

WHOLE SCHOOL FOOD AND NUTRITIONAL POLICY

Rationale

At Bowhill Primary School we recognise the importance of a healthy lifestyle and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning.

Whole School Food Mission Statement

To influence and improve the health of the whole school community by providing pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and the environment.

This will be accomplished by providing high quality food education and ensuring we deliver a consistent message with regard to food and a healthy lifestyle throughout the school day.

Aims and Objectives

At Bowhill Primary we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically;
- Give our children, parents and staff the information they need to make healthy choices;
- Ensure that we are giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet;
- Ensure that the food and drink available throughout the school day meets the current government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience;
- Build the confidence of parents in the school meal service;
- Support the provision of healthy packed lunches and snacks so that food brought from home and consumed in school is healthy and nutritious and similar in quality to food served in school;
- Ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, e.g. catering for religious groups and vegetarians and people with food-related allergies;
- Commit to sourcing from local providers as far as is possible; and
- Establish a School Nutrition Action Group (SNAG), which will review and monitor how the school meets these objectives throughout the school year.

The Curriculum

Since September 2014, as part of their work with food, pupils are being taught how to cook and apply the principles of nutrition and healthy eating.

At Key stage 1 pupils are taught to

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from

At Key stage 2 pupils are taught to

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed
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In addition the school will enrich children's experience of food, physical exercise and healthy balanced diets through its **Science, Personal Social Health & Citizenship (PSHC), Physical Education (PE) and Design & Technology (DT)** curriculum. A range of skills and understanding will be developed through a range of teaching approaches and resources.

Curriculum content across the year groups will focus on:

- The importance of food groups and the role they play in promoting growth;
- The development of strong healthy bodies;
- What constitutes a balanced diet and the proportions advocated by the 'balance of good health' model;
- An understanding of cultural diversity;
- The development of respect and understanding towards the beliefs and attitudes of others;
- Food in history;
- The sustainability of our food supply and the effect on our planet;
- The importance of healthy eating both now and in the future;

This will involve, for example, teaching children how to:

- design a menu for breakfast, lunch and evening meals;
- cost a menu;
- measure and weigh from recipes;
- prepare, cook and serve food and
- grow their own vegetables and fruits by participating in growing clubs at school and visiting local farms .

In order to enrich what is taught in the classrooms the school, working together with its catering team, will also introduce school meal themes, which may include for example:

- Potato day in early Spring
- Sri Lankan Independence Day in February (celebrating links with Batheegama, our twinned school in Sri Lanka)
- Chinese new year in February
- Bringing in the harvest in Autumn term
- Bonfire night in November
- Christmas lunch in December
- International themes or celebrations e.g when welcoming international guests to school or 'world cup day'
- Historical themes e.g Victorian puddings

Taster days where new dishes will be showcased and sampled will also be held regularly in an effort to increase the uptake of school dinners.

The school will also enlist the help of its catering team, as well as other professionals and organisations to help promote healthy eating habits and arrange for advice and assistance about healthy eating issues to be provided to parents.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff. The school works to create a sociable dining environment and to encourage the development of good table manners. Children are expected to behave whilst eating their lunches, be polite and helpful and leave the area where they have eaten their lunch in a reasonable clean and tidy condition

In 2013 the school opened a new designated canteen building, which is an attractive, modern and well kept area. It offers colourful posters and visual aids informing children about the importance of a balanced and healthy diet.

The School Catering Team

The school employs its own qualified catering team, which includes a full time Kitchen Manager and Kitchen Assistant.

The school will ensure that all catering staff receive basic food hygiene training.

Meal time assistants are also employed by the school, who are committed to:

- Helping children (particularly young children) who find the physical process of school dinners or packed lunch difficult – for example, carrying trays, opening tubs or packets;
- Encouraging all children to take their time to eat the food they have been provided with (at least 15 minutes), either by the school or in their lunch box and to eat all or at least try to eat most of their food;
- Providing beakers and water jugs containing clean water;
- Encouraging children to wash their hands before eating; and
- Rewarding pupils for good meal time manners and good behaviour i.e with stickers for Foundation and KS1 pupils and team points for KS2 pupils.

If a child has a problem or wishes to leave they should raise their arm and wait until a mealtime assistant speaks to them. If children are unsure of what the meal or any meal item is, they can ask the catering team or mealtime assistant to explain.

School Meals

Children and staff at Bowhill Primary School have the choice of purchasing a school meal or bringing a packed lunch from home. The price of a school meal for the year 2015/2016 is £ 2.20.

From September 2014 all children in Reception, Year 1 and Year 2 have been entitled to receive a free school meal. This is a government initiative known as Universal Infant Free School Meals or UIFSM.

