

White Laith Primary School

Whole School Food Policy

Agreed by Governors: September 2021

Review date: September 2024

Safeguarding

At White Laith we are committed to providing a caring, friendly and safe environment for all our pupils so they can learn in a relaxed and secure atmosphere. We believe every pupil should be able to participate in all school activities in an enjoyable and safe environment and be protected from harm. This is the responsibility of every adult employed by or invited to deliver services at White Laith. We recognize our responsibility to safeguard and promote the welfare of all our pupils by protecting them from physical, sexual or emotional abuse, neglect or bullying.

We also exercise this responsibility by educating our children so that they grow in their understanding of their rights and responsibilities to themselves and others, in safety consciousness, and, in their maturity and abilities to keep themselves and others safe.

We perceive this to be part of our role in promoting British values

Aims and Objectives

Through commitment, determination and a willingness to embrace change we will:

- Develop independent effective learners who enjoy school and who will become life-long learners
- Create a cohesive school community in which there is mutual understanding, trust and respect
- Empower staff and children by raising confidence, self-esteem and self-belief
- Equip children with the attitudes, qualities, skills, and understanding they need for success in our ever-changing, diverse world
- Bring about optimum achievement for every child
- Become an excellent school

Introduction and rationale:

At White Laith Primary school we recognise the importance of ensuring every child has access to a healthy and well balanced diet, supporting them to lead a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn. Our school is re-validating our Healthy Schools Status and is a supporter of the National Change4Life campaign.

The aims of our food policy are:

- *To ensure food and healthy eating messages are embedded in the school's ethos and consistent across all food provision and classroom activities.*
- *To provide a whole school approach to food and healthy eating to improve the health and wellbeing of children and their families.*

How the policy was formulated/ developed

The policy was developed in consultation with parents, pupils, governors and staff. Guidance on the development of this policy was sought from the School Food Standards and Leeds School Wellbeing Team.

The policy is available to parents and other interested parties via the school website. A hard copy can be obtained from the School Office.

Where and to whom the policy applies

The policy applies to education about food during the school day on the school site and influences the choices of food for consumption at break and lunchtimes during the school day both at school and during school trips.

The policy applies to all teaching and non-teaching staff employed by the school, pupils, parents and governors

Food Consumption in School

Before and After School Club

At Before and After School Club the children are invited to choose from a healthy selection of food items which reflect the Eatwell Plate. Before and After School staff complete the required Food Hygiene training and their certificates are displayed on the kitchen wall in School Club for parents' information.

Environmental Health Officers (EHO) make periodic visits to the school club kitchens to ensure hygiene and food safety standards are adhered to. 'Scores on the doors' certificates given after inspections are displayed in the kitchen.

Break time

During the day (Foundation) and at break-time (KS1) children are provided with free fruit and vegetables as part of the National Fruit and Vegetable Scheme and any surplus fruit is offered to older children.

Foundation and Key stage 1 children are also provided with milk every day. The governors have agreed to provide this milk free of charge. KS2 children are able to request milk for which there is a small cost.

All children are allowed to bring in a healthy snack (fruit or vegetables) for break time.

Drinks and water

It is widely agreed that children need plenty to drink throughout the day. Thorough hydration is essential to maintain good health and keep minds alert. All children are positively encouraged to bring a water bottle to school each day and can access these throughout the day. Children have access to drinking water taps where they can refill their bottles during the school day.

If children do not bring a water bottle to school drinking cups are available in each classroom.

If pupils bring drinks in from home, healthy drinks such as milk or water are encouraged. This is reflected within our packed lunch policy.

School Meals

A cooked lunch is available at school for all children and staff. All Reception and KS1 children are provided with a meal free of charge as part of the Universal Free School Meal initiative.

On school trips a packed lunch is provided for Reception and KS1 children. A packed lunch is provided for KS2 children on request.

This service is provided by Taylor Shaw. Their menus are checked by a dietician to ensure they comply with the government's guidelines. We support the catering company by carrying out our own monitoring once a term. Our School Food Ambassadors also carry out monitoring and give regular feedback to our school cook and their peers. The menus are regularly reviewed in consultation with pupils and a recent survey showed a good level of pupil satisfaction with school meals. Our menus are varied and include a range of meals from different cultures and countries. We promote our school meals through the school website and we try to offer tasters at parents' evenings and school events.

Copies of the menu are available on the school website.

Free school meals

Our school also strongly encourages families to claim their free school meal (FSM) entitlement. Parents and pupils can speak to the office staff about any concerns or questions they may have in confidence. We make sure FSM pupils cannot be identified at any point of the school day. On school trips we provide packed lunches for FSM children.

Packed Lunches

White Laith Primary School encourage children and parents to have/provide balanced, healthy packed lunches. We do this by providing relevant information about healthy eating to both children and parents. Recommendations from the Schools Food Trust and the British Nutrition Foundation on healthy lunchboxes is used to support and inform parents.

