



BLETCHINGLEY VILLAGE PRIMARY SCHOOL

Aiming high • Working together • Achieving our best

Food Policy

This policy was drawn up after wide consultation with parents/carers, pupils, governors, school staff and catering staff. The school follows the principle of moderation in all things and does not label food as good or bad; rather, the aim is to help children to understand that certain foods should be eaten regularly and others only occasionally.

Aims

- To increase children's knowledge and understanding of what constitutes a balanced diet and to equip them to make informed choices
- To ensure that children's eating during the school day supports and enhances their ability and readiness to learn
- To ensure that children receive consistent messages about food and eating
- To work in partnership with parents to encourage children to eat well and healthily
- To ensure that food is prepared healthily and safely.
- To ensure that children are well nourished at school and that every child has access to safe, tasty and nutritious food and clean water during the day.
- To increase children's knowledge about where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and the environment
- To introduce children to the art of gardening and the skill of cookery, in line with and beyond the requirements of the 2014 National Curriculum, to help them appreciate the value of locally produced and freshly cooked food
- To ensure that the food provision in school reflects and meets the ethical and medical needs of the staff and pupils, catering for the needs of religious groups, vegetarians and people with specific food-related allergies.
- To meet the nationally agreed and locally accredited Healthy School standard in Healthy Eating.
- To support the implementation of UIFSM so that children's experience of sharing a cooked meal at lunchtime is pleasurable and develops a range of skills, including social skills.

Lunch times

- Children have been closely involved in re-designing the dining room and agreeing rules for lunchtime.
- Children are expected to follow the rules, which focus on good manners and respect for our food.
Staff continue to work to make lunch-times a pleasant and social event where children are not rushed. We provide a dedicated space for children who have a packed lunch to reduce the numbers of children using the dining room.
- The school now offers a Nursery Lunch Club, which both offers extended child-care for working parents and also promotes social eating for the children.

School Lunches

- School lunches are provided by Surrey Commercial Services and meet all required nutritional standards.

- There is regular consultation between catering staff and school staff to encourage the take-up of school meals. Take up of UIFSM is around 95%, and numbers of KS2 pupils have also increased.
- The school offers parents of KS2 pupils the option of having school lunches for certain days each week.
- The menu is adjusted to take account of the catering staff's knowledge of the children's preferences so that waste is reduced and the children eat well.
- Children are encouraged to try new foods as part of their school lunch through our Resilience programme, but the priority is to make sure that they eat a full and well-balanced meal at lunchtime.
- Catering staff work with teachers to plan special days and weeks which support the curriculum e.g. Shrove Tuesday; Chinese New Year; One World Week.
- Children who are entitled to free school meals are encouraged to take them up, and the system is managed confidentially.

Packed Lunches

- Whilst rules are kept to a minimum, parents/carers are encouraged to provide a balanced packed lunch by being given guidance on food groups and recommended proportions. There is an advisory brochure for parents/carers which is part of the induction pack.
- Fizzy drinks and confectionery are not allowed. (Confectionery includes all sweets, and chocolate bars normally purchased in a sweet shop or from the sweets aisle at the supermarket.) Parents/carers are reminded by letter if children bring in items which are not allowed.
- Children are not allowed to swap food with others.
- Children are required to take their waste and uneaten food home so that parents/carers can see what has been eaten.
- Midday supervisors and teachers monitor what the children bring in their lunch-boxes and how much they eat; concerns are shared with the head teacher, and, where appropriate, parents/carers are notified of concerns face to face or by letter.

Snacks

- All children receive free fruit each day. This is provided by the government for children in KS1 and by the school, supported by the Pupil Premium, in KS2. They are encouraged to sit together as a class to eat their fruit to promote discussion about food and to reduce waste.
- Children who are eligible are offered free milk at break time.
- Water is freely available for all children, subject to reasonable restrictions during lesson times.
- No other snacks are allowed during the school day.

Treats and Rewards

- Sweets are used by staff as rewards or inducements only in exceptional circumstances.
- Following the principle of moderation, staff are allowed to give children a small, edible end-of-term treat and children are allowed to bring in treats to share on their birthday – these are given out at the end of the school day, and children are expected to ask their parent/carer before eating them.

Health and Safety and Training

- To safeguard children who have a nut allergy, the school operates a nut-free policy. (This refers only to nuts and direct nut products.)
- Care plans are drawn up with parents/carers for children who have a severe food allergy, and staff training carried out as appropriate.
- All staff have regular epi-pen training and are made aware of children at risk.
- Children are expected to wash their hands before eating or working with food.
- Appropriate precautions are taken when food is prepared or stored by any member of the school community.
- All staff are required to undertake appropriate training for their role e.g. food hygiene.

