school approach to healthy eating and food education, including the recommendations of the government's Childhood Obesity Plan
- Promote healthy and nutritious school meals which are compliant with the School Food Standards
- Increasing take up of universal infant free school meals, free school meals and paid meals
- Support locally sourced and seasonal ingredients
- Improve the lunch time environment in line with Ofsted requirements
- Reduce health inequalities by supporting healthy lifestyles.
- Set out a coordinated approach to food and drink to increase the availability of healthier options
- Ensure quality of access and participation for all to include medical and religious requirements
- Reinforce appropriate messages relating to food and drink
- Engage the entire school community

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- Establish effective partnerships with the school and its community, service providers and Lincolnshire County Council Food In Schools
- Communicate our shared vision, ethos and values to children, staff, parents, governors and the wider community

4. Implementation

• Water provision

- Children are encouraged to bring water bottles to school every day
- Water bottles should not be shared – each bottle should be clearly labelled with the pupils name and class
- Bottles should be filled up at home before being brought into school each day, taken home and thoroughly washed each night.
- Water bottles will be kept in the classroom, as directed by the class teacher – on tables or in an agreed readily accessible place.
- Children should be encouraged and have opportunity to drink through the school day
- Children who do not have a water bottle will be able to access water to drink from the water machine in the school hall.
- During very hot weather, children may take their water bottle outside during playtime
- Lunch team will ensure the availability of water during lunch
- Water bottles must not be used near computers or other electrical equipment.

• Toilet Access

- It is important children are allowed to go to the toilet when they need to.
- Children are encouraged to go to the toilet at appropriate times, e.g. playtime and lunchtime

If they need to go during lessons they are encouraged to wait until specific teaching is completed, however children are not made to wait unnecessarily.

- Children are reminded of the need for personal hygiene after visiting the toilet; signs and posters reinforce this message.
- Provision will be made to meet the needs of any child whom we have been informed has a specific urinary or bladder problem.

• Healthier Eating

- At this school, healthy eating choices are promoted consistently through the daily food provision and curriculum
- All children are encouraged to have a healthy hot meal at lunchtime
- All infant aged children are entitled to a free hot lunch under the Universal Free Infant School Meal (UFISM) scheme introduced by the government in September 2014
- All children in receipt of Pupil Premium are encouraged to have a free hot meal at lunch time
- Parents are supported with information about lunch box choices in line with Government Guidelines e.g. Change4Life
- Our school newsletter and Brochure provide opportunity to give tips and advice on lunch box contents, food hygiene and safety tips
- The school participates in the Milk and Fruit in school schemes.
- In line with Government guidelines no carbonated drinks or confectionery are allowed in lunch boxes

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- Lunch time staff encourage children to use socially acceptable good manners during meal time
- **Eating Environment**
- Lunch boxes are stored together on shelves close to each class
- Children eat hot lunches and packed lunches in the School Hall.
- **Supporting Food Policy Through the Curriculum**
- There are many opportunities to include links to food related topics in the curriculum. This is positively promoted and encouraged. The following illustrate the cross curricular teaching and learning opportunities presented to our children:
 - English following instructions/invitations
 - Maths sorting / classifying / weighing / measuring / estimating / costing ingredients
 - Science observing and predicting changes in materials
 - History food from different periods and civilisations
 - Geography food from different countries
 - RE special food / harvest / pancakes / Chinese New Year
 - PSHEE healthy eating / food and personal hygiene / working together
 - P.E. Food for fitness / exercise
 - Art observational drawings of fruit
 - D&T food unit
 - Foundation illustrating stories, planting and growing
- **Supporting Food Policy Through Extra- Curricular Activities**
- Children at this school are encouraged to be aware of plant, animal and human care.
- All children are involved in planting and maintaining their class plant tub. They grow flowers, fruit, herbs and cereal crops.
- Children in Foundation Stage have opportunity to grow vegetables in prepared beds. They grow and consume produce such as carrots, radishes and beetroot.
- **Food In Schools Programme**
- Everyone at this school enthusiastically embraces the opportunity to be part of the Food in Schools Programme
- Drinking water
- Healthy lunch boxes
- sport and physical activity
- communication with parents/ carers
- Whole school relationships and development of pupils social skills
- Playground mediators / helpers
- Outdoor games and equipment
- Road Safety
- Encouragement to walk / cycle to school
- Storage provision for cycles
- **Health and Safety**
- Basic hygiene rules are always followed when engaging children in an activity involving food preparation

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- Any activity will not use any product containing nuts
- Details of children with specific allergies e.g nuts, eggs, gluten are sought from parents and made available to all staff
- First aiders are trained in the use of Epi pen and procedures following an allergic reaction
- **Monitoring and Review**
- This policy reflects the consensus view of all staff and the governors,
- It will be reviewed annually and amended as required in the light of ongoing government initiatives and recommendations to ensure the views of our parents