



Whole School Food Policy



Approved by:	Date:
Last reviewed on:	July 2021
Next review due by:	September 2022

Whole School Food Policy

Archibald Primary School

Responsibilities

Our school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health, and sustainable food habits.

Mission

The educational mission is to improve the health of the entire community by teaching pupils and families, ways to establish and maintain life-long healthy eating habits.

The mission shall be accomplished through a whole school approach centered on food education and skills, such as cooking and growing food, the food served in schools, and core academic content in the classroom.

Government policy requires schools to work towards the five outcomes of 'Every Child Matters', one of which is "being healthy".

Intent

- To deliver a high-quality Healthy Eating curriculum as part of the statutory Health Education curriculum.
- To ensure that the provision and consumption of food is an enjoyable and safe experience
- To improve the general health and dental health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what healthy eating actually is.
- To ensure that the whole school community understands that a balanced diet is recommended
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils *e.g. religious, ethic, vegetarian, medical, and allergenic needs.*
- To make the provision and consumption of food an enjoyable safe experience in a pleasurable and dedicated environment.
- To introduce and promote practices within the school to reinforce these aims.
- To monitor menus and food choices to inform policy development and provision.

To work towards ensuring that this policy is both accepted and embraced by;

- Senior Management
- Governors
- Teachers and Support Staff
- Pupils
- Parents
- PSA
- Food Providers
- The School's Wider Community

To integrate these aims into all aspects of school life, in particular

- All food provision within the school
- The curriculum
- PSHE

Policy Links

PSHE, Science, Food Technology, Design and Technology, RE, Languages, Physical Education, Behaviour

Methods

Established an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives. Consultation should be ensured throughout the process with priority given to the views of pupils.

Integrating an ethos of safe, tasty, nutritious and environmentally sustainable food into the curriculum

Food topics covered within the curriculum

- **Annual Health and Fitness week**
- **Art** observational drawing of food, healthy eating poster design, healthy smile collage,
- **PSHE**, e.g. menu planning, nutrition, safe snacks and drinks for good oral health, the Eatwell Plate
- **Design and Technology**, e.g. preparing of food, designing tools, designing foods, identifying hidden sugars on food labels, designing and making healthy foods as part of Health and Fitness week, DT – see Curriculum Maps
- **English**, e.g. food diaries and tooth brushing dairies, following instructions, non-fiction texts.
- **Geography**, e.g. what food grows where, food miles, transporting food, waste, mapping exercise of local dentist
- **History**. E.g. past diets, dental care/treatment, discoveries
- **Computing**, e.g. recoding results from a food/toothbrushing survey, website review, paint packages to draw fruit and vegetables, design posters.

- **Mathematics**, e.g. weights and measures, consumption of fruit and veg intake, conversion of grams of sugar into teaspoons for popular food and drinks.
- **Physical education**, e.g. links between healthy eating and exercise
- **Science**, e.g. effects of heat on food, plant growth, nutrition, healthy diet, food chains, pH levels of popular carbonated drinks compared with healthy options, diet sheets showing acid attacks.

Cross Curricular Topics

- Annual **Health and fitness** week (July)
- Nutrition
- Dining
- Cooking
- Menu planning skills
- Food hygiene
- Washing hands, temperatures, storage, cleaning and disinfectant
- Cultural diversity
- Food production, marketing and labeling
- Recycling
- How plants grow
- Gardening After School club

Examples of activities that could support curriculum work

- Annual Health and Fitness week (July)
- Design and Technology (Food Technology) - see Year Group Curriculum Maps
- Tasting sessions e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables
- Cooking demonstrations
- The 50 Archies
- Healthy eating projects
- School website with pages on food issues and links to other related sites
- Debates / External Visitors. KS1 have made some links with the Warburtons scheme.
- Eating experiences integrated into the curriculum for all subjects
- School gardens/vegetable patch – give pupils the opportunity to plant, harvest, prepare, cook and eat the food they grow.
- Gardening after school club

Food Allergies- Parents are asked to advise the school of any allergies their children have. This information is regularly updated at the **Triangulation meetings**. The information is recorded on SIMS and we ensure the Class teacher, Support and Office staff and Lunchtime Supervisors are informed. Details of the pupils and their allergies are displayed in the staffroom. Medical details are passed to the next Teacher during the Summer term Transition meetings with the receiving Classteacher.

The School Environment

The environment is conducive to the enjoyment of safe, safe, tasty, nutritious and affordable food. The Head Teacher, Deputy Head Teacher and members of the Senior Leadership Team monitor the dinner canteen daily.

Breakfast Club

A Healthy Breakfast Club menu has been designed to meet the requirements of the School Food Trust. The menu offers a choice of cereals, whole wheat breads, fresh fruits and drinks.

Fruit Scheme (KS1 only)

The School is part of the National Fruit and Vegetable Scheme. Children have fruit as part of fruit & circle time.

Packed Lunches

The school encourages the consumption of water, fresh fruit juices and fruit at this time. Leaflets and guidance on Healthy Packed lunches are regularly sent to parents to encourage and promote Healthy Eating.

Universal Free School Meals

From September 2014, all children in Reception, Year 1 and Year 2 in state-funded schools in England have been eligible for free school lunches. The School fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

After School Clubs

We have a timetable of physical activity after school clubs including specialist coaches that run clubs to encourage children to lead a healthy lifestyle.

