

# John Perry Primary School



## Whole School Food Policy

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### INTRODUCTION

John Perry School is dedicated to promoting healthy lifestyles and providing an environment that promotes healthy eating, enabling pupils to make informed choices about the food they eat. This will be achieved through a whole school approach to food and nutrition documented in this policy. This policy is to be read in conjunction with our Packed Lunch policy, available on the school website.

### The whole-school approach

A whole-school approach to food is required to enable pupils and parents to make positive changes. Clear, reliable and positive messages need to be given to the whole-school community about healthy eating and good nutrition within school.

### Food Policy Co-ordinator

The school food policy and healthy eating strategy is coordinated by Pam Bennett.

### Food Policy Aims

The main aims of our food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.

### 1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the values of the individual and strive to provide equal access of opportunity for all.

### 2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

The school follows the National Curriculum which states Healthy Eating must be taught in Science and Design and Technology (D&T). This includes the teaching of cooking skills in D&T.

**Science** – Pupils study a range of topics that provide 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's learning about living things includes growing plants which are prepared and eaten in D&T.

**Design and Technology (DT)** – Pupils are encouraged to discover new foods through curriculum based tasting sessions. The opportunity to learn about where food comes from is taught in each year group through practical work with food, including growing food plants in science, preparation and cooking of mostly savoury dishes and designing and making food products.

This supported through:

### Cross Curricular links

**Physical Education (PE)** - Pupils to be aware of the importance of a healthy diet and to recognise the links between healthy diet and physical activity for both their short term and long term wellbeing.

**Religious Education (RE)** – Pupils experience and learn about different foods through celebration of a range of religious festivals and cultural events.

From time to time, visits may be planned to local allotments or farms. Links may also be made with other outside organisations e.g restaurants or supermarkets.

### **Teaching Methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and practical work with food. These decisions are made at teachers planning meetings.

### **Resources**

Resources for the teaching of healthy eating have been selected to complement the delivery of the curriculum in subject areas. The range of materials used is available for review on request to the Headteacher. Books and Healthy Eating are available for pupils in the library.

## **3 FOOD AND PROVISION THROUGHOUT THE SCHOOL DAY**

We aim to provide a service that is consistent with our teaching of Healthy Eating, thus enabling pupils to put into practice their learning. All food provided to pupils during the school day meets the Food Standards which became mandatory in all maintained school, academies and free schools from January 2015. These can be found at <http://www.schoolfoodplan.com/standards/>

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school provide facilities for a breakfast and after school club run by Bright Futures that provides nutritious meals for pupils before and at the end of the school day. The breakfast menu includes low sugar cereals, fruit, toast, milk and water. The after school menu includes savoury wraps, sandwiches, low fat yogurts, fruit, milk and water.

The breakfast and after school club meets the School Food Standards.

### **School Lunches**

The school aims to provide pupils with the opportunity to eat a healthy, balanced meal. The food is prepared by the catering team and meets the School Food Standards for school lunches. Pupils are encouraged to have a school meal provided by the catering service and free school meals are provided to all pupils who are entitled to them. Healthy options are promoted at lunchtime.

A sugar Smart school

As a school we take the following steps to ensure that we are contributing to the reduction of sugar intake of pupils and their families:

- Packed lunch policy and regular checks of lunch box contents
- Assemblies to focus on healthy lifestyles and reminding of the lunch box policy
- Posters displaying the amount of sugar in a range of drinks compared to maximum daily sugar intake.

- Cookery sessions promoting and the making of healthy snacks
- Promoting oral health
- Encourage families to register with a dentist
- Snacks
- Fresh fruit and vegetables are offered to children in the lower school
- Healthy snack bar offered to children in upper school

### **Drinks**

The School Food Standards recommend that drinking water should be available to all pupils, every day.

The school agrees with this recommendations and provides a free supply of drinking water at lunch times for all children. Water is poured for each child at lunchtimes and can be refilled upon request.

Drinking water is freely available all day to every child. Infant classes have drinking water in their classrooms. Junior children have water fountains. Children are also encouraged to bring in fresh water every day for personal use.

### **Packed Lunches**

The school encourages parents and carers to provide children with packed lunches that complement the School Food Standards. This is achieved by promoting healthy packed lunch options and Packed Lunch Policy.

## **4. PROMOTING HEALTHY EATING MESSGAES THROUGHT THE SCHOOL ENVIRONMENT**

### **Role of Staff**

It is the responsibility of the co-ordinators to:

- Ensure that all staff and parent/carers are informed about the healthy eating policy, and that the policy is implemented effectively.
- Ensure that all staff are given sufficient training, so that they can teach and work effectively with pupils.
- Liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework.
- Liaise with Caterers
- Monitor teaching and learning about healthy eating.
- Oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.
- Encourage positive role models amongst all staff

### **Role of Parents/Carers**

The school is aware that the primary role model in children's healthy eating education lies with parents/carers. We wish to build a positive and supportive relationship with the parents/carers of

children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents/carers about the school healthy eating education policy and practice.
- Inform parents/carers about the best practice known with regard to healthy eating so that the parents/carers can support the key messages being given to children at school.
- Discuss with parents/carers how we can jointly support their child if s/he is not eating much at lunchtimes.

### **Role of Governors**

The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents/carers about the food policy as required.

### **Quality of the Environment**

#### **The eating environment and the social aspects of meal times**

Meal times provide opportunities for children to learn about and try new foods, and to develop their social skills.

The school aims to make the dining area user friendly by ...

- Monitoring noise levels
- Giving the opportunity to eat food without being rushed
- Having appropriate furniture and seating
- Staff supervision
- Appealing presentation
- Providing positive messages about food

### **SPECIAL DIETARY REQUIREMENTS**

#### **Special Diets for Religious and Ethnic Groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

#### **Vegetarians and Vegans**

The catering services offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

#### **Food allergy and intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School

catering staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

### **FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

### **MONITORING AND EVALUATION**

The school will evaluate the impact of the whole school food policy by feedback received from pupils, teachers and parents and governors. This policy will be reviewed annually.

### **REVIEW**

Date policy implemented: February 2019

Review Date: February 2021