



St Edward's Church of England
Primary School

Whole School Food Policy

February 2017



St. Edward's Church of England Primary School

WHOLE SCHOOL FOOD POLICY

1.0 AIMS OF ST EDWARD'S SCHOOL

The school aims to achieve a happy fulfilled community within which:

- lively faith and Christian values permeate all that is done;
- the unique qualities of each individual are appreciated and nourished so that potential is fully realised;
- excellence is energetically pursued in all aspects of school life;
- and from which young people are able to live rich, satisfying lives with the desire to witness and contribute to society.

2.0 WHY DO WE HAVE A WHOLE SCHOOL FOOD POLICY?

Good health is important to everyone. Research into the health and well being of school children has shown that there are significant concerns about children's current and future health. The important connection between a healthy diet and pupils' ability to learn effectively and achieve standards in school is also recognised. At St Edward's we are committed to a 'whole school approach' which engages the entire school community and ensures that all aspects of food and nutrition in school promote the health and well-being of its pupils, staff and visitors.

We aim to influence and improve the health of the whole school community by equipping pupils with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and their environment.

We seek to provide high quality food education and food services and to ensure consistency in food messages throughout the school day.

3.0 FOOD LEADERSHIP

3.1 Aim

To ensure that the school's senior management and governors facilitate the role the school plays, as part of the larger community, in promoting family health, and sustainable food and farming practises.

3.2 Objectives

- To ensure the whole school and community are involved and consulted with about school food issues through the School Nutrition Action Group (SNAG);
- to ensure that the whole school community are kept informed of key changes in relation to food issues;
- to encourage healthy eating at lunchtimes, either healthy packed lunches or school meals (especially free school meals);
- to ensure key staff and teachers have the necessary skills to educate the whole school community on food and nutrition topics.

4.0 FOOD QUALITY AND PROVENANCE

4.1 Aim

To ensure that pupils and staff receive tasty, nutritious, affordable and safe food during the school day and have access to a water supply that is separate from the toilet area.

4.2 Objectives

- To ensure that the school food provision complies with present government legislation and standards;
- to ensure all catering staff are involved and consulted on issues relating to food within the whole school and ensure continuous professional development opportunities;
- to ensure all pupils have easy access to a source of free, fresh and palatable drinking water either in their personal water bottles (Key Stage 1 and 2) or, at intervals, in plastic tumblers (Foundation Stage);
- to provide consistent quality and seasonal food throughout the school day which meets the Government's minimum standards and reflects the ethical and medical requirements of pupils and staff, for example, religious, ethnic, vegetarian, medical and allergenic needs;
- to seek to achieve the Food for Life Partnership's targets of 75% fresh, 50% local and 30% organic produce.

5.0 FOOD EDUCATION

5.1 Aim

To offer a well planned National Curriculum course of study that incorporates messages about food and nutrition, food hygiene, food production, manufacturing, distribution and sustainability issues, which is complemented and reinforced by extra curricular activities that are accessible to the wider community.

5.2 Objectives

- To enable all pupils to develop an understanding of the relationship between food, physical activity and short and long term health benefits, including oral health;
- to provide an opportunity to acquire basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene to both pupils and members of the wider community;
- to provide pupils and members of the wider community with the opportunity to learn about the growing and farming of food and its impact on the environment;
- to participate in national schemes that promote positive messages about food e.g. National School Fruit Schemes, Healthy School London Award, MEND programme;
- to ensure equality of access for all;
- to provide opportunities to eat and/or cook vegetables and fruit that have been grown on school premises;
- to ensure pupils have regular contact with local producers and farms throughout their time at school.

6.0 FOOD CULTURE

6.1 Aim

To create and promote a positive food culture within the school and its wider community.