Visitors in the Classroom

Working with external partners will enhance the delivery of Health Eating and will support Academies to bring in specialist knowledge and implement different ways of engaging with young people. We encourage other valued members of the community to work with us to provide advice and support to the children with regard to health education. In particular, members of the Local Health Authority, such as the school nurse and other health professionals, give us valuable support with our relationships education.

There is a school protocol for involving outside visitors. Any person in an official capacity will have their credentials checked. Schools will work with external agencies to ensure that the content delivered is age-appropriate and accessible for all pupils. Visitors will discuss their role and subject matter to be delivered beforehand and this will be agreed before the visit. Our school will ensure that the visitor is aware of aspects of confidentiality and understands how safeguarding reports should be dealt with in line with the school's Safeguarding Policy.

Resources

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'Eatwell Plate' where appropriate.

School Lunch Choices

The Department for Education and Skills has now published the new minimum nutritional standards for school lunches to come into force by September 2006 and further, tougher

standards to be introduced by September 2008 for primary schools and 2009 for Secondary schools. It is crucial that schools learn from current and best practice how to drive up the standard of school meals.

The Department of Health has also produced guidelines for PCT's to measure childhood obesity with a view to providing central store of information which will be accessible to health practitioners. If targets are to be met the health and education sectors will need to work together to provide the best outcomes for children.

- We ensure that our school meals meet the government nutritional guidelines
- We monitor the quality of the meals and check availability through out the serving period
- A main priority is to ensure we provide guidelines on healthy packed lunches. Healthy packed lunch leaflets are distributed to all families encouraging healthy lunches.

Other Food Provision

- Milk can be provided free for pupils under 5 and purchased through Cool Milk for all other pupils.
- Members of staff are able to stay for lunch and Governors are able to sample meals when they are undertaking other duties within the school.
- The Head Teacher, Deputy Head Teacher and members of the Senior Leadership Team undertake lunch time duties and monitor the Dinner Canteen daily.

Water

- The water supply is tested annually under the Service Level agreement we have through the Local Authority.
- Each child has their own water bottle in class.
- All pupils and staff have water freely available at all times and are able to refill bottles easily. Water coolers are in school.

Dental Health

Dental health should be incorporated into the curriculum and encouraged in school activities (see below) (all resources are available for loan form Oral Health Promotion Department)

- Dental Health focus in Health and Fitness week
- We have completed participating in the four-year **Fluoride varnishing scheme** which commenced in November 2016
- Foundation stage – role play corner with dental chair, discussions on safe and unsafe snacks for teeth, tooth-brushing activities, display/art with safe and unsafe food
- Key Stage One – identifying safe and unsafe snacks for teeth, tooth-brushing activities, displays, art work, poems, design a poster, identifying amount of sugars in foods.
- Key Stage Two – identifying hidden sugar on food labels, pH testing of popular drinks, presentations and assemblies i.e. on dentistry through the ages, identifying the different teeth and functions, use of disclosing tablets to detect plaque.
- Nursery and Reception participating in **the tooth-brushing scheme** and attend annual CPD.

The Oral Health Promotion Department (OHPD) can provide schools with training in oral health to support teachers in promoting oral health within the schools setting. Evidence

based practice is essential to ensure staff, parents and children have access to the correct dental health messages. The OHPD will also support you in developing a SNAG group and implementing this policy. The OHPD can also supply you with information on how many children in your school at 5 years old have decayed missing or filled teeth (DMFT) this information is collected by the Tees Community Dental Service during the BASCOD (British Association for the Study of Community Dentistry)

Food Hygiene

Lead Responsibility – Head Teacher

Requirements on all providers

- All the staff employed in food preparation are to have a basic food hygiene certificate
- Staff are supervised by someone holding an advanced food hygiene certificate or equivalent
- A documented food safety

Archibald Primary School Food and Drink Policy

Developed in partnership with the Tees Community Oral Health Promotion Department

As a service we are committed to providing the best possible care for children. We recognise the importance of a balanced diet and the provision of food and drink that promotes health. We will therefore be committed to the following:

- Children will be encouraged to drink water frequently throughout the day. All children have access to water bottles.
- Water will be the only drink offered in-between meal times
- Milk is offered at lunchtime.
- Drinks will be offered in appropriate feeding vessels according to their age, developmental stage or special need.
- Healthy, nutritional snacks will be served. These will be fresh fruit or vegetables (fresh fruit and vegetable scheme)
- Foods that are high in natural sugar and are recommended as part of a healthy diet e.g. dried fruit, yoghurts etc. will be offered as part of a meal
- Advice will be given on suitable foods that can be brought in from home. High fat, salt and sugar foods and drinks will be discouraged.
- Parents will be discouraged from bringing sweets etc. when collecting children.
- Birthday celebrations and special occasions will usually be celebrated with a birthday song.
- Sweets are not given to the children as prizes or rewards for good behaviour or work. There will be exceptions to this rule in the event of a pupil's birthday where pupils can bring a birthday cake to school on their birthday.
- Learning activities will support healthy choices.
- To avoid scalding, hot drinks will not be serviced where children are present.

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