



## **MICKLEOVER PRIMARY SCHOOL**

**Name of Policy:** Food Policy

**Date of Policy:** June 2017

**Member of Staff responsible:** Mrs Anna Jones

**Review date:** June 2020

**Signature:** \_\_\_\_\_ **Chair of Governors**

**Date Approved:** \_\_\_\_\_

### **At Mickleover Primary School**

**We are:**

**Motivated to learn**

**Proud of our achievements**

**Successful and skilled for life**



## Food Policy

### RATIONALE

The school is dedicated to providing an environment that promotes healthy eating while enabling pupils to make informed choices about the foods that they consume. This will be achieved through the healthy schools award, a national initiative linking with an array of partner organisations, ie. health care providers, dieticians, local sports and fitness clubs and the school meals service. **We are a 'Food For Life Partnership' School and currently hold a Bronze Schools Award and a Bronze Catering Mark. Bronze schools serve fresh, seasonal school meals prepared by a well-trained school cook. Pupils and parents are involved in planning improvements to school menus and the dining experience via a school nutrition action group, boosting school meal take-up. Every pupil has the opportunity to visit a farm during his or her time at school, and opportunities are given for cooking and food growing activity.**

The 'School **Food Council**' will be encouraged to seek the views of other pupils and be given opportunity to raise concerns regarding the in-house school meals provision with the **Catering Manager** so that improvements may be implemented. Periodically all parents will be given the opportunity to experience the school meals provided through dining with pupils.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH).

This school food policy and healthy eating strategy is coordinated by Mrs **Anna Jones**.

### AIMS

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

### TEACHING AND LEARNING

Food and nutrition is taught at an appropriate level throughout each key stage as part of the Science and PSHE and C curriculum.

#### Teaching Methods

Effective teaching 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 include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

#### Leading by Example and Staff Training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.



To facilitate this; the Headteacher and coordinator will keep staff informed of any changes and updates on healthy eating and lunchtime catering.

## **VISITORS IN THE CLASSROOM**

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom 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. The school's code of practice for visiting speakers is adopted.

## **ORGANISATION**

All classes are taught in single age classes.

## **TIME ALLOCATION**

The school uses the science national curriculum as well as the PSHE and C scheme of work as a basis for thematic or topic based planning, so therefore the time allocated is within the classroom timetable. The Curriculum Map outlines the topics to be taught in each year group.

## **FOUNDATION STAGE**

Planning for healthy eating in Foundation Stage is based on the Early Learning Goals. It is an integral part of the topic work covered throughout the year.

## **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.

## **SPECIAL EDUCATIONAL NEEDS**

Pupils are supported in a number of ways depending on their difficulties. This may include use of a Teaching Assistant, appropriately differentiated tasks or access to specialised equipment. Specific areas of weakness may be targeted through **an individual pupil's Provision Plan**.

## **ASSESSMENT**

The healthy eating aspects of the National Curriculum are assessed through teacher assessment at the end of the appropriate topic.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

## **MONITORING AND REVIEW**

The coordinator will ensure that there is continuity and progression in healthy eating by monitoring the planning, scrutiny of children's work and lesson observations. As part of Mickleover Primary School's monitoring cycle, PSHE and C is given time whereby the coordinator carries out the above and reports back to Senior Management Team, staff and governors on their findings.



## THE ROLE OF THE COORDINATOR

The coordinator should:

- keep up to date with new initiatives and developments including attending local network meetings;
- encourage and support staff in their teaching of healthy eating;
- organise INSET as appropriate;
- ensure that resources are maintained and updated as necessary including ICT software and hardware;
- ensure continuity and progression throughout the school; and
- manage the budget effectively.

## RESOURCES

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the coordinators room as well as in individual classrooms. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

## FOOD AND DRINK PROVISION WITHIN SCHOOL

### Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

With effect from September 2017 the school will have a breakfast and afterschool club. The menus will be developed with the catering manager in line with food standards.

### 'Food based Standards for School Lunches', Legislation

The Food based Standards for School Lunches, legislation was first introduced in 2006 following the crusade made by celebrity chef: Jamie Oliver to improve the quality of the nation's school meals and actively encourage healthy and nutritious eating habits. Delivered in 4 phases and implemented each September: 2006, 2007, 2008 & 2009. The School Food Standards were revised in 2015 (<http://www.schoolfoodplan.com/actions/school-food-standards/>). 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, and new academies and free schools from January 2015.

This legislation only currently covers food sold in schools, ie. Breakfast clubs, mid-morning break, lunch service, after-school clubs, healthy vending and tuck options.

Food prepared by the school catering team operates in line with this legislation, while food purchasing, preparation, cooking, service, disposal and re-cycling practices are covered through the schools 'Assured Safe Catering' policies and procedures, a system designed to ensure 'due-diligence' at every stage of the process.



### **Snacking**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in salt, sugar, fat, food additives or colourings during break-time. Children are encouraged to bring in fresh fruit or dried fruit, (not fruit flakes or fruit winders) for their break-time snacks.

