



# Dorothy Barley Infant School

## Whole School Food Policy

---

**This policy was reviewed on:**

**Date:** November 2019

**By:** J. Thomas

**This policy was ratified/reviewed by Governors on:**

**Date:** November 2019

**Policy will be reviewed on:** November 2021

**Frequency of review:** 2 years

**This policy covers many of the articles from the Unicef convention on the rights of the child:**

**Article 3** – All adults should do what is best for children. Adults should think about how their actions affect children.

**Article 6** – Every child has the right to life. Governments must do all they can to make sure children survive and develop to their full potential.

**Article 24** – Every child has the right to the best possible health. This includes clean water, nutritious food, a clean environment and health care.

**Article 27** – Every child has the right to have their basic needs met. That includes food, clothing and a safe place to sleep. **Article 32** - Children have the right to be protected from work that is harmful or affects their education.

# Dorothy Barley Infant School Whole School Food Policy

## INTRODUCTION

This school is dedicated to promoting healthy lifestyles and providing an environment that promotes healthy eating, enabling pupils to make informed choices about the food they eat. This will be achieved through a whole school approach to food and nutrition documented in this policy

### The whole-school approach

A whole-school approach to food is required to enable pupils and parents to make positive changes. Clear, reliable and positive messages need to be given to the wholeschool community about healthy eating and good nutrition within school.

## FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is coordinated by Janet Thomas

## FOOD POLICY AIMS

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

**These aims will be addressed through the following areas:**

### 1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

### 2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout the school. The school follows the National Curriculum which states that Healthy Eating must be taught in Science and Design and Technology (D&T). This includes the teaching of cooking skills in D&T.

**Science** – Pupils study a range of topics that provide an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Children’s learning about living things includes growing plants which are prepared and eaten in D&T.

**Design and Technology (DT)** – Pupils are encouraged to discover new foods through curriculum based tasting sessions. The opportunity to learn about where food comes

from is taught through practical work with food, including growing food plants in science, preparation and cooking of mostly savoury dishes and designing and making food products.

This is supported through:

### **Cross Curricular Links**

**Physical Education (PE)** - Pupils to be made aware of the importance of a healthy diet and to recognise the links between healthy diet and physically activity for both their short term and long term wellbeing.

**Personal, Social and Health Education (PSHE)** – Encourages young people to take responsibility for their own health and wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people.

**Religious Education (RE)** – Pupils experience and learn about different foods through celebration of a range of religious festivals and cultural events.

**Rights Respecting Schools and International Schools**- Children learn about food and eating in other countries. They learn about availability of food around the world.

From time to time, visits may be planned to local allotments or farms. Links may also be made with other outside organisations e.g. restaurants or supermarkets.

### **Teaching Methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions.

Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and practical work with food. These decisions are made at teachers planning meetings.

### **Resources**

Resources for the teaching of healthy eating have been selected to complement the delivery of the curriculum in subject areas.

Books on Healthy Eating are available for pupils in the library.

### **Extra-curricular activities**

The school aims to provide a gardening club to give additional opportunities for children with an interest in this area

## **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

We aim to provide a service that is consistent with our teaching of Healthy Eating, thus enabling pupils to put into practice their learning. All food provided to pupils during the

school day meets the School Food Standards which became mandatory in all maintained schools, academies and free schools from January 2015. These can be found at.

<http://www.schoolfoodplan.com/standards/>

( Appendix1 )

## **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: low sugar cereals, fruit, toast, milk and water.

The school's breakfast club meets the School Food Standards.

The school has an after school club, and the food provided meets school food standards.

## **School Lunches**

The school aims to provide pupils with the opportunity to eat a healthy, balanced meal. The food is prepared by our cook Pauline Jones and her team from BD Together and meets the School Food Standards for school lunches. Pupils are encouraged to have a school meal provided by BD Together, our catering service, and free school meals are provided to all pupils in Reception and Key Stage one. Healthy options are promoted at lunchtime.

Parents of our 30 hours nursery children are encouraged to buy a school lunch and the majority take up this option.

Children are encouraged to eat salad items with their meal.

