



# RCHIBALD

## Whole school Food policy



Policy Reviewed September 2018

# Archibald Primary School

## Responsibilities

The 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".

## Aims and Objectives

- 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 provide an opportunity for pupils to plan recipes, budget, prepare and cook food.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and environment.
- 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

### **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

- **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
- **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- see 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 / guest speakers
- 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 club after school club

**Food Allergies-** Parents are asked to advise the school of any allergies their children have. This information is updated at the **Triangulation meetings** in the Autumn term. The information is recorded 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.

### **The school environment**

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

### **Packed lunches**

The school encourages the consumption of fresh fruit juices and dried fruit at this time rather than between meals. Leaflets and guidance on Healthy Packed lunches are regularly sent to parents to encourage Healthy Eating.

### **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. The menu is shared with parents and is displayed in the school.

### **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.

### **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. (pack a punch' leaflet in food for thought pack)

A copy of the Lunchtime menu is shared with parents and copies of the menu are displayed in the school dining hall.

### **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 and Deputy Head Teacher both undertake lunch time duties and carry out observations of the Dinner Canteen daily.

### **Water issues**

- The water supply is tested annually under the Service Level agreement we have through the Local Authority.
- Middlesbrough PCT supplied water bottles for every child 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
- Participating in the **Fluoride varnishing scheme** from 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
- 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 or if an adult is leaving.
- Learning activities will support healthy choices.
- To avoid scalding, hot drinks will not be serviced where children are present.

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