

Food Policy
DREW PRIMARY SCHOOL



'Learning today for tomorrow's world.'

Agreed at Governing Body Meeting on

Signed Headteacher:

Signed Chair of Governors:.....

Introduction

Drew Primary School supports the learning of its pupils in a happy, safe environment, whilst promoting health and wellbeing by enabling them to make informed, positive choices.

The governors, staff and parents know that healthy eating is fundamental to good health and wellbeing. Making the right choices could only not enhance physical and mental health, thus boosting achievement potential, but could prevent malnutrition and related diseases in the future.

This policy will be made available to the Staff and Parents.

It will apply to Pupils, Teaching and Support Staff, Parents, Volunteers, our Catering Staff, Visitors, all after school clubs and our breakfast club.

We will disseminate our whole school policy to our school community through our regular parents' newsletters and the school webpage and our app.

We will ensure our school Community has access to our agreed policy and can discuss its content with members of the School Staff or Governing Body.

Aim of the Policy

Is to ensure that all aspects of food and nutrition promote the health and wellbeing of Pupils, Staff, and Visitors to our School. This policy takes into account Local and National Guidance, including the White Paper Choosing Health, Making Healthier Choices Easier, Healthy Living Blueprint, Every Child Matters - Being Healthy and the objectives of the local Area Agreement in relation to reducing obesity and the National Healthy School Standards' Healthy Eating Scheme.

Objectives of the policy

1. To ensure consistent messages about food across the curriculum and throughout the school environment.
2. To enable pupils to make informed choices about food.
3. To have a positive impact towards the physical development of all members of our School Community.

Action to meet our Objectives

1. We will consult Pupils, Parents and Staff in guiding food policy and practice in school.
2. We will seek advice and support from outside agencies to develop our policies.
3. We will continue to review our dining environment to encourage the positive social interaction during mealtimes of Pupils and Staff within our School and consider Staff and Pupils dining together to help promote a positive dining experience.

4. We will encourage Staff to be positive role models by eating healthily.
5. We will ensure that healthy food and drinks are available and promoted.
6. We will work with food providers and parents to ensure that School meals and packed lunches are nutritious and healthy and meet the government's education nutritional standards and requirements for school food.
7. We will ensure that Pupils' menus and food choices are monitored regularly.
8. We will ensure that Pupils have the opportunity to learn about food and nutrition as part of the School Curriculum.
9. We will ensure that Pupils and Staff have access to free, clean, fresh drinking water.

Our whole school policy covers

Breakfast Club

Our school promotes the value of Breakfast and encourages every pupil to have breakfast at the start of the day to ensure they are alert and ready to learn. The club plays an important part in developing good habits.

Admission is on a first come, first serve basis, however other extenuating factors will be taken into consideration when deciding on admission to the breakfast club. **Please note this is a paid service.** If payment is missed for **two weeks** your place will be lost as there is a waiting list.

After School Clubs

Children are encouraged to bring water and a healthy snack, if necessary.

Break Times

Our school encourages our KS1 children to eat fruit and vegetables and to drink milk at break time. Junior children are encouraged to bring in cereal bars, vegetable sticks or fruit from home. Cool fresh water is always available.

In EYFS fruit, milk and water are always available and the children are encouraged to sit at the snack table to eat and drink.

School Meals

Newham provides our School meals and the menus are planned to provide a balanced diet. Our School will ensure systems are in place to monitor the quality of the meals and the consumption and waste issues. Our School Cook and members of staff on dinner duty in the hall monitor what the children eat.

Packed lunches

Our School encourages Parents to provide nutritious packed lunches based on the balance of Good Health by providing foods low in fat, sugar, and salt. Parents are

reminded that a packed lunch needs to be wrapped and kept cold as a lack of refrigeration until lunchtime could lead to a growth of harmful bacteria. Parents are encouraged to use an insulated box or bag. This is done through letters home to parents.

The School Food Policy will include an appendix offering guidance for parents on acceptable foods for lunch boxes and will share this information with every Parent whose Child brings a packed lunch. This is done through an information page circulated to parents.

Water

Access to water is a fundamental human right and necessary for good health. Children should drink water regularly during the School day. Children are encouraged to bring water bottles from home and take them home every night to be cleaned. Taps that provide drinking water around school are clearly labelled.

School Trips

Letters to parents about School Trips will also mention that food or drinks provided on trips must be consistent with the School Food Policy. There will be guidance for parents who are providing a packed lunch.

Rewards and Birthdays

Birthdays and Celebrations are an important part of School life. A letter is sent home to parents emphasising that we discourage sweets being sent in for birthday treats and that they will not be given out, but sent home. However, the School would welcome other gifts such as pencils, erasers or books for the class.

Our school recognises the importance of acknowledging the achievements of our pupils. Staffs use stickers and certificates to reward children's efforts. Our School does not reward pupils with sweets or food treats.

Dining Room Environment

Our School will continue to develop strategies to enhance the current Dining Room environment. Prefects from Year 6 help in a variety of ways at lunchtime. We will continue to consult with Pupils and Staff to develop an environment, which encourages social interaction and a positive experience for all. Enhancing dining experiences are promoted through '**Come Dine with Me**', where children from are selected daily for outstanding behaviour in the dining hall. They eat with a member of staff on a special table setting.

Food in the Curriculum

Our School promotes healthy eating by working with pupils to learn about food in the context of a healthy diet and healthy lifestyle making pupils aware of the variety of foods including foods from other cultures. Pupils will develop skills in planning and preparing a menu to achieve the Balance of Good Health as well as Basic Food Hygiene and Food Safety Practices. These skills will be developed through PSHE, Science and Food Technology.

Special Dietary Requirements

Special Diets For Religious Groups

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

Vegetarians and Vegans

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

Food safety

All food preparation activities taking place in either the nursery setting, after school clubs or school meals will be registered with the Food Safety section at Newham Council. All food handlers will be trained in food hygiene or be supervised by a person trained in food hygiene.

Food for Staff

The Staff in our School is clear about the aims and objectives of our School Food Policy. Members of Staff have a responsibility to be good role models to Pupils. All Staff are encouraged to adopt the Whole School Food Policy during the School day.

Fund Raising Events

Fund raising is an important part of School life. All fund raising activities will consider the importance of the Whole School Food Policy. Wherever possible the School will promote healthier policies, however, in some circumstances, this may not be possible.

Complaints procedure

Our School welcomes the view of the Whole School Community and we will deal with complaints quickly and efficiently following our complaints procedure, copies of which are available from School or on the school website.

This policy is linked to our SEN Policy, PSHE, RE and Health and Safety Policy.