## **A sugar smart school**

As a school we take the following steps to ensure that we are contributing to the reduction of sugar intake of pupils and their families:

- We actively encourage parents to choose a free school meal for their child
- A sugar themed day making use of Change4life resources for an assembly and lesson plans (<https://campaignresources.phe.gov.uk/resources/campaigns/41-sugar-smart-2016/resources>).
- Display boards of the amounts of sugar in a range of drinks compared with maximum daily sugar intake
- Newsletters with reducing sugar tips, low sugar recipe ideas etc.
- Cooking lessons or afterschool clubs with the emphasis on savoury dishes or low sugar recipes
- Promoting oral health
- Encourage families to register with a dentist
- Monitor absences due to oral health reasons to highlight need for intervention.

## **Snacking and Vending Machines**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school recognises the importance of providing pupils with the correct guidance on oral health

Fresh fruit and milk is offered to children in the nursery. In key stage one fruit is offered and the cool milk scheme is promoted.

### **Drinks**

The School Food Standards recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water at lunch times to children that eat school meals and packed lunch. Jugs of water are provided on each table at lunchtime.

Water is poured for the children and children are encouraged and trained re-fill their own cups.

Drinking water is freely available all day to every child. Infant classes have drinking water and cups in the classrooms.

### **Packed Lunches**

The school encourages parents and carers to take up the free school meal offered to all infant age children. Parents of nursery children who stay for lunch are encouraged to pay for a school dinner or to provide children with packed lunches that complement the School Food Standards.

### **Special Events**

Food provided for special events e.g. Headteacher tea party and class celebrations are representative of a healthy diet and encourage pupils to make balanced choices. This always includes at least one fresh item (fruit or vegetable), savoury item, a sweet item and a drink. Food is not used as a reward system.

Families and children are encouraged to consider healthy options if bringing in food to celebrate birthdays or other special occasions

### **Use of Food as a Reward**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

## **4. PROMOTING HEALTHY EATING MESSAGES THROUGH THE SCHOOL ENVIRONMENT**

### **Role of Staff**

It is the responsibility of the co-ordinator to:

- Ensure that all staff and parent/carers are informed about the healthy eating policy, and that the policy is implemented effectively.
- Ensure that all staff are given sufficient training, so that they can teach and work effectively with pupils.

- Liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework.
- Liaise with Caterers
- Monitor teaching and learning about healthy eating.
- Oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.
- Encourage positive role models amongst all staff

### **Role of Parents/Carers**

The school is aware that the primary role model in children's healthy eating education lies with parents/carers. We wish to build a positive and supportive relationship with the parents/carers of children at our school through mutual understanding, trust and cooperation. In promoting this objective we will:

- Inform parents/carers about the school healthy eating education policy and practice.
- Inform parents/carers about the best practice known with regard to healthy eating so that the parents/carers can support the key messages being given to children at school.
- Run parent workshops promoting healthy, tasty and fun recipes. Discuss unhealthy drinks and foods their immediate and long term effects on their children.
- Discuss with parents/carers how we can jointly support their child if s/he is not eating much at lunchtimes.

### **Role of Governors**

The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents/carers about the food policy as required.

### **Quality of the Environment**

#### **The eating environment and the social aspects of meal times**

Meal times provide opportunities for children to learn about and try new foods, and to develop their social skills.

The school aims to make the dining area user friendly by ...

- Providing a pleasant 'restaurant' environment.
  - Having cloths and flowers on the tables that children help to lay each day setting them with cutlery cups and jugs of water
  - Serving meals on melamine plates with separate bowls for dessert
  - Monitoring noise levels
  - Giving the opportunity to eat food without being rushed
  - Having appropriate furniture and seating
  - Staff supervision and support for developing table manners and food management skills
  - Appealing presentation

- Providing positive messages about food.

## **5. SPECIAL DIETARY REQUIREMENTS**

### **Special Diets for Religious and Ethnic Groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

### **Vegetarians and Vegans**

The catering services offer a vegetarian option at lunch every day. When requested, BD Together also provides a vegan option.

### **Food allergy and intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. BD Together catering staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

## **6. FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

## **MONITORING AND EVALUATION**

The school will evaluate the impact of the whole school food policy by feedback received from pupils, teachers and parents and governors. This policy will be reviewed annually.

## **REVIEW**

Date policy implemented: November 2019

Review Date: November 2021