

Food Policy

Park Spring Primary School



Approved by: C.Houghton

Date: October 2014

Last reviewed on: Spring 2017

Next review due by: In process

Nominated member of staff to oversee the policy development:

Mrs C Houghton

This policy has been developed in consultation with the following and approved and adopted by the Governing Body:

- SNAG (School Nutrition Action Group) 8.10.14 (SNAG members: J.Allison – Cook, S. Dean – parent and TA, C. Houghton – PSHE Leader, M. Wilson – PE Leader)
- School Council (13.10.14)
- C. Millington – TA and after school club
- W. Holl – Learning mentor and breakfast club
- Mrs Mathur - Parent
- All school staff
- S. O'Mahony (School Food Advisor and Nutritionist)
- Governors

Introduction and rationale:

At Park Spring Primary School we recognise the importance of ensuring every child has access to a healthy and well balanced diet, supporting them to lead a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn. Our school has achieved National Healthy Schools Status and is a supporter of the National Change4Life campaign.

Aim and objectives:

- To provide a whole school approach to food and healthy eating to improve the health and wellbeing of children and their families.
- To ensure food and healthy eating messages are embedded in the school's ethos and are consistent across all food provision and classroom activities.

Food in school**Breakfast club:**

Our school has a successful breakfast club that runs every morning to ensure every child has the best possible start to their day.

We try to target the breakfast club for vulnerable pupils who may be at risk of not receiving a breakfast at home (e.g. pupils who receive a free school meal), although we do open up additional spaces to the whole school. In September 2014, additional staff had to be allocated due to the high demand for places, particularly for Reception children. The breakfast club costs 50p a day per vulnerable pupil and £1 a day per childcare pupil.

The food provided is healthy and balanced including; cereals, toast and sometimes yoghurts. Water and fruit juices are provided to drink, alongside tea or coffee on special occasions. We ensure all food served is compliant with the national standards for school food.

Out of school club:

Fruit and vegetables are provided during each session alongside a healthy snack menu that is chosen by the children. Drinks, such as water and milk, are readily available throughout the session.

Break time provision:

At break time all EYFS and Key Stage 1 children are provided with free fruit and vegetables as part of the National Fruit and Vegetable Scheme and any surplus fruit is offered to older children. All EYFS children receive free milk until the age of 5, and Key stage 1 children are also provided with milk which is either subsidised or free.

Fruit shop – Year 6 pupils run the fruit shop at morning break. They sell the fruit, keep a record of what they have sold and manage the money they receive.

If pupils are bringing snacks from home, we encourage a fruit and vegetable only policy to promote healthy snacking.

Drinks and water provision:

All pupils are provided with a free water bottle when they start Nursery and Reception. There are several water fountains around school and outside, for pupils and staff to access freely throughout the day. Water bottles can be replaced for £1.

School meals:

Our school meals are provided by Catering Leeds, who ensure the menus are balanced and compliant with School Food Standards. We support the catering company by carrying out our own monitoring once a term. Our menus are varied and include a range of meals from different cultures and countries and we send copies home each half term.

We offer taster sessions to families new to school and at the Reception New Parents meetings.

To promote positive behaviour in the dining room we have 'Captains table' on a Wednesday. One pupil from each class is chosen each week for their good manners and sensible eating at lunchtimes that week. They then get to choose a friend to sit with them on Captains table. They could be having school meals or a packed lunch. If they have school meals then they get to use a plate and a bowl, metal cutlery and have a drink of juice or water. The table is dressed with a table cloth.

Free school meals (FSM):

All children in Reception, Year One and Year Two are now entitled to a free school meal as part of the Universal Infant Free School Meals initiative. Parents are encouraged to take up their entitlement, through the 'New Reception Parents' meeting and letters to parents.

Our school also strongly encourages families to claim their free school meal (FSM) entitlement and has used the 'Leeds Free School Meals Toolkit' to support this. In the school entrance there is a picture displayed of the key member of staff responsible for administering free school meals. Parents and pupils can speak with this member of staff about any concerns or questions they may have in confidence.

School meals payment is collected at the school office, rather than in classrooms, to avoid stigma. We make sure FSM pupils cannot be identified at any point of the school day. On school trips we provide a range of non-identifiable lunch boxes for FSM children so their packed lunches are no different from that of any other child.

Packed lunches:

Pupils who bring in a packed lunch are able to eat in the main dining room with pupils who eat a school dinner. All wastage will be sent home to help parents monitor their child's/children's eating. Parents' will be encouraged to provide a balanced packed lunch in line with the school's packed lunch guidance. Packed lunches will be expected to include at least one piece of fruit and one piece of vegetables. Unhealthy snacks such as crisps, chocolate cakes and biscuits are strongly discouraged. This is consistent with the standards for school meals. Chocolate bars, sweets and sugary drinks are not permitted and it is not essential to bring a drink as the school provides all packed lunch pupils with access to water.

Dining environment:

We have a designated dining room that is an attractive and well kept area and all pupils are able to sit with their friends during lunch. We have a 'Captains Table' once a week where pupils can dine as a reward for positive behaviour and healthy choices.

Cultural, age appropriate, special diets:

At Park Spring, we are supportive of children with any cultural and special dietary requirements and this is reflected in our food menus. The 'Leeds Cultural and Religious Food Policy Guidance' has been followed to support this. All pupils' dietary needs are recorded and communicated sensitively with the catering team.

Sustainable food and drink:

Our menus include locally sourced ingredients where possible and this is supported by our catering provider.

Special occasions, rewards and school events:

We understand that all children enjoy a treat on special occasions. As a Healthy School, we recognise the value of non-food rewards and celebrations. However, parents can send in sweets and cakes for birthdays or similar celebrations if they wish.

School events:

Our standards of healthy eating are reflected beyond the usual school day and our food policy applies to school trips and other special events.

Food and healthy eating in the curriculum:

Our policy is reinforced and embedded through learning in the classroom. Our curriculum will enrich children's experience of food, physical activity and healthy balanced diets through Science, PSHE, PE and Design and Technology. We build on knowledge and practical skills through the key messages of the Eat Well plate to support healthy choices for life beyond school.

Our new spiral cooking curriculum gives children the basic skills to cook healthy meals and taste foods they may not have had experiences of previously. We will ensure that every child has the opportunity to learn about cooking and food preparation as part of the new 2014 D&T curriculum. The use of 'home grown' produce in school is in the developmental stage.

Communication with pupils and parents:

We will communicate and share our policy with parents each year and listen and act on views and opinions through ongoing surveys. Parents are welcome to attend our SNAG (School Nutrition Action Group) meetings each term when we hold an open forum to discuss any matters arising relating to the food policy or other areas of food in school.

The full policy is available on the school website and a summary of the key points is available to view round school and in the school entrance.

Action planning:

The Food policy will be reviewed annually by the SNAG group, SMT, Staff and Governors to ensure its relevance.

The cooking curriculum is being developed during the 2014 – 2015 academic year, and so amendments will need to be made to account for this.

The school will be recruiting pupil School Food Ambassadors to support school catering and provide ongoing feedback to improve our school food and packed lunches.

Links with any other policies:

This policy has been written with regards to the PSHE policy.