6.2 Objectives

- To actively promote and market healthier meals;
- To provide an enjoyable lunchtime experience that recognises the importance of a positive social environment to overall school culture;
- To encourage effective working relationships with families and the wider community, linked to school food activities and the operation of the food service throughout the whole school day;
- To create displays that reinforce messages about a balanced healthy lifestyle;
- To share our learning experiences with other schools and community groups;
- To carry out outreach work with communities to develop understanding of healthy and sustainable food e.g. community health event;

7.0 APPROACHES AND PRACTICES

7.1 The Formal Curriculum

7.1.1 Science

Pupils are taught:

- that they need food and water to stay alive;
- that taking exercise and eating the right types and amounts of food help them to keep healthy;
- that foods which contain excessive amounts of salt, fats and sugar can adversely affect both general and oral health;
- how some diseases spread and can be controlled;
- about the uses and dangers of a variety of micro-organisms.

7.1.2 Design and Technology

Pupils are taught:

- to follow safe procedures for food safety and hygiene.

7.1.3 PSHE

Pupils are taught:

- to consider social situations and dilemmas they come across in everyday life;
- to care for others and the environment.

7.1.4 Citizenship

Pupils are taught that:

- there are different types of responsibilities, rights and duties, at home, at school and in the community, and that these can sometimes conflict with each other;

7.1.5 R.E.

Pupils are taught that:

- food is an important part of some religious customs and practices.

7.1.6 Food topics

- Food topics are covered in other areas of the curriculum, for example: past diets in history; still life drawing in art; where food grows and how it is transported in geography; weights and measures in maths. In addition, all pupils take part in a planned, progressive programme of cooking and growing activities.
- Each term members of the school community participate in themed events, for example: Havering at War Day; Chinese New Year celebrations; French Day.

8.0 PROVISION OF FOOD AT SCHOOL

- The school has a breakfast, run by Little Market Day Nursery and After School Club, Romford, on the school site. Children from Reception Year to Year 6 come into school from 7.00 a.m. each weekday morning during term-time;
- the school does not operate a tuck shop, does not have a vending machine and has a 'no snacking' approach to eating. Children in Years 3 – 6 are allowed to bring a piece of fruit, from home, to eat during morning break. Children are not allowed to bring other snacks from home, unless there is a recognised medical need;

- healthy school meals are prepared on the school site and available to children on a ticket basis at a cost in line with the Local Authority's recommendation. The whole school community are involved in revising menus in liaison with the school meals contractor, Havering and Thurrock Catering Services, to improve the range of healthy options available at lunchtime. Chips are rarely served and crisps are not sold. Jacket potatoes, salad bar, fresh vegetables and fruit are available daily. Year 6 students are provided with additional school lunch choices to help prepare them for the freer food choices in secondary schools;
- pupils have access to drinking water at the table in the dining room. There are water taps in all areas of the school, ensuring that drinking water is freely available to children at all times. Children are encouraged to bring water bottles from home.
- milk is available, if required, for children of infant age. Parents register their child with Cool Milk paying them direct at a cost of £15.00 per term.

9.0 CONSUMPTION OF FOOD AT SCHOOL

- Both the kitchen service and the dining room are supervised in such a way to ensure that the children eat in a pleasant, social, hygienic and safe environment;
- service from the kitchen is brisk, ensuring that pupils' food is hot and that all children are able to eat in a calm, relaxed way during the time allocated for the whole school to eat their lunch. Dinner tickets are sold to parents directly from the school kitchen or online.. Parents can choose whether they include a drink, fruit juices, juice flavoured spring water or milk, when they buy the dinner tickets. Children write their name and class on their ticket and keep it safe, in a named purse. Water is freely available in the dining room;
- pupils who have packed lunch are asked to bring their lunch in a small, named plastic box, and to include a serviette or piece of kitchen towel, on which to put all their food. This ensures that the table is kept clean and pleasant for the next child to eat their lunch. Parents are encouraged to provide a healthy, balanced meal for their children. Children are not allowed to bring chocolate or food completely coated in chocolate, sweets, fizzy drinks or any drinks in glass bottles, nuts or foods containing nuts, savoury, salted packet snacks, including crisps, or food in 'squeezy' containers to eat at lunchtime.

10.0 EXTRA-CURRICULAR ACTIVITIES AND THEMED EVENTS

- Sports activities;
- Havering at War day;

- international food tastings;
- celebration of special events with 'playground' party, e.g. Queen's 90th Birthday party.