### **Use of Food as a Reward**

The school does not encourage the regular eating of foods high in fat, salt or sugar (ie. sweets, confectionary, patisserie, cakes or chocolate), especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

### **Birthdays and Holiday Treats**

As part of the Healthy Eating Initiative the school does not permit children to bring in cakes or sweets to celebrate birthdays, special occasions or return from holiday. From time to time the school may organise special events such as Christmas parties where the school may allow or request food of this nature to be brought in. This will be at the school's discretion and parents will be informed.

### **Drinking Water**

The school are legally required to provide fresh water for all pupils, for which no charge will be made. Children are able to bring in school water bottles to school to drink from throughout the day. These can be filled at break and lunchtimes.

## **FOOD AND DRINK BROUGHT INTO SCHOOL**

### **Mobile Caterers Serving Food on School Premises**

In the rare instances that mobile caterers operate on school premises, they must be able to demonstrate that their employees have undertaken the appropriate food hygiene training, the premises from where they operate are registered so that such facilities meet appropriate food safety requirements and any electrical equipment used in the delivery of food service has been **Portable Appliance Tested and that they have a refrigerated vehicle to safely deliver food to the school in**. If food is being supplied solely to children then it must comply solely with the 'Food based Standards for School Lunches' legislation, however if such events are open to the general public then this legislation doesn't apply as such scenarios are deemed as special circumstances.

Where the school caterer provides a packed lunch either for external trips or as an additional item on the standard menu-cycle, they are prepared in line with the 'Food based Standards for School Lunches' legislation.

### **Packed Lunches**

The school outlines guidelines for parents/guardians to provide pupils with healthy and nutritious packed lunches that complement this legislation, supported through the principles of the BOGH.

In line with the National Governors Association 'Food Policy in Schools' guidelines, we advise that where a parent decides to send their child to school with a lunch box, food items sent should be low in salt, sugar, fat or chemical additives.

An ideal lunch box should include:



Carbohydrate, protein, fruit and/or vegetables plus water.

**Carbohydrates** provide energy and can be easily provided through: bread, pasta, rice, noodles, couscous, chickpeas and pulses.

**Protein** is vital for healthy growth, with the best sources being: meat, fish, dairy products, eggs, tofu and beans. Emphasis should also be placed upon lean meats ie. ham and chicken, rather than processed meats. Oily fish is also a good source of protein as are low fat dairy products, including: yoghurt, fromage frais and smoothies.

Children need to eat 5 portions of **fruit & vegetables** per day, with 2 of these portions being consumed during the lunchtime meal. Fruit juice and tinned fruit is acceptable, although fresh fruit is preferable as it contains higher vitamin content. Different vegetables including: lettuce, tomatoes and cucumber can also be easily placed within sandwiches and crudities such as carrot and pepper will vary choice.

Water is the best drink which you can provide your child with, however fruit juice and milk (UHT for safety) are also healthy, however the school recommend that fizzy drinks are not included within lunch boxes.

Crisps contain no nutritional value and can be high in both salt and fat content. Certain brands however: Quavers, Skips, Wotsits, Wheatos etc. do tend to contain lower salt and fat contents, as do some of the lighter varieties of crisps. Furthermore some children have nut allergies so the school dissuades the consumption of peanuts, cashew nuts etc.

Chocolate, confectionary, boiled sweets, patisserie and cakes also tend to be high in sugar, so the school recommends that such items are replaced with muesli bars, fresh fruit, and dried fruit. School does not allow the children to bring in sweets and chocolate bars as part of their packed lunch.

Because the school is currently unable to provide refrigeration for the storage of packed lunches, it must point out that certain are deemed as high risk ie. Sliced meats, soft cheese, tuna, egg, dairy products etc. and advise that where parents wish include a sandwich within the lunchbox than an ice pack will assist in keeping such food refrigerated, **but will not prevent bacterial growth where ambient temperatures may exist.**

### **Monitoring and Evaluation**

The school will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, this can be dealt with in a timely and sensitive manner. OfSTED are required to report on how the school promotes the personal development and wellbeing of all pupils – this may include food provision including packed lunches brought into school.

## **SPECIAL DIETARY REQUIREMENTS**

### **Special Diets for Religious and Ethnic Groups**



**There are no** food policies which cater specifically to individual pupils cultural needs, ie. Halal, kosher etc. To address such a need it would require large scale investment for both plant and equipment, while changing the manner in which food is produced.

### **Vegetarians and Vegans**

The school offers a vegetarian option at lunch every day and can upon written request also provide a vegan option.

### **Food Allergy and Intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

### **FOOD SAFETY**

The school meals provider operates within its own the 'Assured Safe Catering' policies and procedures, documentation approved by the Environmental Health Department. This covers the purchasing, delivery, correct storage, preparation and cooking methods, service, and disposal and re-cycling of all food and beverages entering the school kitchen. This robust system has been designed to ensure traceability and prove 'due-diligence' in a court of law in the unexpected event of a food poisoning event occurring. Additionally this mechanism ensures that the school has adequate dry, refrigerated and frozen storage, adequate employee facilities ie. Washing, changing and security, Statutory training is undertaken for all food handlers ie. Food hygiene, health & safety, COSHH, fire etc. and that suitable equipment, uniform and protective clothing are always available.

### **THE FOOD AND EATING ENVIRONMENT**

**The school** Catering Manager offers a series of themed events throughout the academic year such as a special World Book Day menu or Healthy Living Week menus. These are communicated with the Head Teacher and School Council.