Pupils who bring in a packed lunch are able to eat in the main dining room with pupils who eat a school dinner. All wastage will be sent home to help parents monitor their child's/children's eating. Parents' will be encouraged to provide a balanced packed lunch in line with the school's packed lunch policy. We encourage parents include at least one piece of fruit and/or vegetables. Unhealthy snacks such as crisps, chocolate and sweets are discouraged. This is consistent with the School Food Standards. Children do not need to bring a drink with their packed lunch as the school provides all packed lunch pupils with access to water.

Rewards are given to children who bring healthy options and inappropriate contents may be discussed with parents. Occasionally the School Food Ambassadors will carry out monitoring of packed lunches to help support pupils and parents to make healthier choices.

The Dining Room Environment

Lunch (cooked or packed) is consumed in the school hall and supervised by a Lunchtime Supervisor and assistants. Children in each year group are free to sit with their friends regardless of whether they are having a cooked or packed lunch. The children are encouraged to use good table manners, use knives and forks correctly and behave in a calm, sociable manner.

The Lunchtime staff take their responsibilities seriously and endeavour to ensure that children have eaten an adequate meal to sustain them through the remainder of the school day. Staff are trained so that they can encourage healthy eating at lunchtimes. Lunchtime staff check lunches and encourage children to eat more where possible. If a child is seen to be leaving food on a regular basis and lunchtime staff are concerned that a trend is developing, the lunchtime supervisor will report any concerns to the Headteacher. The Headteacher, in turn, will discuss the situation sensitively

with the child's parents to ensure the well being of the child is not compromised. This approach is intended to assist the early identification of a potential development of an eating disorder.

Cultural, age-appropriate and special diet

At White Laith we are supportive of children with any cultural and special dietary requirements and this is reflected in our food menus. Special diets, in terms of being free from dairy, wheat, gluten, egg and nuts, can be catered for by the school caterer. All pupils' dietary needs are recorded and communicated sensitively with the catering team. All pupils and staff are prohibited from sharing their food or drinks with other pupils in order to minimize the risk of incurring an allergic reaction in a pupil with an allergy.

We also ensure portion sizes are age-appropriate.

Sustainable, food and drink

As a school we take pride in our food culture and the environment. Our Green Gang and B4A club produce vegetables for consumption and fruit/vegetable waste is used for compost.

Special occasions and events

We understand that all children enjoy a treat on special occasions and that sweets and cakes for birthdays or similar celebrations may be brought into school to share with others. These treats are given out at the end of the school day and children are advised to ask their parents' permission before eating them. As a healthy school we encourage this to be done in moderation.

Our standards of healthy eating are reflected beyond the usual school day and our food policy applies to school trips and other special events. At school discos, celebrations, and school fairs we aim provide both healthy snacks and limit unhealthy options.

School Kitchen

Environmental Health Officers (EHO) make periodic visits to the school kitchens to ensure hygiene and food safety standards are adhered to. 'Scores on the doors' certificates given after inspections are displayed in the kitchen. The Catering Agency has procedures and staff training in place to ensure that food is not re-heated, storage temperatures are checked and adhered to, not only in the kitchens but also by suppliers.

Food in the Curriculum

There are many opportunities to develop pupils' knowledge, understanding and experience of both a variety of foods and healthy, balanced eating, across the curriculum. White Laith Primary School will actively seek to do this and develop cross curricular links wherever appropriate in the following areas.

English/Literacy: looking at food and food related issues as a stimulus for written work.

Maths: understanding nutrition percentages, calculating quantities/weights.

Science: types of food and its composition; where it comes from; digestion; contribution to the body's maintenance.

RE: role of food in all religions; exploring which foods are associated with a variety of religious/cultural festivals.

PSHE: experience of foods from other countries; balanced diet; and Fair Trade.

ICT: to record or report data in the above subject areas; to research food issues, recipes etc.

Design and Technology: understanding the balanced plate; designing and making healthy sandwiches.

Cooking in the Curriculum

Cooking in the Curriculum runs through school on an age/need appropriate basis from early years through to year 6. Some provision is linked to topic planning whereas other more specific skills may be taught as stand-alone lessons. We use a progressive skills based curriculum which covers skills such as knife skills, weighing and measuring and baking skills.

Food Safety in the Classroom

Children will be taught the importance of food hygiene, including thorough hand washing, during any lessons involving practical experience in the production of food e.g. making biscuits or sandwiches.

Getting Ready to Cook Rules are shared at the beginning of every cooking sessions:

- Take off jewellery
- Tie back long hair
- Roll up long sleeves
- Put on an apron
- Wash and dry hands.

Parents are asked to notify the school if their child is allergic (or is suspected of being allergic) to any food/ingredients. A school list of allergies is kept in the office, a copy of this is in each class register and the school kitchen also has a copy.

Children learn a variety of skills during cooking lessons including knife skills, weighing and measuring and baking skills.

Linked policies

This policy should be read in conjunction with other related school policies including:

- PSHE Policy
- Packed Lunch Policy
- DT policy

Monitoring and evaluation

This policy is available on the school website and will be reviewed every 3 years