Children in Years 3, 4, 5 and 6 may be entitled to free school meals if their families receive any of the following:

- Income Support;
- Income-based Jobseekers Allowance;
- Income-related Employment and Support Allowance;
- Support under Part VI of the Immigration and Asylum Act 1999;
- The guaranteed element of State Pension Credit;
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190);
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit;
- Universal Credit.

Those families entitled to free school meals are actively encouraged to register as such on starting school. This is done by the Reception staff team when carrying out home visits, through school newsletters and at the beginning of Year 3.

Menus

The school is dedicated to providing a balanced menu of school dinners and offers a choice of nutritious and attractive meals to children every day that meet the Government nutritional standards for school lunches. The school ensures that children with individual dietary needs, due to medical, cultural or religious reasons, are catered for appropriately.

On four days of the school week children are offered a main course, a vegetarian option or a jacket potato with a selection of fillings. One day a week the catering team prepare a roast dinner and equivalent vegetarian option.

Termly menus (which run in a three week cycle) are distributed to families in advance together with detailed allergen information. Menus are also available on the school website. Children choose their lunchtime meals at morning register, and are in addition able to help themselves to a wide range of freshly prepared salads from the salad bar once in the canteen.

Feedback will be sought from the School Nutrition Action Group (SNAG) which will monitor and evaluate school food.

Packed Lunches

Pupils eating packed lunches are accommodated in the canteen with those having school meals and where free drinking water is available at all times. Parents are encouraged to support the school's healthy eating commitment by providing a healthy, balanced packed lunch.

Guidance on what can constitute a healthy packed lunch for a child is included in Appendix A. The British Nutrition Foundation and the NHS Change for Life programme also offer further information to parents on providing healthy lunch boxes, which can be found online:

<https://www.nutrition.org.uk/healthyliving/healthyeating/healthypackedlunches.html?limit=1&start=1>

<http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>

Please note that as fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought to school.

All litter and uneaten food from lunch boxes must be taken home at the end of the school day.

Provision of food and drink during the school day

March 2017

- **Breakfast club**

Bowhill has its own before-school childcare service – this is the Bowhill Breakfast Club, and is held in the school canteen area. The Breakfast Club runs from 7:45 – 8:45 am Monday – Friday. (Term-time only). Sessions for the year 2015/2016 cost £3.00 for first child and £2.50 for siblings, and this includes a healthy breakfast of toast, cereal, fruit or porridge.

- **Break time provision:**

Children are encouraged to bring a healthy snack in from home to eat at morning break.

KS1 children are provided with a portion of fruit or vegetable in the afternoon break through the National School Fruit and Vegetable Scheme. Any surplus of fruit or vegetables is distributed to KS2 children.

- **After school Club**

After-school care is currently provided by Kidz Biz and accommodated in the school canteen. The afterschool club runs every week day during term time from 3.15 to 5.45. Sessions for the year 2015/2016 are £7.50 (or £8.00 for a one-off emergency session).

Sessions for the year 2015/2016 are £7.50 (or £8.00 for a one-off emergency session) and this includes a variety of healthy snacks to include freshly prepared fruit and vegetables, as well as crumpets and muffins. Water and sugar-free squash are also available.

- **Drinks**

Water is freely and easily available at school and we encourage children and staff to make water their drink of choice.

Drinking water is available to pupils during the school day in their classrooms, during playtimes from the water fountains installed in the playgrounds, and in the canteen at lunch time.

Lower fat milk is also available free of charge to pupils at lunchtime and flavoured milkshakes are included on the school dinner menu once a week.

The school actively discourages children to bring any fizzy drinks, squash with added sugar and/ or sweeteners to school.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food.

Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

Review

This policy was prepared and agreed by the Governing Body of the school in June 2017.

The SNAG will actively monitor and evaluate the progress made by the school in implementing and sustaining the aims and objectives of this policy over the year and feedback its findings to the Governing Body before the review date.

This policy will be reviewed by the Governing Body in March 2018.

APPENDIX A School guidance on healthy packed lunches

- One portion of fruit and one portion of vegetable or salad
- One small portion of lean meat, fish or another source of non-dairy protein. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- A portion of starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals
- A dairy food, such as milk, cheese, yoghurt, fromage frais or custard
- An oily fish, such as salmon, should be included at least once every three weeks
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally
- Water, fruit juice, semi-skimmed or skimmed milk, yoghurt or smoothies. **Fizzy drinks should not be included.**
- **Snacks such as crisps and salted nuts should not be included.** Instead, consider nuts, seeds, savoury crackers or breadsticks.
- **Confectionery such as chocolate bars and sweets should not be included.** Cakes and biscuits are allowed but these should be part of a balanced packed lunch.

Parents who have questions regarding these guidelines are requested to contact the school.

APPENDIX B–SCHOOL FOOD STANDARDS

The revised standards for school food are set out in the requirements for School Food Regulations 2014 and came into force on 1 January 2015.

A summary of the standards by the School Food Plan is attached below.