



## ***School Food Policy***

### ***To be read in conjunction with the Packed Lunch Policy***

*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 are mandatory in Laurel Avenue Community Primary School from January 2015. <http://www.schoolfoodplan.com/standards/>*

### ***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 centred on food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.*

### ***Responsibilities***

*The school recognises the important connection between a healthy diet 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, including production and farming practices.*

*The school recognises 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.*

### ***Aims***

- ◆ *To improve the health of pupils and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation and storage methods*
- ◆ *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, ethnic, vegetarian, medical, and allergenic needs*
- ◆ *To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment*
- ◆ *To follow the Government guidelines on Packed Lunches in School*
- ◆ *To introduce and promote practices within the school to reinforce these aims, and to discourage practices that do not support these aims*
- ◆ *To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment*
- ◆ *To provide an opportunity for pupils to plan recipes, budget, prepare and cook food.*
- ◆ *To monitor menus and food choices to inform policy development and provision*

## **Objectives**

- ◆ *To work towards ensuring that this policy is both accepted and embraced by:*
  - ◆ *Governors*
  - ◆ *School management*
  - ◆ *Teachers and support staff*
  - ◆ *Pupils*
  - ◆ *Parents*
  - ◆ *Food providers**through consultation and a working together approach.*
  
- ◆ *To integrate these aims into all aspects of school life.*

## **Healthy School Status**

*Laurel Avenue Community Primary School has Healthy Schools status. We want to work with parents and carers to keep our children healthy and encourage all children to know about healthy eating, have a positive attitude towards healthy lifestyle and eat the right foods for sustained energy to aid learning.*

## **Food provision within the school**

*All food provided in school will follow the Government Guidelines. This includes School meals (County Contractor: Taylor Shaw) and Breakfast Club.*

*Class 1 and 2 (Foundation Stage and Key Stage 1) are provided with a piece of fruit or vegetable daily through the National School Fruit Scheme.*

*Class 1 (Foundation Stage) have free daily milk through the School Milk Scheme.*

*All pupils are offered a drink of milk at lunchtime. They receive a drink of water (jugs of water are always on tables to encourage water consumption) throughout lunchtime and they pick up a drink of milk with their dessert. This fulfils the requirement for all Pupil Premium pupils to receive a drink of milk each day. As we have such a significant number of pupils who are eligible for Pupil Premium, all pupils are invited to take a drink of milk each lunchtime.*

*Key Stage 2 are able to buy a piece of fruit per day to eat at break time.*

*Water is available for all pupils, through drinking fountains. They are also encouraged to bring a water bottle which they can refill from the mains water cooler available.*

*Breakfast Club serves every day: cereal (no sugar), fruit, bread or toast (wholemeal), fruit juice, water and milk*

*Packed lunches - we would like all packed lunches brought in by pupils to follow the Government Guidelines, and have worked towards this with parents.*

*Packed lunches provided by the County Contractors, for educational visits, follow the Government Guidelines. (See Packed Lunch Policy.)*

*Exceptions to the above:*

- ◆ *Food brought into school for parties, e.g. Christmas*
- ◆ *Food sent in for special occasions, e.g. Pupil's birthday*
- ◆ *Food cooked or eaten as part of a curriculum activity e.g. food of other cultures or religions*
- ◆ *Fund raising events*

## ◆ Meetings

*If a child has an allergy which means that they cannot share a treat brought into school by another child, a treat will be available in School which the child can consume as an alternative.*

### ***Nut Free School***

*Due to some of our children suffering with significant nut allergies, we have been advised by the School Nurse to become a NUT FREE SCHOOL. An allergic reaction (anaphylactic shock) can occur through the touching and ingestion of nut products, which can cause breathing and swallowing difficulties. Staff in school are trained to use Epi-pens (an injection of adrenalin) which is required immediately if this happens.*

*Since this condition can be life threatening, we ask all members of the school community for their help in minimising the risk by:*

*a) Avoiding giving children nuts or nut products in their packed lunches (Taylor Shaw Catering is a nut free business). So please can we ask that you have no nut products in the lunch boxes, for example:*

