

Chandos Primary

Food Policy

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1. Background and ethos

At Chandos Primary School we know that what pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking that occur on the school premises. We acknowledge the link between pupils' diets and their physical and emotional health and also the key role that we as a school can play in supporting pupils and their families to develop and maintain a healthy diet.

The policy is fully inclusive and applicable to pupils with special dietary requirements either for medical or religious reasons. The ethos of the school is one that promotes awareness and the importance of healthy lifestyles within the school at all times and recognises the valuable role that all school staff have in modeling good practice and helping to create an environment which supports a positive attitude to healthy lifestyles.

2. Aims and Objectives.

At Chandos Primary School we aim

- to ensure that all aspects of food and nutrition promote and support the health and well-being of pupils and staff and meet the mandatory nutritional standards for school lunches and food served throughout the school day
- to equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives
- to ensure equal access for all to healthy food and drink and appropriate nutrition education
- to increase the uptake of pupils having paid school meals and to increase the uptake of free school meals by pupils entitled to them.

Objectives

At Chandos Primary School we will meet these aims by:

1. ensuring that relevant requirements of the food policy are in the School Development Plan
2. reviewing all teaching and learning to ensure that information relating to food and nutrition in different lessons/subjects/key stages are consistent and up-to-date and that there are no gaps in the curriculum
3. ensuring that pupils are well nourished and hydrated at school and that every pupil has access to safe, tasty, nutritious food appropriate to their needs including meals served at the end of lunchtime
4. increasing the uptake of free schools to 95% from current level of 91%
5. increasing the uptake of paid school meals by 4% from current level of 10%
6. enabling pupils to have sufficient time in order to eat their food

7. ensuring that the surroundings are as pleasant as possible
8. working in partnership with parents to promote the aims of the food policy including all foods brought into the school by pupils
9. introducing and promoting practices within the school to reinforce these aims and removing or discouraging practices that negate them.

3. Equal Opportunities

At Chandos Primary School we will ensure that pupils' religious and medical dietary needs are met. We will also try to increase the uptake of free school meals by those pupils entitled to them whilst also making sure that pupils entitled to free school meals are not identifiable by their peers.

4. Teaching and learning

At Chandos Primary School teaching and learning about food and diet occurs within our learning Challenge Topics. The curriculum, including Food Technology (nutrition, healthy eating, diet), PSHE (developing attitudes, social skills and an awareness of their role and place in their community) is delivered through a thematic approach. All learning should be managed through purposeful and realistic scenarios, with the focus of developing the skills and attitudes children need to question ideas and make appropriate life choices, while also being able to transfer their understanding between concepts. The Curriculum Lead and Science Lead and ITLead conduct ongoing reviews of the topics on a termly basis, ensuring there is an appropriate balance content and skills development, and that all topics are effectively resourced. Topics give due consideration to international and religious cultures.

The school accesses services of the Life Education Centre's Health Bus to support topics. Regular visits are arranged to visit local shops/ supermarkets. Residential trips in Year 5 give the pupils a key opportunity to manage and plan their own food/dietary needs, including understanding of diet and budgets.

We follow current authority and national guidelines regarding hygiene and cleanliness when tasting, preparing or handling foods in class.

5. Food provision other than at lunchtime

At Chandos Primary School we provide food and drink to pupils throughout the school day, which all meet the nutritional standards.

6a. Breakfast clubs

Approximately 40 pupils regularly attend the breakfast club which is run school. The food and drink provided include breakfast cereals, toast, fruit juice, and semi skimmed milk. The breakfast clubs promotes the ethos of healthy eating by fully involving children in the review of breakfast menus and making healthy choices.

6b. Tuck shop/mid morning provision

A daily healthy snack bar offers fresh fruit and dried fruit snacks for children to purchase for a small fee at morning break time.

A morning toast snack is provided for nursery and reception.

Free fresh fruit is distributed to all classes up to and including Year 2.

6c. Fluid consumption

All pupils are able to bring in clear plastic bottles to fill with water and to use at their desks. Water is freely available in classes around the school and at lunchtime. All teaching and non-teaching staff encourage pupils to drink water and after PE lessons and during times of hot weather there are specific reminders to pupils to drink sufficient water.

7. Food provision at lunchtime

7a. School lunches

At Chandos Primary School we provide food and drink to pupils at lunchtime, which meet the mandatory nutritional standards. CMC manage and oversee the provision of the school meals. The menus are devised by CMC in partnership with the school and are nutritionally analysed. The menus reflect the cultural mix of the school and reflect pupils' choices.

Pupils are supported to make healthy choices from the selection provided by all catering staff. Menus are discussed at school council meetings and the catering manager will attend meetings to discuss any changes that may be wanted if required. The menu is seasonal.

The queuing system is monitored to ensure that no pupil has to queue for more than a few minutes. The seating arrangements are that pupils are allowed to sit in family groups of six children. To allow pupils sufficient time to eat their food the lunchtime is one hour for each sitting (15-20 minutes in the hall, up to 30 minutes in the playground).

To help create a suitable ambience in the dining room all lunchtime supervisors have been trained on managing pupils' behaviour and support is given by the presence of a member of the Head and Deputy during the lunch break. Additionally all staff are encouraged to use the dining room and to eat from the school menu.

7b. Packed lunches

The school offers support for all pupils and families who bring packed lunches to school. This may include being given information on appropriate healthy eating guidelines or offering training and support to parents through workshops. The senior lunchtime supervisor and staff monitor the contents of the packed lunch.

Additionally contact will be made with parents if

- pupils are not eating the food sent for them
- pupils are regularly provided with unhealthy options
- pupils are still hungry after eating packed lunch
- pupils are unable to eat the quantity of food supplied.

Pupils having packed lunches are supplied with fresh water.

The school works with parents and children through Parent Workshops, with the support from Health Nutritionist, to advise of healthy packed lunch choices.

8. Specific issues

At Chandos Primary we will celebrate the major religious festivals of Diwali, Eid, and Christmas and may arrange special parties/meals in class.

As these parties are occasional some special food may be allowed. However due to food hygiene and food allergy concerns information will be sent home to parents outlining the foods that are acceptable for pupils to bring in. At Chandos we do not encourage pupils to bring in sweets for the class on their birthday as this is a frequent occurrence given the size of the school. We do not use food of any kind as a reward system.

9. Working with parents and carers

The partnership of parents with our school is essential particularly with promoting healthy eating. At Chandos we

- inform parents of children starting school meals/menus.
- sample menus are available on our website..
- send letters home informing parents of the food policy on children bringing in food and drink from home – newsletter.
- ask parents for their views on changes to the food and drink provision in the school – school questionnaire.
- The school is liaising with kitchen staff to develop opportunities for parents/carers to sample school dinners.

10. Monitoring and evaluation

Compliance with nutritional standards at lunchtime will be monitored by nutritional analysis of menus by CMC (the school meals management) and reported to the Governors when required. Pupils' menus and food choices are monitored and used to inform policy development and provision. Monitoring occurs via a variety of methods such as visual monitoring by Lunchtime Supervisors, monitoring by pupils, surveys by pupils, use of school council. Nutrition education in the curriculum will be monitored by leads with responsibility for the curriculum on an annual basis.

Adopted by governors July 2018

signed _____ (Chair)

To be reviewed July 2020