

Keir Hardie Primary School & Children's Centre



Whole School Food Policy

Including Healthy Eating Policies

Reviewed	Autumn 2023
Next Review	Autumn 2025

Whole School Food Policy

This document sets the policy on Whole School Food Policy at Keir Hardie Primary School¹. It includes discussions on the eating environment, the school meals for breakfast, lunches and packed lunches, snacks, drinking water, food across the curriculum, after school club and partnership with parents and carers.

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale

As Keir Hardie Primary is registered as 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 to pupils with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health.
- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community. To encourage all children to take part in the '5 a day' campaign.

¹ 'School' refers to KH Primary School and KH Children's Centre

We do not use vending machines in our school. Currently we do not run a tuck shop but if we decide to do so in the future, the Food Policy will be applied to all items sold.

Breakfast club

Breakfast Club operates on a daily basis in the school for all children from Reception age.

The food offered is healthy and is consistent with a healthy diet. We provide toast, spread and jam; cereals (such as Shreddies, Cheerios and Cornflakes); and on Fridays we offer beans on toast and egg, depending on availability. The school uses its own staff to cater for the breakfast club.

Snack

All our under 5s are entitled to free milk through the Nursery Milk Scheme. All Foundation and KS1 classes include a morning playtime snack of washed fruit/vegetables to all children, as part of the Free Fruit Scheme government initiative.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Food is prepared on site and is served in a manner which encourages a balanced diet. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. The children have access to a salad bar every lunchtime, to supplement their school lunch. Milk and water are available to drink.

Some children bring packed lunch to school. We regularly include newsletter items and information leaflets about the contents of these and we do not allow sweets, chocolate bars or any drinks other than water or milk.

The eating environment

We operate a staggered lunchtime from 11.40am to 1.30pm. School dinners are eaten in the hall and the dance studio. Special needs children sit with their carers alongside their friends, regardless of ability. Lunch-time Helpers (selected pupils for Y4,5 and 6) assist in the diner hall. The support staff circulate and encouraging children to eat. A member of senior management is on duty in the hall.

If a child's eating habits need addressing, the class teacher and parents are informed. Often it is the Learning Mentor who follows this up. Health plans for children with allergies or special dietary requirements are reviewed yearly. All appropriate staff are kept up-to-date.

Since dinners are held in the hall, displays are always bright, informative and current. Menus are displayed by the food counter. Menus are on a three week rota. Meals provided have a selection of Halal meats and a vegetarian option. Children independently select their required cutlery, tray and cup, salad and bread. They are expected to stack empty trays, dirty cutlery and rubbish in the allocated places before leaving the hall.

Water

Children are encouraged to bring a water bottle to store their water in. Children may drink their water at any time except during the 15 minute assembly and during whole class teaching on the carpet. Regular water and brain breaks are built into the school day and curriculum by class teachers. FS and KS1 children are also reminded to drink water at their snack time.

Food across the Curriculum

In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, eg writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

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.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation, safe use of tools, developing awareness of food hygiene and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, 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, e.g. stereotyping.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to

understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development eg to activity centres.

After School Club:

In order to support our working parents, an after school club is now being offered on site from 3.15 – 6:30pm. An integral part of the club is the snack time at which the children help to plan the menus, prepare the food and then eat together in a social environment. Informal learning takes place regarding health & safety, hygiene, healthy eating and safe food preparation practices.

All foods offered comply with the “Standards for School Food Other Than Lunch”, are healthy and form part of a balanced diet, taking into account what has been offered at lunchtime. Foods offered on a daily basis include fresh fruit, raw vegetables and/or salad, small pot of yoghurt. Other foods offered on a rota basis include bread (50/50 or wholemeal), low fat spread, cream cheese, cheese, tuna, potatoes, pasta.& couscous. Water or fruit juice is offered as a drink.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through school and class letters. We ask parents not to send in juice, flavoured water or fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink milk and water.

During out of school events, e.g. fairs etc., the school will encourage parents and carers to consider the Food Policy and Fairtrade in the range of refreshments offered to the children.

Role of the Governors

Governors monitor and check that the whole school food policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The Breakfast Club & After School Club leader is responsible for ensuring that the food served is in accordance with this policy. Foundation and Subject Co-ordinators are responsible for the curriculum development of the Food Policy. The Headteacher and PSHE Co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.