*Peanut butter sandwiches*

*Chocolate spreads*

*Cereal bars*

*Cakes that contain nuts*

*Biscuits / Cookies that contain nuts*

*Sauces that contain nuts*

*This list is not exhaustive, so please check the packaging of products closely.*

*b) Avoiding supplying the school or Friends of Laurel Avenue Society with cakes, chocolate donations or food items containing nuts for birthday celebrations, sales or events*

*We do realise that many foods are labelled as 'may have been produced in a factory handling nuts and cannot be guaranteed to be nut free'. Such items **will** be allowed in school as it would be unreasonable to expect these to be kept out of school.*

*Due to the severity of the problem, it is important that we all carry out the suggested measures to reduce the risk of allergic reaction to these children. I realise this is a significant change in school policy but it has been introduced on the recommendation of the School Nurse team in order to take all reasonable steps to keep all of our children safe.*

### ***Working with the School Meals Provider***

*The school meals service is provided by Taylor Shaw and this is monitored by the Headteacher and Local Authority who ensure that the meals adhere to Government guidelines for healthy eating. The menu is prepared by Taylor Shaw and runs on a three weekly cycle. Adaptations are made to the menu where foods prove unpopular. The menus are designed to meet stringent regulations on nutritional values. We encourage pupils to make their own choices in KS2.*

*Parents make the choice for KS1 pupils. A main course and dessert is offered. The menu is changed by Taylor Shaw twice a year.*

*The Headteacher works closely with the cook and the meals provider to ensure the best menu is on offer whilst working within the new food standards. Food taster sessions are provided by agreement with the school by Taylor Shaw to monitor pupils' preferences. Within these guidelines every effort is made to ensure food is attractively prepared to the taste of young pupils.*

*The cook monitors the quality of the food and the tastes of the pupils to ensure that meals are consistently good and are enjoyed by the pupils. There is always a wide selection of attractively prepared vegetables and fruit is always provided if requested. Special diets are provided for pupils requiring them either due to allergies, health issues or religious or cultural observance.*

### ***The curriculum***

*We integrate an ethos of safe, tasty, nutritious and environmentally sustainable food into the curriculum. The subject of food and nutrition appears on the curriculum throughout the seven years at our school. This includes provision for teaching about healthy lifestyles and food choices within the PSHE and SEAL curriculum, on a rolling programme.*

*Every pupil in Key Stage 2 receives an intensive cooking programme for 6 weeks – Let's Get Cooking. They are taught to prepare healthy meals, developing all the necessary cooking skills and take home their meals every week. Parents/Carers are invited to the final session to share the recipes cooked and to celebrate their child's graduation from the course.*

*The School Nursing service works with classes.*

*The FISCH project works with pupils on a rolling programme of schools.*

*An annual "Healthy Week" in July provides all pupils with various activities based around healthy eating, as well as other health topics.*

*Other Food Education is delivered through the Science and the Design and Technology Curriculum.*

*Parents and Carers are invited to participate in events focusing on healthy lifestyles and food choices.*

*Tasting activities to develop science and literacy skills.*

*Cooking activities to develop science, maths and literacy skills.*

*Harvest events.*

*Celebrations.*

*Exploration of other cultures.*

*Health and growth.*

*Discussions about the menu boards and informal discussion on food and nutrition.*

*We work to develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.*

*Initial activities may include:*

*English- food diaries, following instructions*

*Maths- weight and measures*

*Science-plant growth, nutrition, food hygiene, introduction of the philosophy of environmentally sustainable methods of food production, effects of heat on food*

*Art - Healthy Eating poster, observational drawings*

*DT - Cooking, food preparation, designing healthy packed lunch*

*PSHE - foods from other cultures, menu planning, nutrition*

*Geography - e.g. what food grows where, food miles, transporting food, waste*

*History - e.g. past diets, discoveries*

*Physical Education- links between healthy eating and exercise*

### ***Pastoral and social activities***

*Any food or drink provided at after school clubs, run by school, will follow the Government Guidelines for food in school.*

