

The Federation Of Angel Road Schools



HAPPY! HEALTHY! AIMING HIGH!

Food Policy

Date: June 2016



Introduction and Context for policy

Angel Road Schools and wellbeing of the school community. As part of this we aim to help our pupils understand the consequences, and to develop the skills to take responsibility for the choices they make. This policy supports the first of the 5 outcomes of Every Child Matters - Being Healthy

Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. This policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

Aim

- To ensure that all aspects of food and nutrition in the school helps promote the health and well-being of the whole school community.
- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional well-being of all our children.

Objectives

- To ensure that food provided across the school day is consistent with our aim and meets the mandatory standards, covering all school food, introduced from September 2006
- To ensure that food and nutrition information across the curriculum, and in extra curricular activities, is consistent and up-to-date.
- To ensure that the whole school community is involved in the implementation of this policy

Food Provision across the School Day

The food provided within school meets, or exceeds, the latest mandatory standards from the DFE.

Breakfast club/After School club-

The food provided at Breakfast and After School clubs has been carefully selected for its nutritional value. The children are given a variety of wholesome and filling meals. In the morning, toast with a variety of toppings and 'healthy' cereals are provided. In the afternoon, children can choose from salads, sandwiches, soups, and hot meals such as beans or scrambled eggs on toast. Fruit is always available and the children can help themselves. Refreshments provided include water, fruit juice and squash. As in line with school policy, fizzy drinks, sweets, crisps and chocolate are strictly prohibited.

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Break time-

- **Snacks brought from home** – Children do not need to bring snacks from home. All children are provided with a piece of fruit free of charge to increase their daily intake. In line with the DFE mandatory standards covering all food provided in schools we do not allow crisps, biscuits, chocolate or sweets to be consumed at breaktime. This also helps us with our environmental work to reduce litter in school.

Lunchtime-

- **School lunches** –all catering staff are Norse trained and approved. The school lunches that are provided meet both the government food based standards and nutrient based standards. The seasonal, three week rotating menu has a variety of choice and children are given four options to choose from each day. These include: Season's Choice, Vegetarian, Packed Lunch and Jacket Potato. All options are nutritionally balanced and ensure the provision of food from each of the five main food groups. Fresh fruit, bread, water and milk are also readily available.

Monitoring of Food Provision and Food Choices

The Government via the School Food Trust has introduced nutrient based standards in all Schools. The Schools Food trust website which can be accessed at: www.schoolfoodtrust.org.uk provides information on how to meet, implement and monitor Government's food based and nutrient based standards for school lunches. Norse follows these guidelines with strict adherence and ensure that all meals met these government standards (a copy of the nutrient analysis for each menu cycle is available as evidence). In addition, Norse ensure that all chicken sourced, is produced to Red Tractor/Assured Food Standards; all pork products carry the Quality British Pork Standard; and all fish comes from a fishery which has been certified to the Marine Stewardship Council's environmental standard for well-managed and sustainable fishery.

Packed lunches

Although we are committed to encouraging more children to have school dinners, many children bring a packed lunch to school. To ensure that food provided from home is equally as nutritional as those meals provided on-site, work on healthier packed lunches is embedded in both Science and PSHE lessons across the school. As part of our Health week, all children were provided with the opportunity to participate in a practical workshop to make and taste different ideas for packed lunches.

To support parents we include information and ideas about the contents of these in newsletters and other handouts. We do not allow children to have fizzy drinks or sweets and we actively encourage every child to have 5 portions of fruit and vegetables every day.

Dining environment

We believe that a pleasant eating environment contributes to the children enjoying their meal. Pupils are expected to behave sensibly and with good manners in the dining hall. The children are monitored under the close supervision of midday supervisory assistants (MSAs) to ensure they adhere to expected standards of behaviour. Members of staff regularly eat school lunches in the dining hall and sit alongside the children. Hot and packed lunches eat together in a family arrangement of tables. This helps in fostering good

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relationships with the children outside of the classroom and helps to provide the children with positive images of dining etiquette.

Water Provision

Pupils are encouraged to drink water throughout the day and teachers act as role models. They are asked to bring named water bottles and encouraged to take them home daily and wash in hot soapy water. Children are allowed to re-fill water bottles during breaktime and lunchtime.

Consistent messages

Although children may be asked to bring in 'party food' for special one-off occasions such as Christmas and end of year parties, we do not allow them to send in sweets or cakes for birthdays. Fizzy drinks are strictly prohibited at all events. We will not give sweets or chocolate as prizes or rewards in school.

We will not have vending machines on the school site that dispense sweets or chocolate.

Role of parents and carers

We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home.

We expect all parents and carers who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

Teaching about food and nutrition

The overall aim of our teaching about food and nutrition is to help children learn about, and to enjoy food. The Balance of Good Health Model/Eat Well Plate as recommended by the Food Standards Agency is used as the basis to teach about healthy eating within the curriculum.

We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

Children are taught about the importance of maintaining a healthy lifestyle. This involves teaching pupils about healthy eating, the importance of regular exercise, personal hygiene and mental well being. These themes are taught across the curriculum and include:

- Science
- Design and Technology
- Cross curricular work

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- PSHE
- PE

We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

In addition, children also learn through the provision of the following extra-curricular activities:

- Cookery clubs
- Environmental clubs
- Special events, Health Week
- Sporting clubs

Inclusion-

Both canteen and school staff are made explicitly aware of children with specific dietary needs and allergies such as dairy intolerance and nut allergies. All staff ensure that these needs are strictly adhered to. Jextpens/Epipens are held in the school office in case of emergency, and staff are trained to use these should an emergency arise.

Additional notes

- The school currently holds National Healthy Schools Status
- This policy document was produced in consultation with staff and the governing body.