

GLAPTON PRIMARY SCHOOL - WHOLE SCHOOL FOOD POLICY

A draft Document

Background

This policy has been formulated to enable Glapton Primary School to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.

The policy has been formulated following consultation with pupils, parents and staff, and its development must continue to be by consultation. The policy and future amendments to the policy must be communicated clearly and consistently to pupils, parents and staff. It will continue to be developed as the school works towards its aim of achieving National Healthy Schools Status.

It is recognized that the implementation of this policy will require a change to some of the current practices associated with food policy and provision at the school. Full implementation of this policy should be achieved by 1st September 2008, and it should be reviewed by the Governing Body before the end of the Academic Year 2006/7.

Aims and Objectives

- • Glapton Primary School recognises the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.
- • The school aims to ensure that 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.
- • The school recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food and its production.
- • The School also recognises the role it can play, as part of the larger community, to promote family health, and sustainable food and farming practices.
- • Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.
- • The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers.
- • 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.

- The school is committed to ensuring 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.
- The school is committed to ensuring that it involves pupils and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating, and acts on their feedback.
- The School is committed to achieving the standards required to achieve National Healthy Schools Status (NHSS). This Food Policy demonstrates the first steps required to achieve the standards relating to Food in the achievement of NHSS.
- The school will have an identified member of the SMT to oversee all aspects of food in schools, and a member of staff appointed to be National Healthy Schools Status co-ordinator.
- The school is committed to provision of training in practical food education for staff, including diet, nutrition, food safety and hygiene.
- The school is committed to introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

Settings for Food Policy

In accordance with the aims and objectives of this policy, the following settings will apply to the food policy and provision in the school.

Breakfast Club

Breakfast Club operates on a daily basis in the school for all children from age 5. We will actively promote Breakfast Club to those children who may have little or no time for breakfast in the mornings at home. Food offered includes healthy choices and is consistent with a healthy diet. We will provide toast, bread (range of options including white, brown, granary, buns, baps and rolls), butter, fruit jam, marmite, yoghurt, low salt/low sugar fortified cereals, and fresh fruit. Children choose from milk, water, assorted fruit juice to drink.

Tuck Shop and Vending Machines

We do not use vending machines but operate a tuck shop in our school. From 1st September 2006 the Food Policy will be applied to all items sold.

Snack

All pupils are welcome to bring a healthier snack such as fruit, vegetables or a healthy snack bar from home for the morning break time. Water, Juice or Milk may be drunk. Children under 5 are entitled to free milk at snack time, and others may purchase milk. The school will actively discourage all other snacks at morning break time. Reception, YR1 and YR2 children also receive a free piece of fruit or vegetables every day from the Government Fruit and Vegetables

Scheme which is offered in the morning. The school will investigate ways of extending the provision of fruit and vegetables to KS2 children, recognising that any financial contribution requested of parents should be kept to the minimum cost, and that parents of children eligible for Free School meals should not be asked to contribute. Fruit sourced by the school should, when possible, be obtained locally. Food containing nuts is not allowed in school, on grounds of health and safety considerations to nut allergic members of the school community. Commercially bought sweets and chewing gum are also not allowed in school.

Water

Plentiful drinking of water by school children has been recognized in improving behaviour and concentration. All pupils will be provided with a plastic water bottle for which they are responsible for daily cleaning. Regular water and brain breaks will be scheduled through out the school day. Children should be regularly reminded to drink water at break times. Chilled drinking water will be provided from taps, outside of toilet facilities, at several locations around the school.

The school will also provide sufficient hygienic and appealing water fountains in appropriate indoor communal areas around the school, and recognises that it is a priority to ensure that they are adequately maintained. Only water may be drunk during lesson time.

School Lunches

School lunches are currently undergoing review both locally and nationally. At Glapton Primary School we value excellence. We believe that the food we feed our pupils should reflect this. Minimum nutritional guidelines are just that: minimums. We should always aim to exceed them, within the necessary budgetary constraints.

To this end, the Governing Body should review, regularly, the appropriateness of catering provision. We believe that Glapton's pupils should be entitled to good quality, fresh ingredients, prepared in an attractive and appetizing manner. In addition, and again recognising limited resources, as much local, organic and fair trade food should be used as possible, and that these aspects of provision should be considered when allocating contracts.

On a daily basis, pupils must be offered a carbohydrate, protein and vegetables on their plate. Every effort must be made to ensure that appropriate choices are available for all pupils throughout lunchtime.

We are committed to our school lunches meeting the healthy, sustainable practices listed in the aims and objectives and will review the progress towards these goals at the end of academic year 2006/2007. The school is committed to keeping parents and carers informed about recent and future changes to the nutritional content of school lunches, whether brought about by local or national initiatives.

Currently, all our school meals are provided by our own cooks and kitchen staff. From September 1st 2006 a new, experience school cook will manage the day to day school catering needs. All meals provided must meet the Government's Minimum Nutritional Guidelines for school Catering. It is noted that Genetically Modified foods, foods containing nuts and mechanically re-claimed meat is strictly banned from school lunches. With effect from 1st September 2006 the menus will follow a three week cycle. We have made the following change to our service from that date:

- Chips no longer feature on the menus more than once a fortnight
- A traditional Roast will appear on the menu every other week
- Meals will be more traditionally cooked with vegetables added to the recipes
- There will be more variety of vegetables and fresh herbs on the menu
- Fruit will be included in the traditional sweet served with custard sauce, or a Fresh fruit cup option will be provided
- The overall choice has been reduced in order to help younger pupils choose healthy combinations
- Squash drink will not be offered and will be replaced by plain water
- All menus have had salt, sugar and fat levels reduced

The school is committed to publicising menu information to parents and carers. This information should be available in the school newsletter from time to time, on the school website, on school noticeboards, and on request at the school office. The school will ensure that the school dinners served at Glapton are of equal quality to those advertised in the LEA menus. The school recognises that our Kitchen Manager will vary menus depending on availability of local produce.

Packed Lunches

The Food Standards Agency survey of packed lunchboxes showed that many children's lunchboxes contained too much sugar, salt and fat and little fruit and vegetables. The school is committed to encouraging parents to provide healthier lunchboxes for children at Glapton Primary. To support this, the school will provide guidance to parents based on the Food in Schools recommendations of what constitutes a healthier lunchbox; the guidance should be consistent, realistic, and stress the importance of a balanced and varied diet. This guidance should be provided by 1 September 2006.

The school actively discourages some packed lunch foods. A list of foods considered to be in this category includes the following:

- Crisps,
- Sweets & Confectionary,
- Chocolate Bars, and

- ‘Squash’ or Added-Sugar and/or Sweetened Drinks. Fizzy Drinks are not allowed in school, on grounds of health and safety.

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches. Food swapped or shared may be confiscated.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten. We will encourage parents to include in lunchboxes any foods relating to Food Weeks and for pupils to participate in healthy lunchbox challenges.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers. It is recognised that the physical constraints of the Main Hall mean that there are two lunch “areas” placing limits on available for serving and eating School Dinners and eating Packed Lunches. Despite this constraint, the school will aim to provide a calm, ordered environment conducive to mutual respect and good behaviour.

It is also committed to the following:

- Active help for 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 eat the food they have been provided with.
- Equal treatment of children having School Dinners and Packed Lunches, in terms of provision and supervision
- Provision of water jugs, containing clean water, and cups on every table
- Encouraging children to wash their hands before eating
- Reducing excess waste by composting where possible

Major changes to the dining environment are constricted by the multiple activities for which the hall is used and its size. The school will investigate ways in which the physical space, and therefore the time, available for dining can be expanded.

The school will also undertake regular surveys of the pupils to allow them to comment on the Dining Room environment.

Rewards

The school recognises that pupil achievement should be celebrated and rewarded when appropriate, and that food can play a role in such celebration. Any food given to children as a reward for achievement should be very limited and form part of a balanced, healthy diet. Foods or drinks high in sugar, such as sweets or squash, should never be

given as rewards. It is also recommended that other forms of reward are also given.

Celebrations & Festivals

The school also recognises that food plays an important role in celebration of cultural, personal or community milestones, such as religious festivals, birthdays or the end of term. Again, food given should form part of a balanced, healthy diet, at an individual teacher's discretion.

Food in the curriculum

Food represents many things to us all: energy, nutrition, commodity, livelihood, communal activity and pleasure, to name but a few. Its significance in our lives means that it can and should be used to enrich the school curriculum. The school curriculum can in turn be used to enrich pupils' experience of food and healthy eating.

Internet technology makes available a range of useful teaching and learning materials in most subject areas. These should be exploited by staff on a regular basis. The school will encourage and facilitate the sharing of resources and examples of best practice. Schemes of work will reflect the whole-school emphasis on healthy eating.

Assemblies also offer an opportunity to explore health and food-related issues. Health focused assemblies will take place at least once every term.

- Curriculum content 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
- An understanding of cultural diversity
- The development of respect and understanding towards the beliefs and attitudes of others.
- How food is produced

Subject coordinators are asked to develop schemes of work for each of the Foundation Stage, Key Stage 1 and Key Stage 2, detailing the learning objectives and activities relating to Food, Nutrition and Healthy Eating.

Food beyond the curriculum

Many children at Glapton enjoy extra-curricular activities which allow them to indulge their love of sport, music, art and so on. The Governors will investigate the potential for, a Food Club and a Growing Club at the school.

A Food Club can encompass a variety of activities from identifying, choosing and measuring ingredients to designing menus and sampling cuisine from around the world. It will help to reinforce lessons learned

in the classroom and to find an outlet for creative exploration of food. A Food Club should reflect and celebrate the multicultural nature of the school community. It may also enable the creation of links with the wider community and other schools both in the UK and overseas.

Despite the relatively small space available for cultivation, a Growing Club could be an important part of Glapton healthy food initiative. The link between cultivation and consumption is often difficult to make for city-dwelling children, particularly those from deprived areas. Glapton can help to strengthen that link by encouraging a Growing Club which will focus on the creative planting of herbs, small container fruits and vegetables and so on.

Partnership with parents and carers and pupils

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers and pupils must be regularly updated on food policies settings through school and class newsletters, and consulted on a regular basis.

During out of school events, eg school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

Role of the Governors

Governors monitor and check that the school policy is upheld and are responsible for developing this policy in consultation with the school community.

Monitoring and Evaluation

Evaluation of the progress made by the school in implementing and sustaining the Aims and Objectives of this policy will be made by the Governor with responsibility for Food, and the SMT member with responsibility for Food on a termly basis. Progress made towards obtaining the National Healthy Schools Status will be monitored on a termly basis by the Headteacher and the National Healthy Schools Status coordinator.

Communication/Dissemination of the Policy

The policy will be disseminated in the following ways: -

School Prospectus

School Web Site

On display in the School Foyer - parents advised in Newsletter of availability

Staff Meeting

Review

This policy will be reviewed before the end of the Academic Year 2006/7