

# White Laith Primary School

## Whole School Food Policy

Agreed by Governors: November 2016

Review date: November 2019

### **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

### **Objectives**

The policy seeks to achieve the following objectives:

- To educate children about food sources and methods of food production e.g. farming including organic farming, and manufacturing, in appropriate curriculum opportunities
- To promote an understanding of the role of food and its production in achieving economic wellbeing and the meaning and role of Fair Trade
- To enable children to learn and experience foods from different cultures
- To educate children about food and how to achieve a balanced diet in appropriate curriculum opportunities e.g. PSHE and Science, enabling them to make informed choices
- To educate children about food hygiene in appropriate curriculum opportunities e.g. PSHE and Science

- To maintain the health of pupils, their families and staff by providing information/guidance on healthy eating and food issues as appropriate including promoting awareness of the 5 a day campaign
- To reinforce parental knowledge about the components of a balanced diet
- To make the provision and consumption of food an enjoyable and pleasant experience that enhances the social development of all pupils
- To encourage healthy eating and drinking habits at break times and lunchtimes, that will last beyond the pupil's time at school.
- To encourage adequate water consumption by pupils throughout the school day.

### **How the policy was formulated/ developed**

The policy was developed in consultation with parents, governors and staff. Guidance on the development of this policy was sought from the Schools Food Trust and National Healthy Schools Standards. 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
- All pupils
- All parents
- All governors of the school

### **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.

### **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.

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. Parents will be asked to sign a reply slip permitting their son or daughter to take part in a lesson which involves tasting, baking or preparing food.

### **Food Consumption in School**

#### **Snacks**

##### **Foundation and Key Stage 1**

The School subscribes currently to the country wide initiative to provide 3 to 7 year olds with free fruit and vegetables to be consumed during morning break.

##### **Key Stage 2**

All children are allowed to bring in a healthy snack. They are asked not to bring in cakes, crisps, chocolate or sweets.

#### **Cooked Lunches**

A cooked lunch is available at the school. This service is provided by Taylor Shaw. Their menus are checked by a dietician to ensure they comply with the government's guidelines.

#### **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.

In line with this, the school asks parents to moderate the inclusion of high fat and/or sugary foods (e.g. crisps, chocolate, confectionery), in lunchboxes and to consider restricting consumption of these foods to out of school hours. This will help to consolidate children's learning about healthy eating, balanced diets and the consumption of particular food items in moderation.

### **Before and After School Club**

At Before and After School Club the children are offered to choose from a healthy selection of food items from a selection of groups to ensure they receive a balanced and varied diet. Food eaten in the Club is monitored by the Nursery Manager and Deputy Head and any concerns in eating habits are reported to parents and or the Headteacher.

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.

### **Foundation Lunches**

Members of Foundation 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.

Foundation children can choose either to have a school dinner provided by the Catering Agency or they can bring a packed lunch. These meals are served by Foundation staff. Foundation staff always wear clean aprons to serve food. They wear latex gloves when serving cold food. Hands are always washed in the hand wash sink before the serving of hot food. Children sit at small tables and are encouraged to talk politely with friends and staff. They are taught table manners and praised for good manners.

### **Lunchtime Supervision**

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. 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.

### **Food Allergies**

Special diets, in terms of being free from dairy, wheat, gluten, egg and nuts, can be catered for by the school caterer. 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.

N.B. At White Laith Primary School, all staff, including the school caterer, are aware of which children have food. A number of staff members are specifically trained to deal with adverse allergic reactions to food including how to use an EpiPen.

### **Drinks**

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 drinks bottle to school each day and can access these throughout the day. Given the effects on dental health from the consumption of drinks containing sugars and the known effects on behaviour from the consumption of carbonated, flavoured drinks, the school requests that drinks bottles contain water alone. Children have access to drinking water taps where they can refill their bottles during the school day.

### **The Dining Environment**

Morning break snacks are consumed outside of the school building on the playground or field, as appropriate. 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.

### **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.

### **Staff Development**

As part of their induction, new staff will be made aware of this policy and asked to ensure compliance at all times. The school will access training and relevant support materials, as available, to enhance the quality of teaching in the delivery of education relating to food: food sources; methods of production; fair trade; foods from other countries; healthy eating; food safety; food hygiene etc.

### **Linked policies**

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

- PSHE Policy
- Teaching and Learning Policy

### **Dissemination**

This policy is to be publicised to all in the school community through:

- School prospectus
- School website