

All Saints Upton C.E. Primary School

FOOD IN SCHOOLS POLICY

Introduction

- This policy is a statement of the aims and principles for healthy eating at All Saints Upton CE Primary School.
- It was developed during the Summer Term 2013 through a process of consultation with teaching staff and governors.
- This policy will be reviewed in Spring 2016. A schedule for this and all other documents is set out in the School's Development Plan.
- The policy was agreed by the governors on 15th July 2013

This document is freely available to the entire school community. It will also be made available on the school website.

Aim

To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.

Rationale

To improve to health of the entire community, by educating children and their families, in establishing and maintaining life long healthy and environmentally sustainable eating habits.

What do we want to achieve?

- To continue meet the requirements of the food-based standards for school lunches and school food other than lunch.
- To continue to meet the requirements of the nutrient-based standards and new food-based standards for school lunches.
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment.
- To ensure pupils are well nourished at school and that every pupil has access to safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

EDUCATION

- Healthy eating messages are promoted on a daily basis by setting an example, role modelling, displays and through curriculum related activities.
- Food hygiene and safe practices are also promoted and modelled.

- Healthy eating messages are raised regularly with our parents via our newsletter.
- The school meals service attends induction sessions with new parents to promote healthy eating messages.
- Parents are also informed about food in school and expectations for healthy packed lunches in our school prospectus.

EVENTS

- We run annual focus weeks to support Healthy Eating.
- The School Health Service regularly attends parent induction days for new intakes of pupils and/or provide displays and information on healthy eating.
- The British Nutrition Foundation materials are used to support “Healthy Lunchbox” focuses for pupils and parents.

SNACKS

- Children are not allowed to bring unhealthy snacks into school.
- All pupils under the age of 7 receive a whole piece of fresh fruit every day funded by the “Fruit in Schools” scheme.
- We do not have any vending machines or run a tuck shop.
- Toast and fruit are available at playtime.

DRINKS

- Water is available to all pupils, staff and visitors by means of four mains connected filtered water machines found in four open areas around the school, and two water coolers in the staff rooms.
- All pupils are expected to bring in a sports type water bottle. This way pupils may have access to water not only in the classrooms but in any area of the school and outside on the fields/play ground during P.E.
- The water bottles are filled on a daily basis and topped up as necessary during the day.
- Staff are expected to encourage and remind pupils to take regular “water breaks.”
- The drinks available at lunch time are fruit juice, milk or water.
- We actively discourage the consumption of sugary, fizzy drinks on the school premises or on a school trip at any time.

LUNCH

School Lunches

School lunches are provided by CBS catering company, who have taken account of the Government's new standards for food in school, which came into effect in September 2006. CBS meet the nutritional guidelines required. We operate a choice system. All choices take account of "The balance of Good Health." Menus are available on a termly basis and are sent out to all pupils..

- **Hot Lunch** provides a daily choice of meat or vegetarian. Pupils are only allowed to select one item from each of the food groups for the main course. The lunch time staff support the pupils in making good choices.
- Bread, rice and pasta are regularly provided as an alternative to potatoes and chips only appear on the menu occasionally. Desert offers a choice of the hot pudding, fresh fruits, yogurt or a home made cake/biscuit. Drinks choices are milk or water.
- **Cold Lunch** may be served in the summer months. There may occasionally be a choice of a meat/fish or vegetarian sandwiches, a vegetable or cheese snack, fresh fruit, a home made cake /biscuit and a pure fruit juice drink.

Packed Lunches

- The school actively praises pupils for having/eating healthy options in their packed lunch boxes by giving verbal praise and/or stickers.
- Lunch time staff encourage the pupils to eat a balance of what has been provided for them and make sensible suggestions for the contents of a healthy lunch box.
- Should pupils be without a drink they may request water.

Ø STAFF

- A number of staff choose to eat lunch with the pupils modelling healthy choices.
- Staff frequently eat a piece of fruit at the same time as the pupils have their "Free Fruit"

Ø PRIZES, REWARDS AND BIRTHDAYS

- Sweets/biscuits are not generally provided as prizes or rewards but may be given as a particular treat e.g parties (Once or twice a year).

Pupils currently bring small birthday sweets to share with their class/teachers. Pupils are not encouraged to eat these on the premises and must seek parental permission to eat them in case of allergies.

Ø SEN

Information/ of pupils with allergies are kept in the office and in the first aid spaces in KS1 and 2.

Ø **MONITORING**

- The quality of school lunches is monitored by the School Council and school staff and any inadequacies are reported CBS.
- The quality of the fruit is monitored and poor quality is reported to the Free Fruit coordinator and to the supplier.

Ø **REVIEW**

The Whole School Food Policy will be reviewed bi annually or as and when any new legislation dictates.

Signed Fran Mc Bride
Chair of curriculum committee
Date 15th July 2013