

Reevy Hill Primary School

Policy Documentation

Whole School Food Policy

OUR VISION

To ensure the health and well-being of pupils is recognised in line with national standards

Responsibility for Review: Jo Bradley, Headteacher
Louisa Sharp , Business Manager

Relationship to other Policies	Date	Status
This policy has links to our policies on <ul style="list-style-type: none">• Packed Lunch Policy• Curriculum Policy	November 2015	Governor Approval
	Governors to determined	Review

Aims

Reevy Hill Primary School aims to provide an environment that promotes the health & well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. Reevy Hill staff recognises and are committed to the fact that healthier children learn more effectively.

Policy Development

This policy was developed with the input of following people:-

- SLT
- Health Schools Governor
- Parents
- Governors
- Staff
- Pupils
- Catering Team

Provision of Food

The Eating Environment

- All pupils eat in the dining hall with their own class and then move into the playground.
- Pupils who eat a packed lunch are encouraged to sit with children who are having school meals
- An attractive salad bar is available to children with a variety of choices
- The dining hall has been redecorated and is inviting for pupils

School Meals (Lunches)

- Food is provided by Facilities Management Catering Services
- These healthy options are promoted at the admissions phase
- Free school meals are provided for all children in Reception, Year 1 and Year 2 as part of the Universal Infant Free School Meals initiative
- Food is presented at child height and the catering staff and other staff go through options verbally
- Children are encouraged to try different foods each day by the cook and other staff
- Children are expected to choose one of the main options and vegetables and salad each day. Sandwiches/jacket potatoes with a choice of filling are on offer daily
- Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative
- A member of staff or non-teaching staff line up with children and discuss options and help make decisions on their balanced diet. Some members of staff then sit with children and eat their meal before dessert and this is monitored by members of staff present in the hall.
- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed.
- The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom

- The school occasionally has themed days related to a topic or the time of year such as Christmas and Cultural Week.

New standards:

- That starchy food cooked in fat or oil must not be provided on more than two days each week. The old standards specified no more than three times a week
- To promote variety the new standards want three or more different starchy foods provided weekly, including at least one wholegrain variety
- The theme of variety is also seen in fruit and vegetables, with caterers needing now to ensure at least three different vegetables and three different fruits are provided each week
- When it comes to protein, the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions here are designed to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer
- The same thinking is behind the new requirement for a portion of dairy food to be included every day and that lower fat milk and lactose reduced milk are made available
- There are changes also to drinks with maximum quantities of juice and combination drinks (apply secondary schools only). The standards have been designed to control the amount of added sugar

School Meals (Breakfast)

- Breakfast club runs Monday to Friday and has approx. 75 children attending
- Children arrive in school at 8am and social interaction is encouraged whilst eating breakfast. After they have had breakfast pupils have the opportunity to play a variety of activities or read books. Outdoor play is encouraged on a Wednesday and Thursday with the Sports Coach.
- The food is prepared fresh on site by the teaching assistant with 2 parent volunteers
- The food on offer ranges from, sugar free cereals and milk, white and brown bread, margarine, raisins and other dried fruit. Fresh fruit and juices are also available

Packed Lunches

- Children are encouraged to show their packed lunches to a member of staff before and after they have eaten especially in Reception, Year 1 and 2
- Unhealthy food may be removed by staff and returned to the child at the end of the day
- Parents are consulted by a class teacher or our parental involvement worker if lunch boxes do not contain a balanced diet. Healthier options are discussed and 'healthy packed lunch box' workshops are offered.
- All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits
- Crisps are allowed as a treat on Fridays

Extended School

Standards for school food other than lunch

Many of the food based standards apply to food served throughout the school day including breakfast clubs, midmorning break and after school clubs.

Restrictions apply with regards to foods which are high in fat, sugar and salt and as these restrictions apply throughout the school day a process must be in place to ensure breakfast, morning break, after school club food provision doesn't contravene the standards throughout the school day. For example if the weekly menu has a chicken pie and an apple pie featuring the same week no other pastry item can be served during this week.

Restrictions

- No more than two portions of food that has been deep fried, batter coated, breadcrumb coated, each week
- No more than two portions of food which include pastry each week
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat
- No confectionary, chocolate and chocolate-coated products
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit based desserts containing at least 50% fruit)
- Salt must not be available to add to food after it has been cooked
- Any condiments limited to sachets or portions of no more than 10 grams or one teaspoon

Snacks

- Free milk is offered free of charge to those pupils entitled to free school meals
- Milk is offered to all pupils from Nursery to Year 2 at morning break
- At KS2 milk will be offered to all pupils, however relevant forms are to be completed by parents along with payment
- A range of fresh fruit or vegetables are offered to children in Nursery, Reception, Year 1 and Year 2
- All pupils are provided with a bagel for playtime. KS2 children do not need to bring any other snack

Drinking Water

- Drinking water is provided in all classes, on tap for children to drink water throughout the day
- Drinking water is provided at lunchtime in the dining hall for all pupils

Curriculum

- The formal curriculum develops pupil's knowledge of healthy eating through Design and Technology and cross-curricular links
- The profile of health eating is raised through focus on science and DT topics, healthy food activities and workshops during Science week.
- In all classes, children learn the importance of healthy living in Science, DT and PSHE. Topics include: Ourselves, Health & Growth, Keeping Healthy and eat more

Fruit and Vegetables. The message of healthy living is threaded through the new primary curriculum and especially through Design and Technology

Provision for Staff

- Staff are encouraged to eat healthily themselves
- Many staff members choose to have a school dinner. Some choose to eat with the children
- Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued
- During parents evening staff are offered healthy food options, including fruit and juice
- Catering staff have received appropriate training
- Staff involved in food preparation for breakfast and extended school has a food hygiene certificate

Parents

- Information about school meals is shared with parents via menus displayed in the front foyer, newsletter and Reevy's website
- When parents and visitors come to the school the refreshments provided reinforce the schools healthy eating message, such as fruit juice and fresh fruit.
- The school provides numerous healthy eating workshops for parents

Other issues

- Sweets or chocolates for special occasions, such as birthdays, are permitted and each child may consume 1 sweet or chocolate to help celebrate the occasion
- Multicultural food is encouraged during parties such as Christmas and Cultural Week
- The use of sweets for rewards is kept to a minimum. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and post cards home to parents
- Left over fruit from Phase 1 is given to Phase 2 and 3 when possible
- During SATs week all year 6 pupils are offered free healthy breakfast

Actions carried out recently

- Menus are displayed in the school foyer so that children and parents are aware of what food is available, giving both time to make healthy choices before going in to the dining hall
- The Creative Zone has a range of cooking equipment and ovens provided so classes can partake in healthy cooking lessons