

“A unique family working together to be the best”

Forest Lodge Community Primary School



Food Policy

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School Food Policy

Date of Policy: May 2016

Policy to be reviewed by: May 2018

Introduction

At Forest Lodge Community Primary School we are committed to giving all of our pupils consistent messages about all aspects of health, help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. The partnership of home and school is critical in shaping how young people behave, particularly where health is concerned and we aim to work with parents/carers and members of the school community to promote this message.

Forest Lodge Community Primary School is a Healthy School. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model and give guidance and support to students and their families with regard to food and healthy eating patterns.

1 Rationale

We aim to promote healthy eating to our children at Forest Lodge Community Primary School. In the past, as part of the curriculum and to improve the well being of our children we have incorporated:

- Provision of fresh water through water fountains around the school for our children
- Fresh water offered daily in classes
- Achieved accreditation as a healthy school
- Activity weeks
- Teaching about balanced diets
- Science work on different food types
- Food tasting
- Cooking for each child in school every half term

The whole school food policy will cover the following:

- School meals in line with the new revised food standards
- Food provided at the school other than school meals, incorporating breakfast club, after school club and tuck shops in line with the new revised food standards
- Food, nutrition and cooking as a scheduled part of the curriculum for all children in school
- Extra curricular cooking activities

- Packed lunch policy
- Work with outside agencies related to food, cooking and nutrition

Our belief is that a balanced, healthy, nutritious diet is important for the development of the child's physical state as well as for their intellectual well-being. Feeding the body with proper nutrients helps fuel the mind to be more receptive to learning new skills.

2 Aims

- To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors. To respond to the statutory guidance in relation to nutrition.
- To support all parents of children in Foundation 2, Year 1 and Year 2 to take up the UFSM offer from Autumn Term 2014.
- To educate our children to understand the health benefits of a healthy diet.
- To educate children in cookery, food and nutrition including knowledge of ingredients and where food comes from, hygiene, food creation, presentation, evaluation of cooking and safe handling of equipment.
- To enthuse children about cooking a healthy, balanced meal.
- Be allergy aware and make the ingredients within dishes known to pupils and parents. All staff have received a list of allergies of children in their class.
- Contribute to the healthy physical development of all members of our school community.

3 Objectives

Working with the schools caterer and external agencies

The school will enlist the help and support of its school caterer, dietician, school nurse and other professional to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents and link with parents and members of the community to raise awareness and understanding of healthy eating.

The schools caterers meet the new nutritional standards for school meals from January 2015 and non school meal food provided in school.

Carry out regular theme days, taster days and curriculum theme days to encourage update of school meals and promote the healthy eating message. Provide taster opportunities at parents evening to give parents the opportunity to explore the benefits of school meals.

Extra curricular activities

- Cooking as part of after school club
- Breakfast club
- Gardening club
- 'Big cook little cook' course working with Leicester City dietetic services
- P.E co-ordinator cooking healthy food as part of after school sports club

Break-time and additional snack provision

In accordance with the Governments guidelines on the serving of food at times other than lunch (January 2015) Forest Lodge Community Primary School have informed parents via a letter and information on the school web site that we no longer permit the serving of specific foods. Children are not allowed to bring the following items in for break time snacks or drinks but are encouraged to bring in water and fruit. This ruling incorporates food served at breakfast and after school clubs along with tuck shop. Exceptions determined by the school will include at parties or celebrations to mark religious or cultural occasions, at fundraising events, when teaching food preparation or cookery skills.

- Chocolate and chocolate products
- Chocolate coated biscuits
- Biscuits
- Sweets
- Chewy and crunchy cereal bars
- Processed fruit bars
- Choc ices and ice cream
- Cakes
- Crisps
- Squash/cordial
- Fizzy drinks
- 'Sports' carbonated or non carbonated drinks
- Flavoured water
- Flavoured milk

Hygiene

At least one member of staff in each year group in addition to other key members of staff have obtained a hygiene certificate. Certificates will be re-taken every two years in line with national requirements. Where necessary additional adults will obtain certificates.

School Lunches

All Forest Lodge Community Primary School meals are provided by City Catering and lunch includes a daily choice of fresh fruit and vegetables. There is always a hot option available and a choice of meals. Children's dietary requirements are always adhered to. All meals reflect the new requirements for school food regulations 2014 which come into force on 1st January 2015 (see appendix 1 for information).

