

Redhill Primary Academy



Food in School Policy

Signed

A handwritten signature in blue ink, which appears to read 'Fiona'.

Mrs Fiona Seddon, Chair of Governors

Date: Spring 2023

This policy was produced by a Healthy Eating Task group including school staff, parents, children and school governors and was written using a range of documents about whole school approach to food in the Primary School.

References

www.nhs.uk/c4lschools

www.schoolfoodplan.com

www.foodfactoflife.org.uk

www.schoolfoodtrust.org.uk

www.letsgetcooking.org.uk/apply

<http://www.food.gov.uk> (Food Standards Agency)

www.everychildmatters.gov.uk (Specifically focusing on our responsibility to help each child to 'be healthy')

<http://www.dailymail.co.uk/health/article-154998/The-Governments-healthy-school-lunch-guidelines.html#ixzz2qMu7C9CK>

Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school and that in doing this we are adhering and following the Government guidelines.

Our school adopts a **'whole-school' approach** to the provision of food to pupils and the teaching of healthy eating in class.

We treat this aspect of our school life as extremely important because a healthy, balanced diet is vital for a child's growth and development and for their long-term health and wellbeing. There is a well-documented relationship between poor health, nutrition and low school achievement. As children and young people spend much of their time within the school environment, it is vital that the food offered in this setting is nutritious and beneficial to long-term health. Furthermore, ensuring our children have access to healthy nutritious food, and are provided with opportunities to develop relevant skills and knowledge, will support the development of healthy food habits that will last into their adult years, and this can reduce the risk of suffering obesity related long-term health conditions.

Objectives:

What do we want to achieve?

At Redhill Primary Academy we adhere to the Food standards for Primary Schools (Appendix 1)

- To ensure that information relating to food and nutrition is fully integrated in lessons and is consistent and up to date.

- To promote equal opportunities for all in offering access to all aspects of the curriculum regardless of gender, race, religion or ability. We also support children at our school who have allergies to food items i.e. nut allergies and make all staff aware of this and the procedure if a reaction occurs.
- To continue to promote school meals provided by Miquill Catering and to work with the school catering team to ensure a healthy meal is provided at lunchtimes.
- To encourage children to independently make wise decisions with regard to food.
- To make all staff aware of the food policy and encourage them to be role models and promote food that is in-keeping with whole school policy.
- To educate children and parents about providing a healthy lunchbox. (Appendix 2 Healthy lunch box guidelines)
- To work with the Annexe (after school) clubs' staff to ensure a healthy snack is provided.
- To work with the Breakfast clubs' staff to ensure a healthy breakfast is provided.
- To continue the policy of plain, unflavoured water being available at all times in the classrooms.
- To support children to understand the importance of basic food hygiene e.g. hand washing.
- To work with the Friends of the School to ensure that the healthy food policy extends to all extra-curricular activities.
- To encourage healthy snacks and give access to fruit for children at break times.
- To work with cookery club to ensure that they are reinforcing and promoting whole school policy regarding healthy eating.
- To make all club leaders aware of latest statutory expectations regarding snacks available at clubs.
- To ensure birthday treats and other special occasion treats are monitored and managed.

Guidelines:

How are these objectives met?

This policy covers the areas of:

- Breakfast club
- Break time snacks, including those brought from home
- Water
- School lunches, including packed lunches
- Curriculum
- After school clubs and events

Breakfast club

- Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 7.45am – 8.45am.

Break time snacks

- As a school we promote the fruit scheme and encourage uptake of the Government funded fruit provided for all KS1 children. All KS1 classes will have basket of fruit in class for easy access. KS2 children are encouraged to bring in a healthy snack or can have access to the school fruit.

Water

- We provide routines for water bottles in the classroom, sending reminders home through the Mail on Friday at regular intervals which highlight the importance of access to water throughout the day. Teachers must raise awareness through informal chats with children about benefits of drinking water.
- We will provide water coolers for children to access fresh water. Water bottles will be sent home for cleaning. No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical reasons.
- At lunchtimes we encourage water (jugs and cups provided) and non – sparkling and low sugary drinks in lunchboxes.

School lunches including packed lunches

- At Redhill Primary Academy all school meals School meals are provided by Miquill Catering and served between 11:50 - 12:30pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. Our school caterer also holds a catering award. School meals are planned on a 3-week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website. Free school meals are provided to those who are entitled to them.
- The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. Packed lunches should aim to include:
 - Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
 - 1 portion of fruit and 1 portion of vegetables or salad
 - Dairy food such as cheese or yoghurt
 - Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
 - Oily fish once every 3 weeks e.g. sardines or salmonPacked lunches should not include:
 - Sweets
 - Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts
- We will work with parents to support them in choosing healthy options when making packed lunches and provide them with our healthy lunch box guidelines but also encourage children to take a responsibility for these too.
- We allow flexibility of provision enabling children to opt on a daily basis for school lunch or their own lunch box. We encourage children to try unfamiliar foods at lunch times by providing 'sampling' opportunities.
- We often invite the school cook to talk to School Council and she is part of the healthy eating task group.
- Staff work with children to provide a safe and welcoming dining area.

