



## Shotton Hall Primary School

Working together to

**SHINE**

**Successful, Happy, Inspired and Nurtured towards Excellence**

### FOOD POLICY 2024-25

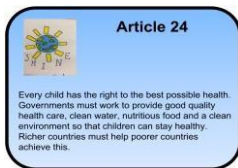
Reviewed and Amended: June 2024

Ratified by the governing body: June 2024

Next Review: September 2025

Signed: J Bowmaker HT

T Watson COG



## FOOD POLICY

### TO BE READ IN CONJUNCTION WITH THE PACKED LUNCH POLICY

As part of the School Food Plan, a new set of [standards](http://www.schoolfoodplan.com/standards/) for all food served in schools was launched by the Department for Education. They are mandatory in Shotton Hall Primary School <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, staff 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.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- 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 introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.
- 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 School Management, Governors, Teachers and support staff, Pupil, Parents, Food providers, the school's wider community
- To integrate these aims into all aspects of school life, in particular all food provision within the school, the curriculum, pastoral and social activities

### **Monitoring**

Mrs Bowmaker 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 daily about food choices

Discussion on food issues by the school council and communication with the head teacher

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

### **Healthy School Status**

Shotton Hall Primary School is a Healthy School. 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.

### **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.

- 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

D.T.-Cooking, food preparation, designing healthy packed lunch

P.S.H.E -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

Information Technology- recording results of a food survey, website review  
Physical Education- links between healthy eating and exercise

### **Topic cross reference**

Nutrition, Dining, Cooking, Menu planning skills, Food hygiene- common food poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant, pests, Cultural diversity, Food production, marketing and labelling, Recycling, How plants grow

### **Examples of activities that support curriculum work**

Relationships with local food businesses, e.g. farms, shops and restaurants  
Tasting sessions (integrate a range of eating experiences into classroom work, e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables)  
Cooking demonstrations  
Healthy eating drama activities  
Healthy eating projects  
School website pages on food issues and links to other related sites  
Debates/guest speakers  
Eating experiences integrated into the curriculum for all subjects  
School garden- pupils have the opportunity to plant, harvest, prepare, cook and eat the food they grow

### **The Dining Environment**

The dining area is in two halls which are large, safe, pleasant, comfortable, attractive and clean. The daily menu is on display. Teaching assistants and MDSAs support all pupils to dine in a positive environment. They support pupils in food hygiene eg. laying food out in packed lunch boxes, hand washing, and good manners eg. eating with a knife and fork appropriately, respect for others eg. not talking with mouth full of food.

Two service points and **two** staggered lunch breaks ensures all pupils are well catered for and good quality food is delivered hot and fresh. Pupils have sufficient time to eat and socialise with friends and be supported to eat well. Food is disposed of appropriately in a clearly designated waste area which is emptied regularly. The Senior Management team drop in to monitor behaviour. Pupils are allowed to sit with friends and social dining is encouraged. Pupils are given sufficient time of approx. 20-25 mins to eat their meal- no child is made to hurry their meal unless they are excessively slow.

We encourage low level conversation and do not allow raised voices or shouting. We do not allow food to be dropped on the floor.

### **Systems**

We will prohibit sweets, chocolate, crisps at breaks and promote fruit and nutritionally beneficial foods.

### **Breakfast Club**

Breakfast provided follows health authority guidelines and excessive sugar and fat consumption is curtailed. No animal fats are used apart from the provision of milk.

The breakfast bar will serve cereal with semi skimmed milk, fruit-fresh, tinned or dried, bread/toast and other appropriate bread products, fruit juice, water and semi skimmed milk.

We also participate in the 'Magic Breakfast' initiative which gives all children access to a bagel every morning.

### **After School Club**

The after school club will serve a small snack of cereal with semi skimmed milk, sandwiches, toast, **bagel**, fruit juice, water, semi skimmed milk.

### **KS 1 fruit and vegetables initiative**

Pupils in KS1 will receive a snack of vegetables/fruit daily via the free fruit initiative. Remaining fruit not eaten will be offered to pupils in KS 2 at break time. No fruit will be wasted. Other snacks are

only permitted where there is a medical condition that demands it. This will be recorded in the pupil medical file.

### **Working with the school meals provider**

The school meals service is provided by Chartwells and this is monitored by the Head Teacher and Local Authority who ensure that the meals adhere to Government guidelines for healthy eating. The menu is prepared by Chartwells 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 Chartwells 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 Chartwells 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.