Universal Free School Meals (UFSM)

From Autumn 2014 children in Foundation 2, Year 1 and Year 2 have the option of having a free school meal each day. In order to increase uptake the school have worked closely with the caterers to provide information to parents about UFSM and the contents of school meals. The caterers have endeavoured to encourage uptake by introducing exciting meal combinations, special events and themes and will be working with school council to air pupil's views about food.

The school will provide a safe and healthy eating environment for pupils, staff and visitors having lunch at mid day in the school. The school will provide a clean, sociable environment indoors and out for children to eat their lunch. In doing so the school requires children adhere to the following rules:

- All children are required to sit at a table in order to eat their lunch.
- Children are encouraged to eat all or at least try to eat most of the food provided either by the school or in their lunch box.
- Lunchtime supervisors will help any children who have concerns or cause concern during meal times.
- Children are expected to behave whilst eating their lunches and to be polite and helpful.
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them.
- If children are unsure of what the meal, or any meal item is they can ask the caterer or supervisory assistant to explain.
- Caterers and supervisory assistants should thank children for using the facilities as children should thank them for their help and assistance.
- Children leave the area where they have eating their lunch in a clean and tidy condition.

The school will reward pupils for good meal time etiquette and behaviour.

To encourage good behaviour and social interaction during the meal time:

- Children will be provided with a positive environment.
- Children will be encouraged to behave appropriately at all times.
- Adults will model positive behaviours.
- Children are rewarded with individual stickers or class rewards for behaving well.
- Children who disrupt lunch time will be reported to the class teacher.

The school will make arrangements for monitoring and evaluating the activities to ensure these objectives are met. Once a term the food co-ordinator will visit the dining halls and talk to the lunchtime supervisors, catering staff and pupils to gain knowledge about their behaviour, lunchtime routine and any concerns or improvements that can be made. Twice a year (at the start and end of the academic year) a questionnaire will be completed by ten random children in each year group to ascertain children's opinions of the food provision in school and the food co-ordinator along with the catering manager and members of the food group will endeavour to act on any recommendations made.

This policy, its procedures and activities used to meet the schools Whole School Food Policy will be monitored and reviewed every year by the food co-ordinator, school council and governing body. This is to ensure that improvements are continually made and any concerns acted on with immediate effect.

Packed Lunch Policy

From Autumn 2014 following the introduction of UFSM, the school will provide facilities for pupils to bring in packed lunches and ensure that free, fresh drinking water is readily available at all times.

As a school Forest Lodge Community Primary School endeavours to promote a healthy, balanced packed lunch to the children and their parents/carers. This will be done through awareness of our advice on packed lunches through letters to parents offering guidance on a healthy packed lunch, on the schools web site and in the newsletter. In addition we will work with the co-operative group and the school council to promote healthy lunchboxes through the 'healthy lunchbox challenge'. We will also ask for parental responses to what constitutes a healthy packed lunch and their opinion on provision of food at school via questionnaires in the school reception area.

We will reward those children who bring in a healthy lunchbox through stickers and a positive attitude towards their choices.

Where children consistently bring in lunchboxes with unhealthy contents this will be brought to the attention of the pupil's class teacher, and parents/carers will be given advice about providing a nutritious packed lunch for their child.

Lunchbox contents should reflect a balanced, nutritious meal and consist of:

- A form of carbohydrate (bread, crackers, pasta, couscous, rice) preferably whole-wheat.
- A piece of fruit or vegetable.
- Water or 150ml of pure fruit juice.
- A form of dairy (yoghurt, cheese, milk)
- A form of protein (chicken, egg, hummus, soya, meat)

We will actively discourage any of the following as contents of packed lunches due to their low nutritional value:

- Chocolate
- Cereal bars
- Cakes
- Sweets
- Crisps
- Sweet drinks including 'sports' drinks, carbonated drinks or flavoured water.

We will encourage parents to provide children with water, pure fruit juice (150ml) or plain milk. Water will be available for all children.

