



Princess May  
Primary School

# **Whole School Food & Healthy Eating Policy**

# **PRINCESS MAY PRIMARY SCHOOL- WHOLE SCHOOL FOOD POLICY**

## **Policy Overview**

This whole school food policy has been written to enable Princess May Primary school to develop a whole school approach towards healthy eating and drinking. With the policy in place all the users of the school including staff, caterers, parents and children should benefit from a shared philosophy on all things relating to food.

Consultation with pupils, parents, staff and governors has been used to formulate this policy.

The policy covers all aspects of food and drink in the school environment including:-

- provision of food and drink at school
- consumption of food and drink at school
- the formal curriculum
- extra curricular activities
- participation in national events and initiatives
- promotion of food and drink
- events and lettings at school
- pastoral care and welfare issues

## **Aims and Objectives**

At Princess May Primary we understand the importance of a healthy balanced diet. We also recognise that a pupil's ability to learn effectively and achieve high standards can be closely associated to their diet. We therefore aim to make sure that all children have access to a nutritious meal, daily and access to water at all times during the school day.

We aim to educate the whole school community so that informed choices about the importance of healthy food and its production can be made.

To achieve the aims the school need to:

- Identify a member of the SMT to oversee all aspects of food in schools, and a named member of staff is appointed to be National Healthy schools coordinator.
- All staff benefit from the school's commitment to provide training in practical food education. This should include effective training on diet, nutrition, food safety and hygiene.
- Promote family health.
- Create an environment which is conducive to all members of the school community living a healthy lifestyle which is supported by effective leadership, a school ethos and curriculum which brings together elements of the school day.

- Commit to involve pupils and parents in the food policy and practice within the school, and enable them to contribute to healthy eating, by acting on their feedback.
- Ensure that the eating environment is welcoming and encourages social and cultural interactions of pupils and other members of the school community.
- The School must recognize that sharing food 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.
- The School is committed to achieving the standards required to achieve National Healthy Schools Status (NHSS) by December 2009. This Food Policy demonstrates the first steps required to achieve the standards relating to Food in the achievement of NHSS.
- The school is committed to introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

## **Food Throughout the School Day**

The school ensures healthier food and drinks are available at break, lunch and after school. The outline for this is set out in the Food in Schools Guidance (2.6). The school monitor pupils' choices to inform policy development and provision. Food is provided in these settings:

### **Breakfast Club**

Breakfast club is run daily in the school for all children from the age of 5. We promote breakfast club to those children who may have not have much time for breakfast at home. We have a range of food options all fall in the healthy category. For example: fruit, toast made from whole meal bread, cereal, homemade biscuit. (Full menu attached in appendix).

Children also have the option of drinks. We actively discourage unhealthy food and the children are educated as to what is healthy during cooking sessions in the club.

### **Snacks**

In nursery the children benefit from the government milk and fruit and vegetable schemes. In KS1 the school takes part in the fruit and vegetable scheme, where children are given a piece of fruit or vegetable each day. In KS2 the children are encouraged to bring in fruit for break times. Any food brought to school not contain nuts as some children have nut allergies. We do not allow sweets or chewing gum in our school and all children and parents are aware of this.

### **Play centre**

Play centre is run after school every day and is attended by children from Princess May and surrounding schools. During each session food is served which conforms to the FSA guidance. The menu includes Wholemeal bread sandwiches, humous, fresh fruit, pitta bread, crackers, fresh fruit juice and water.

### **After school clubs**

After school clubs run every day from 3.45pm. During each session food is served which conforms to the FSA guidance. The menu includes, fresh fruit, pitta bread, crackers, fresh fruit juice and water.

### **Birthday sweets and cakes**

We have a rule in the school that if a parent/carer would like to provide sweets or cake for the children on their child's birthday they have to prepare party bags for the children, which will then be given to them at the end of the day so parents /carers can then make decisions as to what the children can have. We encourage healthy treats like raisins for example.

### **Water**

Behaviour and concentration are affected by the amount of water drunk throughout the day. Therefore all pupils are encouraged to bring a plastic water bottle to school which they are responsible for the cleaning of. Children should be reminded to drink at all break times regularly. The school also provide water fountains on each floor and two fountains in each playground. These are well maintained and will continue to be so.

### **School Lunches**

We provide a service of a hot two-course meal to all pupils; to meet the needs of all pupils including those requiring vegetarian meals and special diets dictated by ethnic, cultural and religious beliefs.

We ensure that menus meet and exceed the Government Nutritional Standards for schools. Through our catering suppliers we have developed recipes with additional fruit and vegetables whenever possible to increase the overall intake.