Curriculum

- Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHCE and Design Technology (cooking and nutrition). The Eatwell model (see appendix 2) is used throughout the school as a model of understanding a balanced diet. Through various topics, pupils have the opportunity to cook and eat different foods and staff aim to promote healthy choices and multi-cultural options where possible. The staff ensure that information relating to food and nutrition is fully integrated in lessons and is consistent and up to date.

- Healthy eating weeks or promotions are encouraged e.g. Healthy Lifestyles week involving all the staff and children.
- Parents receive information by way of flyers, meetings, newsletters.
- Termly clubs also support the teaching of food and healthy eating and include insert clubs e.g. Cooking club.
- Staff delivering cooking sessions and clubs have achieved Level 1/2 in Food Safety and Hygiene.

After School clubs and events

- The **Annexe and breakfast club** staff ensure they are kept informed of the healthy eating policy and involve the children using the clubs in reviewing menus.
- **Redhill Nursery** staff adhere to the same principles we withhold.
- **The Friends of the School** are encouraged to promote healthy choices at fundraising events.

Special dietary Requirements:

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is Zara Bate, School Business Manager. Pupil's food allergies are displayed in a sensitive way in the kitchen and the staff room.

Monitoring and Evaluation:

How do we know our objectives are being met?

- **Break time snacks:** school council to monitor and feedback.
- **Water bottles in classroom:** school council to monitor and feedback.
- **School lunches:** greater take up of school meals and more children choosing a wider range of foods monitored by school cook who provides feedback to task group.
- **Curriculum:** senior leadership team and subject co-ordinators to monitor lessons, planning and books. Healthy eating weeks established and their success on children's understanding monitored by school staff.
- **Children's ability to make wise decisions regarding food:** feedback from school cook, parents and teachers.
- **Food policy awareness:** all staff are aware of this policy.
- **Parents' information:** feedback from parents through a questionnaire about the helpfulness and success of the information provided.
- **Food in the Annexe:** menus monitored by the committee, school council members also monitor and report back to Healthy School Co-ordinator.
- **Food in the Breakfast club:** menus monitored by committee, school council members also monitor and report back to Healthy School Co-ordinator.
- **Food hygiene:** support assistants monitor hand washing etc. This is built into all lessons and clubs which involve handling, preparing and cooking food.
- **Friends of the School and extra-curricular school events e.g. fayres, fete's shows etc:** staff, parents, and school council to monitor food provided and report back.
- **Recipes/ingredients used at cookery club:** staff, parents and school council to monitor food provided and report back.
- **Fruit scheme:** school council to monitor uptake and any problems with this.

- **Birthday treats:** to be monitored and feedback from staff and parents.

All staff will be informed and kept up to date with changes in policy and any new information, initiatives or procedures involved in food hygiene , health and safety and nutrition.

Appendix 1

www.childrensfoodtrust.org.uk/...standards/...food-based-standards/food

Food provided in schools other than lunch:

Since September 2007, food and drink provided at times other than lunch has been required to meet the food-based standards for all school food other than lunches

What do these standards cover?

The food-based standards for all school food other than lunches apply to all food and drink provided by local authorities or school governing bodies to pupils on and off school premises, during an extended school day (up to 6pm).

The standards cover:

- Breakfast clubs
- Mid-morning break services
- Vending machines
- Tuck shops
- After school snacks and meals

The standards

Food provided at times other than lunch must comply with the following standards:

More of these healthier items:

- Fruit and vegetables must be provided in all school food outlets. These can include fresh, dried, frozen, canned and juiced varieties
- Free, fresh drinking water should be provided at all times
- Only healthier drinks are permitted throughout the school day. There are more details about permitted drinks here.

Restricted or no longer allowed:

- Confectionery such as chocolate bars, chocolate coated or flavoured biscuits, sweets and cereal bars must not be provided
- Salt must not be provided at tables or service counters
- Condiments such as ketchup and mayonnaise must only be available in sachets or individual portion of not more than 10g or 1 teaspoonful
- Snacks such as crisps must not be provided. Nuts, seeds, vegetables and fruits with no added salt, sugar or fat are permitted
- Cakes and biscuits must not be provided at times other than lunch
- No more than two deep-fried food items such as chips and batter coated products can be provided in a single week across the school day
- Starchy food cooked in fat or oil must not be provided more than three times a week across the school day
- Meat products (manufactured or homemade) are divided into four groups. A meat product from each of the four groups may be provided no more than once per fortnight across the school day