11.0 PARTICIPATION IN NATIONAL SCHEMES

- The school participates in the National Fruit Scheme. All infant children are offered fresh fruit each day.
- the school has achieved the Healthy Schools London Silver Award and is currently working towards the Gold Award. It is also a flagship school for the Food for Life Partnership.

12.0 CONSULTATION

The School Nutrition Action Group (SNAG) is a representative group from the school community, including pupils, parents and staff, and was consulted in the formulation of this policy. Opportunity has also been given for consultation in the wider community.

13.0 IMPLEMENTATION AND MONITORING

The school SNAG group will develop and agree a Food and Nutrition Action Plan, which will form the basis of taking forward the implementation of the aims and objectives as set out within this policy. In order to monitor and evaluate progress, it is agreed that:

- the catering manager will review and update menu options to meet current regulations and pupil tastes;
- there will be a regular review of the curriculum to assess and encourage interaction between year groups and subject areas;
- the SNAG will meet at least twice a term to manage progress and report to the School Council, Senior Leadership Team and School Governors;
- pupils and parents will be surveyed annually to assess their views;

- the policy aims and objectives will be reviewed and updated by the SNAG in light of progress and further actions will be put in place as required if circumstances change.

WHOLE SCHOOL FOOD POLICY

Approved by Teaching and Learning Committee:

Chair of Teaching and Learning Committee

Date

Head Teacher

Date

Approved by Full Governing Body:

Chair of Governors

Date

Head Teacher

Date

Appendix 1 - Cooking Scheme of Work for Year 3

SESSION	Recipe Type	Cooking Activity	Skills developed	Links to school curriculum	Links to growing	Health and Safety	Skills ref. no	Preparation
1	Knife skills	Greek Salad	Simple claw and bridge technique	History - Ancient Greeks	Tomatoes, Salad leaves		KS 2, 3, 7OS 2	Adult supervision of cutting
2	Baked, knife skills	Big snack bruschetta	Claw and bridge techniques (olives, peppers). Crushing garlic. Trimming and finely chopping (spring onions)	Teeth and Heating Eating	Garlic, Spring Onions, Sweetcorn		KS 2, 3, 7OS 1, 2, 8	Adult supervision of grating cheese
3	Baked	Foccacia	Mixing (bread dough). Rolling, kneading. Snipping herbs. Crushing garlic, shaping, dividing.	History - Romans	Basil, Herbs		BS 1, 6, 12, 13, 14, 19OS 3	Adult to put in oven
4	Baked	Sparokopitta	Mixing and combining ingredients. Assisted dividing	History - Ancient Greeks			BS 3, 15OS 2	Adult to part prepare filling
5	Baked	Rhubarb and Ginger Crumble	Claw and bridge technique (rhubarb). Combining ingredients. Adding liquid to dry ingredients	Teeth and Healthy Eating	Rhubarb		BS 13, 14, 19, OS 3, 11	Adult to put in oven
6	Baked, knife skills	Roasted vegetable and Cous Cous Salad with Feta Cheese	Claw and bridge technique (vegetables). Mixing and combining ingredients	History - Ancient Greeks	Peppers, Tomatoes		KS 4 OS 2, 8	Adult to put tray in oven

Appendix 2 - Healthy Packed Lunch Guidelines

For a balanced healthy packed lunch select these healthier foods and drinks:

- **Fruit and Vegetables**

Include at least one portion of fruit and one portion of vegetables or salad each day.

- **Meat and Alternatives**

Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, and falafel.

- **Oily Fish**

Include oily fish, such as salmon, at least once every three weeks.

- **Starchy Food**

A starchy food, such as any type of bread, pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.

- **Milk and Dairy Food**

Include a dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard, every day.

- **Drinking Water**

Free, fresh drinking water should be available at all times.

- **Healthier Drinks**

Include only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks or smoothies.

Avoid including these foods in packed lunches

- **Snacks**

Snacks, such as crisps, should not be included. Instead, include seeds, vegetables and fruits (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

- **Confectionery**

Confectionery, such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

- **Meat Products**

Meat products, such as sausage rolls, individual pies, corned beef and sausages/ chipolatas, should be included only occasionally.