

South Failsworth Primary School

‘Inspiring and Creating Lifelong Learners’



Food Policy

Approved by the Governing Body: June 2021

Next review date: June 2023

Introduction

At South Failsworth Primary School we aim to provide children with a learning environment in which they can develop their physical, mental and emotional health and confidence, enabling them to make positive choices and understand the benefits of a healthy lifestyle.

Diet is central to children's health and it can be an important influence on their health now and in the future. We know that a good diet in childhood can help protect against chronic diseases in later life. International research shows that diets rich in fruit and vegetables are protective against cardiovascular disease including heart disease and stroke. Poorly nourished children, especially those who are overweight or obese often experience social and psychological problems. This can clearly have a significant impact on behaviour and performance in schools.

This policy has been created with the following audience in mind:

- Staff
- Pupils
- Governors
- Parents
- Before and after school club

We shall ensure that our school community has access to our agreed whole school food policy and can discuss its contents with members of the school staff or Governing Body.

This policy considers local and national guidance including the White Paper Choosing Health: Making Healthier Choices Easier, The Schools Food Trust, Healthy Living Blueprint, Every Child Matters: Being Healthy and the objectives of the Local Area Agreement in relation to reducing obesity and the National Healthy Schools Standards: Healthy Eating theme.

Objectives of the Policy

- To ensure consistent messages about food across the curriculum and throughout the school environment.
- To enable pupils to make informed choices about food.
- To have a positive impact towards the physical development of all members of our school community.

Suggested Actions Required to Achieve the Objectives of the Policy

- We will consult pupils, parents and staff in guiding food policy and practice in school.
- We will seek advice and support from external agencies to develop our policy.
- We will encourage staff to be positive role models to eat healthily when they can be observed by pupils.
- We will ensure that healthier food and drink options are available and promoted.

- We will work with food providers and parents to ensure that meals, packed lunches and snacks are nutritious and healthy and meet the government's food-based standards for school lunches (2006).
- We will ensure that pupils' menus and food choices are monitored periodically.
- We will ensure that pupils have the opportunity to learn about food and nutrition as part of the school curriculum.
- We will ensure that pupils and staff have easy access to free clean fresh drinking water.

Our whole school food policy covers the following areas:

Before and after school clubs

Before and after school clubs play an important part in developing good habits. Our before and after school club provides food and drink for its members. Children are offered a range of different meals and snacks and either water, sugar free squash or milk to drink.

Break times

Our school encourages healthy nutritious food and drink choices at break time. In Foundation Stage and Key Stage One children are offered milk and a piece of fruit for snack time and in Key Stage Two a selection of fruit is available to purchase. Children bringing their own snacks to school are asked to only bring fresh or dried fruit.

School meals

School meals at South Failsworth meet the DCFS guidance on improving school meals and follow the food-based requirements for school lunches. We currently adhere to the gold standard of school meals available in Oldham. This means that:

- food is sourced in the North West;
- menus are seasonal;
- organic meat, flour and milk is used and organic yoghurt is offered daily;
- free range eggs are used;
- fish is from MSC suppliers;
- high welfare chicken, eggs and meat produce are served.

Packed Lunches

Our school encourages parents to provide nutritious packed lunches based on the Balance of Good Health by providing foods low in fat, sugar and salt. Parents are reminded that a packed lunch needs to be wrapped and kept cool with ice packs if possible to avoid the growth of harmful bacteria. We actively discourage fizzy drinks, confectionary and other high sugar drinks or snacks. Advice on healthy lunch box options is available to parents. Midday staff will monitor lunchboxes informally, bringing to the attention of the class teacher any child who regularly has an unhealthy lunch.

Water

Access to water is a fundamental human right and necessary for good health. Children are encouraged to drink water regularly during the school day, particularly after physical exercise. Children have access to their individual water bottles during the day and staff have access to chilled water in the staffroom. Water bottles can be refilled at any time during the day and will be sent home daily with the child for cleaning.

School Trips

Food or drink provided on school trips is consistent with this policy. All children on school dinners will be provided with a packed lunch on that day that conforms to the latest DCFS guidance.

Birthdays

Birthdays and celebrations are an important part of school life. There are various ways of celebrating birthdays in school. If they so wish, children can bring in a treat for their friends such as pencils for the class or a book for the book corner. Sweets, lollipops etc. will be returned to parents.

Dining Room Environment

We strive to provide an environment where children can enjoy their lunch as well as having the opportunity to interact socially with children from other classes. Staff are able to eat their lunch with the children if they wish to do so providing further opportunities to create a sociable environment when eating.

Food in the Curriculum

Our school promotes healthy eating by providing opportunities to learn about food in the context of a healthy diet and healthy lifestyle, including visits from outside agencies such as City in the Community. Children are made aware of the variety of foods including foods from other cultures. Children will develop skills in planning and preparing a balanced diet as well as learning about basic food hygiene and safety practices. Staff who teach food as part of the curriculum will be given the opportunity to attend appropriate training and have access to resources to keep their skills and knowledge up to date. Several staff within school have achieved their food hygiene certificates. There will be times of the year such as Christmas, Chinese New Year, Shrove Tuesday and Easter when food may be given as part of the celebrations. Children will be educated about the traditions of these foods and reminded of the importance of a balanced diet alongside these celebrations.

Food Safety

Breakfast and after school clubs meals setting will be registered with the Food Safety section at Oldham Council. All food handlers will be trained in food hygiene or supervised by a person trained in food hygiene.

Food for Staff

The staff in our school are clear about the aims and objectives of our school food policy. Staff have a duty to be good role models to pupils. All staff are encouraged to adopt the whole school food policy during the school day, particularly when eating in view of the children.

Fund Raising Events

Fund raising is an important part of school life. All fund-raising activities will consider the importance of the whole school food policy. When possible, the school will promote healthier choices, however in some circumstances this may not be possible for example PTA organised school fairs.

Complaints Procedure

Our school welcomes the views of the whole school community and we will deal with complaints quickly and efficiently by following our complaints procedure. We will comply with the mandatory food standards and refer any complainants to the Secretary of State for direction, should we not be able to resolve a complaint ourselves.