



Newton Westpark Primary School Food Policy

Reviewed April 2017



NEWTON WESTPARK PRIMARY SCHOOL FOOD POLICY

Every Child Matters

We are committed to the outcomes of Every Child Matters and all our policies are focused on the five outcomes for children. We want our children to:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

FOOD POLICY AIMS

The main aims of our school food policy are:

- ♦ To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- ♦ To provide healthy food choices throughout the school day

EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

(Appendix 2).

This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. The school runs a successful 'Let's Get Cooking Club' involving every

year group. This also promotes community events aimed at wider audiences across the school community including staff and parents to view cookery demonstrations and sample a wide variety of foods.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the resource room. Samples from some of these resources are displayed in the PSHE teacher's folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the Deputy Head teacher. Books are available for pupils in the library.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

MAGIC Breakfast Initiative which provides free bagel and juice to every child in the morning.

Mid-morning Snack

Toast and milk are on offer for all pupils for a nominal amount each week. Toast is freshly prepared by our kitchen staff in time for break. Pupils who do not wish to participate in this are allowed to bring in their own snack including fruit or a cereal bar.

National Nutritional Standards for School Lunches

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

USE OF FOOD AS A REWARD

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school, including stickers, reward charts, certificates.

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water, by providing each child with their own named drinking bottle and named lid, which is regularly replenished with fresh drinking water. A rota ensures that bottles are regularly washed in the school's dishwasher to ensure a high level of hygiene.

PACKED LUNCHES

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the Balance of Good Health (BOGH).

SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices

VEGETARIANS AND VEGANS

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

FOOD ALLERGY AND INTOLERANCE

Our school is committed to pupil safety and therefore have created this policy to reduce the risk of children having allergy related events while in its care.

The school will access training with the school nurse to enable staff to recognise the symptoms of an allergic reaction and to respond appropriately.

A number of our staff have been trained in the use of the EPIPEN should a child with a known food allergy go into anaphylaxis shock.

Parents are required to inform school of any known allergies that their child may have.

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Each class has a copy of the children with food allergies, and also the kitchen have an up to date pupil list of allergies with a photograph of the child.

FOOD PROVISION IN SCHOOL

The school kitchen follows the DFE and the food standards agency and ensures it follows the food allergen checklist when catering for its pupils.

The school kitchen does not use nuts, nut oils or nut containing products in the preparation of food: but cannot guarantee that the source of manufacture is completely free.

As a school we ask parents to ensure their child does not bring nuts or foods containing nuts to school. We want to minimise the risk from nuts as much as is reasonably possible.

Newton Westpark Primary School cannot guarantee that there will be nothing in the school that might trigger an allergic reaction or that a pupil or adult will never experience an allergy related event while at school or at an offsite venue. With

effort and care we can, however, try to ensure a safe environment for all our community which keeps risk to a minimum.

FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

THE FOOD AND EATING ENVIRONMENT

All children dine in the school hall and are seated around tables in groups of 8. Children on packed lunches sit with those children on school dinners. Some younger children identified as needing extra time to finish a meal are allowed into the hall earlier to allow sufficient time to eat in a relaxed manner. Children are encouraged to be independent when collecting food and cutlery and when clearing away after a meal. Children are rewarded on a weekly basis through the 'Top Table' led by the Pastoral Manager. This enables chosen children to sit with 2 members of staff at a table to further encourage good eating manners through positive role models.

REVIEW

Date policy implemented: April 2017

Review Date: April 2019