Curriculum

- The school meets all the requirements of the DT and Science elements of the National Curriculum (2014) in relation to food.
- We have a dedicated Cookery Room, designed and partly funded by School Council.
- Children have regular opportunities to learn about food and nutrition throughout their time at school, normally as an integral part of topic work.
- Children are taught about ethical and environmental considerations as part of their learning about food and nutrition.
- Children have regular experience of growing food in their class gardens, and of cooking it as part of the Plant a Plate competition each year. Children are encouraged to prepare, cook and taste food as part of the taught curriculum, including foods from a wide range of cultures. This includes sleepovers and residential visits.
- Staff provide extra-curricular opportunities for children to learn about food and cooking at Cookery Clubs when possible.
- The school aims to offer cookery for parents through Family Learning.
- Children's knowledge and understanding about food and nutrition is assessed as part of the school's system for tracking progress in PSHE.
- Children are supported and encouraged to make healthy choices for themselves through additional and/or extra-curricular events e.g. PHE Healthy Eating Day; Olympic healthy eating challenge.

Roles and Responsibilities

- Governors will monitor the school's food policy as and when appropriate.
- The head teacher acts as the named person with overall responsibility for food in school; he or she ensures that the policy is implemented and reports regularly to governors.
- Catering staff will work with the school to maintain standards and contribute to the effective implementation of the policy; they will undertake appropriate training as required.
- Teaching staff are responsible for ensuring that the curriculum meets the requirements of the policy, and for undertaking appropriate training as required.
- Midday Supervisors are responsible for supervising the children at lunch times, ensuring that they follow the agreed rules, and for implementing relevant elements of the policy; they will undertake appropriate training both regularly and as required.

- School Council are responsible for representing the views of their peers and for working with staff and parents to develop the policy.
- Parents are responsible for supporting the policy and for working with the school to make sure that children have a wholesome and balanced diet.

Monitoring and Evaluation

The impact of the policy will be monitored through consultation with all those involved and through school self-evaluation. It will be updated as appropriate depending on national, local and school developments.

Healthy Eating at School

It is important that children eat well and healthily during the school day, as this helps them to keep up their energy levels and achieve in their learning. This leaflet is a guide to food and healthy eating at St Catherine's.

Snacks:

- Fruit is provided free of charge for all children which they eat at or just after morning play-time.
- Children have access to water throughout the school day. We encourage children to buy a school water bottle and to bring it in every day.
- Children in nursery receive milk to drink during the morning.

School Meals:

- We encourage as many children as possible to have a school meal, as these are nutritious and cooked on the premises.
- Our kitchen staff get to know each child, and cater for their individual needs and tastes.
- There are opportunities for parents and children to taste sample meals, and regular special themed days and weeks when they can try new and different dishes.
- Nursery children can join our Nursery Lunch Club, which provides lunch and child care for an additional hour.
- All infant children are provided with a school meal free of charge.
- Junior (KS2) children can have school lunches for as many or as few days a week as they wish.

Lunch-boxes:

Children need to eat a healthy, balanced meal at lunch time.

Their packed lunch should contain mostly foods from the GREEN section (shown overleaf), with a little from the AMBER and none from the RED.

Children need to bring a drink, which should preferably be water or pure, diluted fruit juice.

As an eco-school, we would encourage you to send the children's lunch in re-usable containers and avoid products which create a large amount of packaging.

Children do not throw food or waste away at school; they will bring it home so that you can see what they have eaten.

Children are encouraged to eat most of what they bring, and staff will talk to you if they are concerned that a child is not eating enough.

WE DO NOT ALLOW CHILDREN TO BRING:

NUTS: The school operates as a nut-free zone

FIZZY DRINKS

GLASS BOTTLES

CHOCOLATE BARS OR SWEETS: this means anything that you would buy in a sweet shop or from the confectionery aisle of the supermarket.

GREEN FOODS

Fruit & Vegetables

Protein: meat, cheese, fish, hummus

Dairy & Milk: yoghurt, drinking yoghurts, milk, cheese

Starchy: Bread, breadsticks, crackers, rice cakes

Drinks: water or well diluted fruit juice

AMBER FOODS

Protein: processed meats and cheeses, like sausage rolls or cheese dips

Dairy & Milk: milkshakes, chocolate mousse, rice pudding

Starchy: Crisps, cakes, biscuits, pastry items

Drinks: Pure fruit juice or prepared squash drinks

RED FOODS

Nuts – we are a no nut zone.

Chocolate bars

Sweets

Fizzy drinks