Food in the curriculum (Food Technology)

See separate Food Technology Policy

The school will continue to include work associated with healthy balanced diets in its curriculum. The children will be taught:

- The components of a healthy diet using the 'eat well plate'
- The importance of healthy eating both now and in the future
- How to design a menu for school/ at home lunch/breakfast/evening meal
- About the costs of menus and food
- How to weigh and measure

- Where food comes from- including vegetables and fruit through participation in lessons and through gardening club activities
- Food on the plate games
- Food in history (linking with IPC)
- Food in design and technology

The above will be taught in stand alone lessons carried out by each child in school at least once a term, incorporating work on hygiene, nutrition, food sourcing, budgeting, safe handling of food and use of equipment and the physical process of cooking and tasting/evaluating what they have produced. Pupils will also be exploring food through cross curricular links and incorporating food into homework.

Publication of the policy

The school will inform parents/carers of this new policy via the schools newsletter. The policy will be available on the schools website and will be incorporated into the schools prospectus. The school will use opportunities such as parents evening to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

Forest Lodge Community Primary School

Food Technology (this policy forms part of the Forest Lodge Community Primary School food policy)

Date of policy: May 2016

Review of policy: May 2018

Aims:

The primary aim of food technology at Forest Lodge Community Primary School is to enhance the curriculum by allowing children the opportunity to learn each term about food production, food sources, nutrition, sustainability, cooking and food preparation. During these taught sessions each term children will also be learning life skills in cooking aspects of safety and hygiene as well as developing knowledge and awareness of different food groups and healthy eating.

Information

Pre-cooking sessions on food production, food sources, nutrition and hygiene will be carried out in classrooms whilst practical cooking takes place in the designated kitchen area of the school. This area is frequently monitored by members of the food group to ensure high standards of hygiene and cleanliness and to monitor stock levels and correct storage.

Pupils are timetabled to cook each half term progressing from following recipes to designing and evaluating their own dishes. The food they cook will be taken home to share with parents/carers with the aim of encouraging healthy cooking at home.

All key adults and members of staff within each year group possess an up to date hygiene certificate and follow hygiene protocol when cooking with children.

When cooking adults follow the guidelines for health and safety, including the safe use of the cooker and /or hot materials and tools with the pupils. Sharp knives and implements are kept in a locked drawer. There is a fire blanket alongside the cooker and fire extinguishers to hand. All items of electrical equipment in the school are tested regularly for safety.

Food Technology guidelines.

- All food must be purchased by the school
- Teachers/Teaching Assistants in each class must be aware of food allergies and specific food requirements of children in their classes and omit or alter food to be produced accordingly.
- Long hair is required to be tied back
- Sharp knives must only be used by a responsible adult
- Children will be supervised by a responsible adult at all times whilst preparing, handling and cooking food
- Pupils with open wounds/cuts on hands must not handle food. Any hand wounds must be covered by a waterproof dressing

- Equipment must be stored correctly
- Food must be stored correctly and hygienically (Perishable food in the refrigerator at 5 degrees Celsius or below. Others foods may be stored in a cupboard and used by the use by date, waste food must be disposed of into black plastic bags and placed in the external bins on the day produced)
- Hands must be washed with anti bacterial soap and children educated on the correct hand washing techniques
- Plastic cutting boards must be wiped with anti-bacterial cleaner before use
- Use paper towels to clean and dry (instead of dishcloths and tea towels)
- Children must wear a clean apron whilst engaged in cooking activities.

Training and support

Forest Lodge Community Primary School has a food group whose role is to plan the food curriculum, generate resources including purchasing of equipment and food and to design interesting, innovative lessons that engage children in learning about food. Their aim is to work alongside children to develop their own recipe designs and evaluate their success.

The food group delivered INSET training to the whole school on the new food curriculum requirements, along with advising on nutrition, correct food handling and preparation and cutting techniques.

The food group role also encompasses promoting and organising extra curricular events in which pupils would benefit from taking part.

Cross Curricular Links

There is a progression in the development of language and enquiry skills and techniques through the focus on food, cooking and nutrition; in addition ICT plays a significant role in the search for information and development of recipes. All aspect of speaking and listening are celebrated within food technology studies as children listen, reflect, generate ideas and articulate responses to enquiry. Parents are actively encouraged to participate in enhancing food technology skills at home through homework activities.

In line with the school ethos of full inclusion, children with Special Educational Needs have complete equality of access, either through adult support and/or by differentiated teaching.