

Whole School Food Policy Hevingham and Marsham primary schools

Introduction and context for policy

Hevingham and Marsham schools are small rural schools with a large amount of fruit and vegetables grown locally. Both schools are situated in farming environments.

Hevingham and Marsham schools are committed to being healthy schools and to promoting the health and wellbeing of the school communities. As part of this we aim to help our children understand the consequences, and to develop the skills to take responsibility for the choices they make.

Other relevant policies

- PSHE
- Drug Education
- Sex and Relationship Education
- Physical Activity
- Teaching and Learning
- Science
- Design and Technology

Aim

- To ensure that all aspects of food and nutrition in the school helps promote the health and well-being of the school communities.

Objectives

- To ensure that food provided across the school day is consistent with our aim and meets the new mandatory standards, covering all school food, introduced from September 2006. We refer to the following documents to ensure this
 1. School Food Standards January 2015
 2. School Food in England (DfE) January 2015
 3. School Food Plan July 2013
- To ensure that food and nutrition information across the curriculum, and in extra curricular activities, is consistent and up-to-date.
- To ensure that the whole school community is involved in the implementation of this policy.

Food provision across the school day

The food provided within school meets, or exceeds, the latest mandatory standards from the DCSF

- Break time- Recp/Key Stage 1 children are given fruit/veg daily as part of fruit and veg scheme.
- Key Stage 2 bring their own fruit/vegetable snacks. These snacks should be fruit vegetables/dried fruit preferably in waste free/recyclable container. Fruit is also available to purchase at break time from the school canteen

- School lunches - are currently supplied by Edwards and Blake and meet DCSF mandatory standards
- Ingredients used in cooking activities our outside the mandatory standards. Good quality chocolate should be used.

Packed lunches

Many children bring packed lunch to school. We believe that they should form part of a child's well-balanced diet. To support parents we regularly include information and ideas about the contents of these in newsletters. In our school brochure and new parents' pack we include a packed lunch checklist for parents/carers to help them.

We do not allow children to have fizzy drinks and encourage every child to have at least 1 portion of fruit and 1 of vegetable each day.

We encourage families to minimise waste and use re-usable containers for salads and pasta meals.

Children are not allowed sweets and ordinary confectionary bars in their packed lunches.

Children who make particular efforts to change their eating habits/try new foods/demonstrate good meal time behaviour are celebrated in the newsletter via the Happy Book. Serious concerns about contents of packed lunches will be discussed with parents/carers rather than the child.

Water Provision

Children are encouraged to drink water throughout the day and teachers act as role models. They are provided with named cups/bottles. Drinking water is available in each classroom

Special occasions

Sweets and chocolates are not used as prizes or rewards however there may be rare occasions when staff share special treats with class i.e. boxes of chocolates they have been given. They should be taken to eat at home.

One-off occasions such as Christmas parties, charity events are not covered by the mandatory food standards but the schools and supporting groups schools will try to ensure that there are healthy options available.

Birthday cakes - Some children do bring in cakes/treats to celebrate their birthday. Whilst this is not encouraged we recognise it as a public gesture. Staff and the child will distribute cake etc at the end of the day, when it'll be the parents' choice as to whether/when children are allowed to eat it

Teaching about food and nutrition

The overall aim of our teaching about food and nutrition is to help children learn about, and to enjoy food. The Eat well Guide as recommended by the Food Standards Agency is used as the basis to teach about healthy eating within the curriculum.

Direct teaching about food and nutrition is taught in the following curriculum areas and ways,

Within the formal curriculum-

- o KS1 Science and Design and Technology
- o KS2 Science and Design and Technology
- o Cross curricular/themed work
- o PSHE
- o Themed weeks
- o Activity days
- o RE

Extra-curricular activities

- Cookery clubs
- Gardening club

Inclusion

Staff ensure that they are aware and accommodate children with particular dietary needs and are sensitive towards over/underweight children. Through PHSE children learn how to behave appropriately to one another and respect differences. Children should learn that this is relevant in our attitudes to food and about how we look.

Depending on the context, it may be appropriate to talk with a child/family about a unit of work.

Staff check annually on transfer about specific dietary needs of children in their class. Alternative foods should be used where food allergies are an issue. It is not appropriate for a child to be given an alternative non-food based activity.

Children should be given the opportunity to express their views respectfully and share their beliefs about foods.

Continuing Professional Development of staff-

Inset/training provided by Healthy Norfolk Schools team.

Staff meetings on The Eatwell Guide.

Partnerships- We work with the following groups to support our aims to have healthy food in school

- School Council
- Health Professionals e.g. Dietician, School Health Advisor

- Consultation with parents
- Family learning days

Monitoring and Evaluation

The school reviews its progress against its policies annually. The headteacher is currently responsible for monitoring food provision in school.

Lunchtime assistants keep teachers informed about packed lunches.

HT regularly shares lunch time with children.

Staff on duty to monitor break time snacks.

Future plans

To maintain our Enhanced Healthy School (which expires in July 2018) for both schools.

Additional notes

This policy document was produced in consultation with staff, children, parents and governors of Hevingham and Marsham primary schools.

This policy will be adopted in May 2016. The date of the next formal review will be May 2019 and every 3 years thereafter.

Policy approved by the governing body of Hevingham and Marsham Primary schools.

Date

Signature..... (Chair)

Updated May 2016 - Olivia Corfield/Karen Hutchison