### ***School Ethos, Environment and Organisation***

*The school recognises:*

- ◆ *the importance of lunchtime organisation on the behaviour of pupils.*
- ◆ *the value of promoting social skills.*

*Teachers, teaching assistants, lunchtime supervisory staff and caterers (Taylor Shaw) work together to create a good dining room ambience and the development of appropriate table manners, supported by the school behaviour policy.*

*A 'Star of the Week' is selected by the School Cook once a week and praised in Star Assembly for either their good manners, helpful attitude or positive outlook towards trying new foods.*

*Every fortnight, six pupils are selected by Kitchen Staff to eat their dinner on The Golden Table. They have their lunch served to them, enjoy golden decorations and fruit juice in golden glasses. A text is sent home to let parents/carers know that their child has received this reward.*

*We will continue to provide an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious food through:*

- ◆ *Having all pupils, both dinners and packed lunches eating together so pupils have time to eat their lunch and do not need to rush.*
- ◆ *Displaying the weekly menu in the dining hall.*
- ◆ *Listening to the pupils' opinions on the menu and adapting the menu accordingly (Via School Nutrition Action Group (SNAG) and Class/School Council)*

### ***Free School Meals***

*The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.*

### ***Health and Safety***

*Food will be stored in appropriate places and parents are informed that packed lunches are stored in a fridge.*

### ***Pupils***

*Pupils are reminded to wash their hands before they eat food. Gel dispensers are in all classrooms and outside the dinner hall which children use as part of their routine, including before eating fruit and dinner.*

### ***Adults***

*Adults who assist with food preparation activities in the school, including classroom activities, possess a basic food hygiene certificate.*

### ***Special Occasions***

*In line with the school food standards on special occasions children are given foods such as sweets, crisps and fruit squashes e.g. Christmas party or discos.*

### ***Complaints and Concerns***

*The headteacher monitors parental concerns over pupils' eating and works closely with them to find solutions. Any matters that cannot be resolved at school level are referred to the governing body via the schools complaints procedure.*

### ***Monitoring***

*Ms Gaynor Davison, Headteacher, has lead responsibility for food management in the school. We have an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives. Consultation is ensured throughout the process with priority given to the views of pupils.*

### ***This is achieved by:***

- ◆ *Talking to pupils and parents about food choices*
- ◆ *Discussion on food issues by the SNAG (School and Nutrition Action Group) and School Council and communication with the Headteacher*
- ◆ *Surveying for parents views/ open door policy for parents to share views on food*
- ◆ *Whole school review of food curriculum and food service annually*

### ***Monitoring visits from Governors to sample meals and ensure provision is good***

*The monitoring of this policy encourages a participatory approach to meeting the objectives, through the following:*

- ◆ *Governors regular review of policy*
- ◆ *Overseen by member of Senior Management team*
- ◆ *The School Nutrition Action Group (SNAG) which consists of representatives from Taylor Shaw (School cook and Taylor Shaw School Supervisor and Area Manager), Headteacher and representatives of children from each Year Group.*
- ◆ *The School Council will consult pupils on matters concerning healthy meals and all food in school.*
- ◆ *Develop an understanding and ethos within the school of safe, tasty, nutritious food, through both education and example through e.g.*
  - ◆ *Exploiting opportunities within the existing curriculum to discuss and work with food*

- ◆ *Recognising that food has great potential for cross curricular work*
- ◆ *Participating in as many food-related events and schemes as possible, as long as they consolidate the aims outlined in this policy.*
- ◆ *Let's Get Cooking After School Club, attended by all Junior Children on a rolling programme, teaching cooking skills via healthy meals. Family members take part in the final Let's Get Cooking Session. Children take home the healthy and nutritional meals each week, as well as the recipes, and are encouraged to cook at home.*
- ◆ *Parents/Carers are invited into School to share School dinners with their child across the School year*

*Signed: G Davison*

*Headteacher*

*Date: October 2019*

*Signed: C Linfoot*

*Chair of Community and SMSC Committee*

*Date: October 2019*

*Date: October 2022*