

Mapplewells Primary & Nursery School



Food Policy

**Reviewed and Updated July 2021
Due for Review July 2024**

Mapplewells Primary and Nursery School School
Whole School Food Policy








The mission for our school.

To provide every child in our care with the best quality education possible, in a warm, respectful and caring environment. Our children will be capable of dealing with the priorities of today as well as the unknown priorities of tomorrow. To put our school in the heart of the community and form links with that community which will benefit our children.

Our school aims.

To provide an environment in which all children feel safe, cared for and supported.
To encourage independence and confidence to take risks and make their own decisions.
That all children who walk out of the door at the end of Year 6 will become the very best that they can be.

All our aims are encapsulated by our motto success:

-  S- self-confidence
-  U- understanding
-  C- celebration
-  C- curiosity
-  E- excellence
-  S- self discipline
-  S- support





The implementation of this policy is the responsibility of all the staff and has been written in accordance with the equality policy.

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHCE, Drug and Sex & Relationship Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

-  How well are we doing?
-  How well should we be doing?
-  What more should we aim to achieve?
-  What must we do to make it happen?
-  What action should we take and how do we review progress

Rationale

Mapplewells Primary and Nursery School offers a caring environment and appreciates that a healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to help them establish a healthy lifestyle that we hope will continue into adulthood.

It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community and we invite pupils, parents, carers, staff and governors to work with us to develop our policies.

We can provide valuable role models, support and guidance to pupils and their families with regard to food and healthy eating patterns.

In order to promote consistency this policy refers to, and includes: packed lunches, snacks provided by parents/carers and snacks served before and after school. All food provided by schools must adhere to national standards set by the government. For more information please visit: www.schoolfoodtrust.org.uk/nutrientstandards

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment, which supports a healthy lifestyle.

Aims and Objectives

- 🌍 To ensure that we are giving consistent messages about food and health
- 🌍 To give our pupils the information they need to make healthy choices
- 🌍 To promote health awareness
- 🌍 To contribute to the healthy physical development of all members of our school community
- 🌍 To encourage all children to take part in the '5 a day' campaign

Inclusion and Support

Pupils with special dietary requirements and those eligible for free school meals will be supported and catered for.

Settings for Food Policy - Breakfast club

The food provided by our breakfast club is healthy and balanced. We ensure all food provided by us is compliant with the school food standards.

Snacks provided by school

All Foundation and Key Stage 1 children are provided with free fruit and vegetables as part of the national fruit and vegetable scheme. are given responsibility for passing fruit to others and for helping to clear away. We also provide the opportunity for pupils to purchase healthy snacks from our kitchen.

Snacks provided by parents/carers

Pupils are able to bring fresh or dried fruit or a 100% fruit product e.g. pure fruit YO YO bars or fresh vegetables such as carrot sticks, which they eat at playtime, no other snacks are allowed during break.

Snacks that contain nuts should not be brought into school to minimise the risk of anaphylaxis and other allergenic reactions occurring. We ask parents not to send in fizzy

drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, eg school discos etc, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

School lunches and packed lunches

The school actively works with parents via questionnaires and the School Parliament to encourage parents and pupils to consider carefully what they provide or request in a packed lunch. The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times. The school will also work with the pupils to provide attractive and appropriate dining room arrangements. As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep food fresh. **Snacks that contain nuts should not be brought into school to minimise the risk of anaphylaxis and other allergenic reactions occurring.**

Free School Meals

As a free school meal (FSM) could save families up to £450.00 each year. Our school encourages and supports families to claim their entitlement and communicates this regularly through our newsletters and transition meetings for parents and carers. Pupils on FSM are not identifiable at any point.

Packed Lunches

We urge parents to align packed lunches to the same standards as those that apply to school meals. We encourage parents and carers to use the Children's Food Trust packed lunch guidance (see appendix 1). Unhealthy snacks such as crisps are discouraged, however children are allowed a small treat in their lunch box. Currents government guidelines suggest treats that should not exceed 100 calories. Sweets should not be part of a packed lunch. All wastage will be sent home to help parents and carers monitor their child's eating. The school will work with parents/carers to ensure that packed lunches follow the standards listed below.

Packed lunches should include:

- 🍎 At least one portion of fruit and one portion of vegetables every day.
- 🍖 Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day.
- 🐟 Oily fish, such as salmon, at least once every three weeks.
- 🍞 A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- 🥛 Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
- 💧 Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies. These should be stored in plastic bottles.

Packed lunches should not include:

- 🍬 Confectionery such as sweets. Chocolate-coated biscuits are not encouraged and should be included only occasionally. Cakes and biscuits are allowed but we encourage children to eat these only as part of a balanced meal.
- 🥓 Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Special diets and allergies

We document any nut allergies when advised by parents/carers and encourage parents and carers to visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools and at home. The school also recognizes that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. **For these reasons pupils should not swap food items.** We ask that snacks that contain nuts are not brought into school to minimise the risk of anaphylaxis and other allergenic reactions occurring. Pupils who are known to have food allergies (e.g. nuts, egg, milk, gluten, fish, molluscs, crustaceans) are introduced to key members of the catering team, on their first day at the school, and are encouraged to seek guidance from catering staff – on a daily basis, if necessary – on what they can have, from the menu, for lunch. Catering staff receive regular training in respect of food allergies. Food preparation staff take precautions to reduce the risk of cross contamination. The school does not knowingly sell any products that specify tree nuts, pine nuts, peanuts or sesame seeds as ingredients. *It should be acknowledged that, given current food manufacturing processes, it is impossible to guarantee that all products will be free from possible 'traces of nuts' and other allergens.*

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff, catering staff and midday supervisors and healthy lunches or other lunch time related incentives will be rewarded by stickers. New parents/carers will be informed of the expectations of our school when joining, in the Mapplewells welcome pack.

If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.

Water for all

Water is freely available throughout the school day to all members of the school community. Every child is encouraged to bring a clearly named water bottle to store their water in. The water is freely available to children during the day. FS and KS1 children are also reminded to drink water at their snack time. **Water bottles should be taken home every day to be washed.**

Food across the Curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Numeracy can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Children learn about nutritional needs related to medical conditions eg food allergies, diabetes.

Religious and Multicultural Education provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals and cultures.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHCE encourages young people to take responsibility for their own health and wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world, who rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Educational visits provide pupils with activities to enhance their physical development e.g. to activity centres.

Health and Safety

During food preparation we ensure that children wash their hands, and that surfaces are clean and hygienic. We follow the Health and Safety Policy with regard to the use of all equipment used during the preparation of food. **We do not allow lollipops to be given out at school, as we believe that these constitute a choking hazard.**

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers will be regularly updated on our water and packed lunch policies through school newsletters.

Role of the Governors

Governors monitor and check that the school policy is upheld.

Monitoring and review

This policy will be reviewed on a three-year cycle to take account of new developments.

Further Information

For more information and guidance please visit

www.schoolfoodtrust.org.uk/nutrientstandards

www.allergyinschools.co.uk

<http://www.schoolfoodplan.com/actions/school-food-standards/>