

THURLBY COMMUNITY PRIMARY SCHOOL.

Food in School Policy

1. INTRODUCTION

1.1 This policy has the full agreement of the Governing Body and was agreed at their meeting on 18/1/10.

1.2 This policy has been formulated to enable Thurlby Community Primary School to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents and inform others associated with the school and those responsible for promoting health within school.

1.3 This Policy runs alongside the PSHE policy.

2. AIMS AND OBJECTIVES

2.1 Thurlby Community Primary School recognises the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

2.2 The school aims to ensure that pupils are well nourished at school, and that school provides safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.

2.3 The school recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of healthy foods in developing personal well being.

2.4 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 which supports a healthy lifestyle.

2.5 The school is committed to providing a welcoming eating environment that encourages positive social and cultural interaction of pupils and teachers.

2.6 The School recognises that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

2.7 The school is committed to ensuring that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian,

medical, and allergenic needs. Details regarding the approach to food allergies can be found in our Food Allergy Policy.

2.8 The school is committed to ensuring that it involves pupils and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating, and acts on their feedback.

2.9 The School is committed to achieving the standards required for National Healthy Schools Status (NHSS). This Food Policy supports the school in that aim.

2.10 The school will have an identified member of the SLT to oversee all aspects of food in schools, and a member of staff appointed to be National Healthy Schools Status co-ordinator.

2.11 The school is committed to providing training in, food safety and hygiene.

3. IMPLEMENTATION

3.1 Healthy Snacks

Key Stage Two pupils are welcome to bring a piece of fruit or vegetable from home for the morning break time. Children under 5 and those with entitlement to a free school meal based upon family income criteria are entitled to free milk at snack time, and others may purchase milk. Reception, YR1 and YR2 children receive a free piece of fruit or vegetable every day from the National Fruit Scheme which will be offered at the morning break.

3.2 Drinking Water

Plentiful drinking of water by school children has been recognized in improving behaviour and concentration. Therefore, all students will have free access to drinking fountains and water coolers situated around the school.

3.3 Hot School Meals

In line with Government requirements Thurlby Community Primary School offers hot school meals to all children. These are available free of charge to all Reception, Year 1 and Year 2 children and those meeting certain family income criteria.

School lunches are currently bought in and are provided by The Farm Kitchen. Meals comply with the DCSF mandatory Nutrient Based Standards.

We are committed to our school lunches meeting the healthy, sustainable practices as indicated by the School Food Trust. We will review these lunches regularly, feedback to be given to teachers when felt appropriate. The school is committed to keeping

parents and carers informed about recent and future changes to the nutritional content of school lunches, whether brought about by local or national initiatives.

The Governing Body should review, on an annual basis, the appropriateness of catering provision.

Every effort must be made to ensure that appropriate choices are available for FSM pupils at lunchtime.

3.4 Own Packed Lunches

The Food Standards Agency survey of packed lunchboxes showed that many children's lunchboxes contained too much sugar, salt and fat and little fruit and vegetables. The school is committed to encouraging parents to provide healthier lunchboxes for children at Thurlby Community Primary School. To facilitate this, the school will provide guidance to parents based on the Food in Schools recommendations of what constitutes a healthier lunchbox; the guidance should be consistent, realistic, and stress the importance of a balanced and varied diet.

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches.

3.5 The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers. It is recognised that there are physical constraints such as children having to eat in their own classrooms on occasions. Despite this constraint, the school will aim to provide a calm, ordered environment conducive to mutual respect and good behaviour.

Active help for children (particularly young children) who find the physical process of packed lunch difficult – for example opening tubs or packets.

Encouraging all children to eat the food they have been provided with.

Equal treatment of children having packed lunches or free school meals, in terms of provision and supervision

Encouraging children to wash their hands before eating

The school will also undertake regular surveys of the pupils to allow them to comment on the dining environment.

3.6 Rewards

The school recognises that pupil achievement should be celebrated and rewarded when appropriate. A reward system involving the issue of certificates at our weekly celebration assembly encourages good behaviour and respect.

3.7 Food in the curriculum

Food represents many things to us all: energy, nutrition, commodity, livelihood, communal activity and pleasure, to name but a few. Its significance in our lives means that it can and should be used to enrich the school curriculum. The school curriculum can in turn be used to enrich pupils' experience of food and healthy eating.

We should as a school embrace, explore and celebrate food culture from around the world.

Planning will reflect the whole-school emphasis on healthy eating. The school will encourage and facilitate the sharing of resources and examples of best practice.

Assemblies also offer an opportunity to explore health and food-related issues.

Curriculum content will focus on:

- the importance of food groups and the role they play in promoting growth
- the development of strong healthy bodies
- what constitutes a balanced diet
- an understanding of cultural diversity
- the development of respect and understanding towards the beliefs and attitudes of others.

4. REVIEW

The Headteacher will review this policy in the February term 2015. Any suggested amendments will be presented to the Governors for discussion at their Spring term meeting.

This policy was last reviewed by The Headteacher in February 2015. The policy will be reviewed annually.