### **Food Hygiene**

Chartwells as the provider of the food service meet the food hygiene requirements. A full independent food hygiene inspection is carried out of the food storage, meal preparation and food serving areas. A copy of the inspectors' report is provided to the school. A cleaning and disinfectant schedule can be inspected in the kitchens.

### **Pupils**

Pupils are regularly reminded to wash their hands every time they go to the toilet and pupils wash their hands before they eat or handle food – soap and drying facilities are good. Pupils are also reminded to contain coughs and sneezes hygienically and wash hands.

### **Adults**

A number of TA and club staff employed in food preparation hold a basic food hygiene certificate. All regulations pertaining to food hygiene are complied with. Adults who assist with food preparation activities in the school, including classroom activities, possess a basic food hygiene certificate or equivalent.

### **Food storage**

Food is stored in line with requirements in school fridges and cupboards for non-perishables.

### **Food Poisoning**

In the event of an outbreak advice will be sought from the DCC health and safety team. ( see extranet link)

### **Drinks in School**

Children drink water or semi skimmed milk at lunchtimes. This includes pupils who bring a packed lunch. Water is also available **from bottle fillers** and children are required to bring their own water bottles- these are washed at home daily. Milk is provided free for all pupils until they are 5 and after that parents may purchase milk for their children through the Cool Milk Company who deliver it to us for distribution. We do not permit fizzy drinks, flavoured water or juice of any type. This is because of the high levels of sugar or substitutes in these drinks and the risk of damaging teeth and mouths. Children are not permitted to walk around school whilst drinking from a bottle, this is because of the risk of tripping.

### **Growing Food**

We encourage children to learn about growing food in the wider curriculum. Other pupils grow foods in classes in line with their current curriculum.

## 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. class Christmas party.

## Complaints and Concerns

The **headteacher/deputy 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 of the food policy

Much of the monitoring of this policy is done on a day to day basis by the Head, the Cook, the Breakfast Club staff and other members of the school community. More formal monitoring is undertaken by the Local Authority and the Health Authority. The headteacher occasionally takes lunch with the pupils periodically in order to maintain an oversight of the food on offer to pupils. The headteacher monitors the content of packed lunches. Any food considered not suitable will be returned home. The head occasionally gives rewards to pupils for bringing a health and nutritional lunch and making health food choices.

## What about Birthday and other celebration cakes?

We do not allow pupils to bring birthday cake into school. This is too many cakes and requires time out of the curriculum to give out and eat. It also does not promote healthy lifestyle choices. Any cakes brought in will be sent home.

## What about sweets as rewards?

We do not give pupils sweet rewards as a general rule. We give praise, class recognition, stickers, team points, small toys etc.

## Packed Lunches (please see full packed lunch policy)

Recent reports (<http://www.healthylunch.org.uk/research>) have shown that the food typically eaten in lunchboxes provides too much fat, saturated fat, sugar and salt - and not enough fruits and vegetables and essential nutrients.

The packed lunch represents approximately a third of the child's daily food intake and therefore it is important that it offers a meal which ensures that all the nutrients needed are provided.

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times

- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snacks such as crisps should not be included. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

A good packed lunch contains:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles.
- These foods are good for children to fill up on.
- A good source of protein, iron and zinc such as meat, fish, beans or eggs.
- A good source of calcium such as milk, cheese, yoghurt or fromage frais.
- And one portion of fruit and one portion of vegetable or salad to provide all the other vitamins and minerals. A piece of fruit could be a 100% juice or piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be a fresh vegetables such as carrot stick, salad or a vegetable soup or vegetable dish.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of the packed lunch is varied.

#### **What about snacks such as crisps, cakes, pastries and sweets?**

These foods should only be given occasionally. Children will then appreciate them more. If these foods are included in packed lunches they might eat these first and not have the appetite to eat the other foods that will provide them with the important nutrients they need to grow and develop, be healthy and active. Children are allowed a small cake or chocolate covered biscuit.

At Shotton Hall Primary School children will not be allowed to bring chocolate bars, sweets, fizzy drinks, soups, hot drinks/food, thermos flasks, glass containers.

#### **Legislation**

- Sections 512, 512ZA, 512ZB, 512A, 512B and 533 of the Education Act 1996, as amended
- Section 114A of the School Standards and Framework Act 1998
- 2014 No. 1603 Education, England The requirements for School Food Regulations 2014