Our pupils should be entitled to good quality, fresh ingredients, prepared in an attractive and appetizing manner, ensuring meal times are enjoyable and comfortable and encourage social activities.

We aim to strike a balance between providing nutritionally balanced quality meals and value for money to satisfy the energy needs of the children.

We will take measures to increase the up-take of school meals by pupils, particularly those entitled to free school meals, by holding a taster evening for parents to persuade as many pupils as possible to use the school facility.

On a daily basis, pupils must be offered a carbohydrate, protein and vegetables on their plate. Every meal is accompanied by a choice of milk or chilled water and occasionally fresh juice. Every effort must be made to

ensure that appropriate choices are available for all pupils throughout lunchtime.

Currently, Chartwells Catering Company, provide all our school meals. Menus follow a three week cycle (A copy appears at the end).

Although the menu is a set menu, the School Council meets quarterly to give opinions on issues surrounding lunch, including the menu. Chartwells are informed of these discussions and acts upon issues raised. Therefore the menu is frequently reviewed and changes are made where appropriate.

The school is committed to publicising menu information received from the contractors to parents and carers. This information should be available in the school newsletter, on the school website, on school noticeboards, and on request at the school office. The school will ensure that the school dinners served at Princess May are of equal quality to those advertised in the LEA menu's. The school recognises that the Kitchen Manager will vary menus depending on availability of local produce.

### **Packed Lunches**

The school is committed to encouraging parents to provide healthier lunchboxes for children at Princess May Primary. 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. This guidance should be provided by October 2016.

The school actively discourages some packed lunch foods. A list of foods considered to be in this category includes the following: Crisps, Sweets & Confectionary, Chocolate Bars, and 'Squash' or Added-Sugar and/or Sweetened Drinks. Fizzy Drinks are not allowed in school, on grounds of health and safety.

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

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.

To encourage healthy packed lunches children will be educated on what is healthy to have in their packed lunch and they will get stickers if packed lunches are healthy on a regular basis.

## **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. The school will aim to provide a calm, ordered environment conducive to mutual respect and good behaviour. The children's own interpretations of healthy eating posters will be displayed, celebrating the children's work and brightening up the eating environment.

Children's ideas will also be considered through surveys and suggestion boxes and if feasible their improvements to the eating environment will be made

The school is also committed to the following:

- Active help for children (particularly young children) who find the physical process of school dinners or packed lunch difficult – for example, carrying trays, opening tubs or packets,
- Encouraging all children to eat the food they have been provided with.
- Equal treatment of children having School Dinners and Packed Lunches, in terms of provision and supervision
- Providing clean water, and cups on every table
- Encouraging the labelling of Food served to encourage a balanced, healthy diet
- Encouraging children to wash their hands before eating

## **Rewards**

The school recognises that pupil achievement should be celebrated and rewarded when appropriate, and that food can play a role in such celebration. Any food given to children as a reward for achievement should be very limited and form part of a balanced, healthy diet. Foods or drinks high in sugar, such as sweets or squash, should never be given as rewards. It is also recommended that other forms of reward are also given.

## **Celebrations & Festivals**

The school also recognises that food plays an important role in celebration of cultural, personal or community milestones, such as religious festivals, birthdays or the end of term. Again, food given should form part of a balanced, healthy diet, at an individual teacher's discretion.

## **Food in the curriculum**

The school curriculum can be used to enrich pupils' experience of food and healthy eating.

Schemes of work will reflect the whole-school emphasis on healthy eating. Where possible we will encourage at least one cooking session per term for all pupils.

Assemblies also offer an opportunity to explore health and food-related issues. Health focused assemblies will take place at least once every term.

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.
- How food is produced

Healthy food issues can be found in Science, PSHE, Technology, PE where possible other links to other curriculum areas will be made.

### **Partnership with parents and carers and pupils**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Our school will aim to lead by example. Parents and carers and pupils must be regularly updated on food policies settings through school and class newsletters, our web site, and consulted on a regular basis.

During out of school events, eg school carnival etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

### **Role of the Governors**

Governors monitor and check that the school policy is upheld and are responsible for developing this policy in consultation with the school community.

### **Monitoring and Evaluation**

Evaluation of the progress made by the school in implementing and sustaining the Aims and Objectives of this policy will be made by the SMT member with responsibility for Food on a termly basis. Also progress made towards obtaining the National Healthy Schools Status will be monitored on a termly basis to include the National Healthy Schools Status Co-ordinator.

### **Communication/Dissemination of the Policy**

The policy will be disseminated in the following ways: -

School Prospectus

Parents advised in Newsletter of availability

Staff Meetings

This policy was ratified on: February 2016

Review date: February 2017

Signed by Headteacher:



Signed by Chair of Governor's: