

Food Policy
Amblecote Primary School
May 2009

Introduction

The following food policy has been written May 2009 and will be reviewed on the school monitoring and evaluation cycle 2010. The policy is available on the school intranet shared area and has been presented to staff and governors. Policy drawn up by Roxana Newman PSHE co ordinator, Julie Turner and Ann Mason Headteacher in consultation with staff.

AIM

To ensure that the food ethos and school food provided is not in conflict with the healthy eating messages taught in the curriculum. At Amblecote Primary we aim to accomplish this by giving pupils the opportunity to learn more about food and nutrition in order for them to develop the skills needed to make healthier food choices in addition to providing a supportive environment.

OBJECTIVES

What do we want to achieve?

- All pupils and staff to develop their understanding of the link between food and health
- Ensure that all snacks and meals available in school are healthy
- Increase food knowledge (cooking and nutrition, hygiene, food production and manufacture) and their impact on health. Food on the curriculum is linked to Science, Art, DT, PE, PSHE.
- Create an environment where pupils can enjoy their food in an area which is safe, hygienic and comfortable
- Promote food that reflects the healthy eating messages taught in the classroom
- Encourage healthy eating

GUIDELINES

1. *All pupils and staff to develop their understanding of the link between food and health.*
 - Provide displays and leaflets on healthy lunch boxes for new intake parents and at open evenings
 - Cooking activities are experienced by pupils as part of the DT curriculum

- Reception and Preschool pupils cook appropriate foods on a regular basis. There is a cookery area set up in Foundation stage.
- A healthy diet and the importance of good nutrition are part of the PSHE curriculum
- Reception parents are invited to school to eat lunch with their children
- *Aspects of healthy eating and nutrition are covered in healthy lifestyle week every other year*
- *Parents are informed of the schools approach to healthy eating choices via newsletters when appropriate*
- *Each class is provided with a weekly menu to display in their classroom*
- A menu is displayed in the bulletin board at the end of the school's drive for parents to view
- *Samples of food have been provided for parents at open evenings*
- *Catering staff participate in the "Dudley Food for Health Award"*
- Amblecote Primary School is part of the Million Meals Campaign to promote the benefits of a healthy lunch and to encourage parents to take up their free school meal entitlement.

2. Ensure that all snacks and meals available in school are healthy

- *Parents are advised via newsletters of strategies to keep food in lunch boxes cool.*
- Members of catering staff are appropriately trained on nutrition and food hygiene
- Catering staff adhere to the DCFS guidelines for Healthy School lunches. They meet the new guidance for all menus to meet the nutritional guidelines.
- All pupils have access in the classrooms to clean water
- Water is available to pupils for use at lunch time
- Pupils are encouraged to drink water throughout the day. They are encouraged to bring their own water bottles into school and to take responsibility for the cleaning of them.
- Foundation stage pupils are provided with free school milk
- The nutritional content of snacks sold at morning break is monitored

- Foundation Stage and Key Stage One participate in the FRUIT IN SCHOOL Scheme whereby each pupil is offered a piece of fruit every day
- A healthy tuck shop is available for pupils at morning break selling food such as wholemeal toast, muffins, wholemeal cookies and fruit
- After school club offers toast and appropriate snacks for pupils
- Rewards for good work are not linked to unhealthy foods

3. Increase food knowledge (cooking and nutrition, hygiene, food production and manufacture) and it's impact on health. Food on the curriculum is linked to Science, Art, DT, PE, PSHE.

- Representatives from Sainsbury's and the Dudley schools HPS team have been involved with delivering food activities to the pupils during healthy eating weeks and within curriculum.
- Key Stage One pupils have had visits from local supermarkets when covering food topics.
- The curriculum provides opportunities for pupils to increase their knowledge of food and nutrition
- The following are examples of some of the activities / skills offered to pupils:
 1. Know that food comes from a variety of sources
 2. Be able to group and name food according to their characteristics including which food group they belong to
 3. Understand that food contains nutrients needed to sustain life and maintain health
 4. Be able to name the main nutrients and give examples of food sources
 5. Know about what constitutes a balanced diet
 6. Be able to plan and prepare simple dishes under supervision

4. Create an environment where pupils can enjoy their food in an area which is safe, hygienic and comfortable

- Pupils having cooked school lunches are able to sit with pupils who bring sandwich lunches

- A milk bar is available together with a variety of sweets including fruit, cheese and biscuits in addition to a cooked sweet
- Pupils are encouraged to select their own lunch from the choice on offer
- The lunch hour is timetabled in a manner which gives all classes the opportunity to have their lunch first on a rota basis
- The pupils are supervised by trained staff who deal with their queries and encourage healthy eating in addition to keeping the dining area clean and safe
- Pupils who eat sandwich lunches are also encouraged to eat the food prepared for them by parents
- Theme days are promoted by the catering staff and pupils are encouraged to participate in a variety of competitions
- A party table (Captain's table food is served to children who have been selected as pupil of the week) has been introduced in order to encourage a greater number of pupils to purchase hot dinners
- Food providers are aware of the dietary needs of specific pupils e.g. vegetarians, pupils who suffer with allergies
- Vegetarian options are always available

5. Promote food that reflects the healthy eating messages taught in the classroom

- Tuck shop at morning break offers a suitable range of foods which are considered healthy options, these are closely monitored
- After school club provides appropriate healthy food choices for pupils who use this service
- Foundation Stage and Key Stage One pupils are provided with fruit everyday and milk.
- Key Stage Two pupils are encouraged to bring a healthy snack to eat at break time

6. Encourage healthy eating through extra curricular activities - developing practical skills

- After school club pupils are offered the opportunity to participate in gardening club activities. This club is supervised by after school club members of staff. Pupils are encouraged to show and celebrate their produce at the

Harvest Assembly. They use some of their products to make various dishes at after school club or to sample at home.

Monitoring and Evaluation

How do we know the objectives are being met?

- Catering staff have had training on nutrition and food hygiene - certificates are displayed in school
- Any food based work the children have participated in is available for parents to view at parents evening
- Information is provided via newsletter to parents about the schools policy on healthy eating
- Staff continually promote healthy lunch boxes and encourage the children to eat food that has been provided
- The catering staff provide hot lunches in line with the current regulations determining a healthy school lunch
- Catering staff are continually monitoring the numbers of pupils taking hot school dinners and seeking ways in which to encourage more pupils to purchase a hot lunch
- The School Council frequently discuss issues surrounding school lunches - their views are reported to catering staff and amendments to arrangements are made if required, requested and are feasible
- The DT curriculum is monitored by the co ordinator and opportunities to plan, prepare and cook are offered to all pupils
- In foundation stage Child Initiated Learning provides pupils with the opportunity to cook if they wish to
- The level of dinner time supervision is monitored by the headteacher and in the event of absence of lunch time supervisors members of senior staff provide cover in the dining hall
- The midday supervisor monitors the provision of staff and the behaviour of pupils in the dining hall

May 2009

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