

Princefield First School

Food in School Policy

Context

Princefield is a larger than average school that serves the market town of Penkridge, with a few pupils travelling in from the surrounding area. There are approximately 207 pupils on roll, of mixed gender and aged 3 to 9. The proportion of pupils eligible for free school meals is below average, reflecting the higher than average socio-economic indicators for the area. Almost all pupils are White British and most pupils speak English as their home language. The proportion of pupils with learning difficulties and disabilities is below average.

School dinners are cooked on the premises. Children may choose whether to have a school lunch on a day to day basis. Menus comply with the government's revised School Food Standards and School Food Plan.

All children have a morning break during which they may bring a healthy snack from home to consume. Children in KS1 are provided with a piece of fruit or vegetable. Children attend Nursery and are provided with a drink of milk and a piece of fruit or vegetable.

Intent

- **Encourage members of the school community to make informed choices about their food habits and intake.**
- **Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the whole school day.**
- **Integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities**

Food Throughout the School Day

The school community has agreed to promote a balanced diet, in line with 'The Eat Well Plate' and School Food Standards through the following approach to food throughout the school day.

Breakfast Club

Breakfast club is open from 7.45. Children are provided with a healthy balanced choice including toast with a selection of spreads and none sugar coated cereals e.g. cornflakes and weetabix. They are offered water or milk to drink in line with the School Food Standards.

Snacks

Parents are encouraged to send a healthy snack for break time. The school council work with the PSHE coordinator to make suggestions of healthy snacks which is sent home to

Parents. Crisps, sweets and chocolate are not allowed. Children in KS1 are provided with a free piece of fruit or vegetable which they can eat at break time. Children in Nursery do not bring in snacks, they are provided with a free piece of fruit or vegetable.

Lunchtime

Children can choose to have a school dinner or bring a packed lunch. They can inform the school of their choice daily. All children in key stage one receive universal free school meals and families on low income are also actively encouraged to apply for free school meals.

A welcoming eating environment is provided and all children eat together in the hall. Pupils are praised and rewarded with stickers for eating all their lunch, making healthy choices and demonstrating good table manners.

School Dinners

School dinners are provided by the Academy Catering Facility. They are cooked on site and comply with School Food Standards. A wide range of promotional events and materials are used to encourage healthy eating.

Monitoring and evaluation of menus is carried out and findings are used to inform future menu choices. There is a three week cycle menu offering a choice of main meals, one of which is suitable for vegetarians. The menu is sent home regularly for Parents.

All children are encouraged to try a portion of vegetables. Fruit and yoghurt are available every day and children have a choice of water or milk to drink.

Packed lunches

Children may bring a packed lunch to school. Parents are encouraged to pack a healthy balanced lunch, sweets and fizzy drinks are not allowed. Information about healthy packed lunches is given during our induction process. Any food not eaten will remain in the child's lunch box so Parents can monitor what their child is eating.

After school club

Children attending after school club are all offered a light meal which is prepared by the school cook and meets the School Food Standards. Menus are regularly reviewed and findings are used to inform future menu choices.

Birthday treats

Because we recognise that there is no such thing as "bad food", we teach the children to enjoy treats in moderation. Therefore if children bring in sweets for their birthday they can give them out to the other children in the class at the end of the day to take home.

Trips

Children are asked to bring a packed lunch when attending school trips. Children who receive free school meals can order a packed lunch from the kitchen.

Water and other drinks

All pupils have access to drinking water at all times at a number of points around the school. Children are encouraged to bring a water bottle with them daily. Water bottles are kept in the classrooms and consumption is encouraged both in class and during break and lunch time. Only water should be provided in the water bottles, in line with the 'Eat Better, Start Better Voluntary Food and Drink Guidelines for Early Years Settings in England' document.

Pupils are not allowed fizzy drinks in school. However, pupils may bring milk, fruit juice or squash for consumption at lunch times, in addition to water.

Milk

Milk is offered to all children in the school. Children under 5 receive a carton of milk each day for free.

Curriculum Content

The learning outcomes within the PSHE curriculum will be covered through discreet PSHE lessons (Jigsaw scheme). Healthy eating is also taught through the following curriculum areas:

- Design and Technology units provide the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food including preparation and cooking.
- Science provides 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.
- One-off days and weeks such as food fortnight and harvest festival provide children with opportunities to learn about food and take part in food tasting activities.

Adults other than teachers may participate in some food related activities, for example, the dentist visits school to talk to children about health issues, supermarket staff visit to talk to children about where food comes from (The school's visitor policy will be followed).

Assessments are carried out in line with the school assessment policy.

Continued Professional Development of Staff

All the kitchen staff have been trained in basic food hygiene. Colleen Prescott our head cook, disseminates information and manages training for the kitchen staff. Other staff who have received training include:

Food hygiene

Denise Price, Dianne Collis, Sue Durham, Karen Philpott, Sabine Lane, Sarah Cowing and Katharine Humphreys.

Dietary Needs and Allergies

Support for special nutritional needs and eating disorders is available. Parents are asked to fill in a questionnaire identifying any allergies or special requirements as part of the induction process. Medical conditions are regularly updated and passed on to the child's teacher at the beginning of each academic year. Penkvalley Catering Service has a policy of not using nut products. Should there be a child in school with a serious nut allergy, children will be asked not to bring products to school that contain nuts. In case of allergies children are told not to share their snacks.

Parental permission is gained before children are allowed to work with food in school. The teacher in charge of the class will ensure that any adults working with food are aware of basic hygiene practices.

Food Safety in the Early Years

We recognise that choking is a significant risk to children, especially the youngest children in our school. We follow the food safety guidance from the Government <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>

Lunchtime staff are aware of the need for food to be cut appropriately for young children and Parents are sent reminders by email to cut foods such as grapes and tomatoes before sending them in lunchboxes.

Staff are trained in paediatric first aid.

Monitoring and Evaluation

Monitoring of food in school is carried out by SLT and the PSHE coordinator. Surveys for Parents and Carers may be used to gather information about how to improve food in school. Pupils views and ideas are gathered through the school council.

Links to other Policies

Policies which support the food policy include the PSHE & Citizenship Policy, the Science Policy and the Design and Technology Policy.

Communication/Dissemination of the Policy

The policy will be disseminated in the following ways:

All staff will have access to the policy and it will be referred to in their induction process.

The policy will be communicated to Pupils, Parents, Local committee and the wider school community through the school website.

Policy date: May 2022

Review date : May 2024

