



BANTOCK PRIMARY SCHOOL

Food Policy

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School Vision

SUCCEED HAPPY INSPIRE NURTURE EDUCATE

SUCCEED – We want children to develop a healthy lifestyle so that they become confident and successful learners who achieve their very best.

HAPPY – We will provide a fun, stimulating learning environment where each new day brings fresh challenges and rewards.

INSPIRE – Children will be inspired by our creative and imaginative approach to teaching and learning about food and healthy eating within the curriculum, providing a firm foundation for lifelong learning.

NURTURE – By promoting healthy eating and lifestyles, the children at Bantock are carefully nurtured to ensure that they can achieve their best.

EDUCATE – We will treat children as individuals, carefully monitoring their progress and planning next steps on their learning journey to achieve the highest possible standards in everything we do.

Introduction

At Bantock Primary School we recognize the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognize the importance of food related skills in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity.

Aim

The aim of the Food Policy is to inform and educate staff, parents and the wider community of our objectives relating to food, ensuring consistency in the application of our objectives set out in this policy.

Objectives

We have a whole approach towards healthy eating as part of a wider approach towards maintain a healthy lifestyle. In accordance with Government policy, the school follows the 'School food in England' (July 2016) advice from the Department for Education that we must,

“Ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour”

According to article 24 of the UN convention on the rights of the child,
'Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.'

Our approach to improving pupils' health through healthy eating has the following objectives:

- To increase knowledge and awareness of a healthy diet through the Curriculum and beyond
- To ensure that all food and drink is in line with the Government's mandatory standards and is varied and served in appropriate portion sizes.
- To increase children's knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and their environment.
- To provide safe, tasty, and nutritious food that promotes healthy lifestyles
- To enable all pupils to have a healthy school meal
- To make healthy eating enjoyable and the norm
- To provide safe, easily accessible water during the school day.
- To promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices

- To be a role model for healthy eating
- To monitor healthy choices, including packed lunches
- To use a range of opportunities to promote healthy eating
- To ensure that the food provision in school reflects the ethical and medical requirements of the staff and pupils e.g. catering for the needs of religious groups, vegetarian, medical and allergenic needs.
- To ensure consistent messages regarding healthy eating are reinforced throughout the school day
- To adhere to the school's commitment of being part of the 'Healthy School' partnership

Roles and Responsibilities

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices .

Teachers and teaching staff

- Will ensure that they follow the safe guidelines relating to the cooking and preparation of food in the classroom as specified in the **Healthy and Safety Policy**
- Will ensure that they read the **Food Policy** and adhere to it

Caterers and kitchen staff

- Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents are given an opportunity to see and taste the meals on offer to pupils at Parents Evening.
- The school menu is available for parents to view on the school website.
- Parents are able to see the food choices on Arbor each day, to assist their child in choosing what meal option they would like.

Subject Co-coordinators

- Ensure the statutory requirements of cooking and nutrition, healthy food and lifestyles in the National Curriculum are met
- Create and update action plans for the development of their respective subjects
- Monitor the standards of children's work and of the quality of teaching. The subject leader monitors children's work, learning walls, planning and carries out pupil voice interviews. Monitoring of the work of each class is conducted termly and work forms part an on-going monitoring portfolio.
- Track the progress of children termly by scrutinizing teacher assessments against the ARE targets.
- Prepare policy documents, curriculum plans and schemes of work alongside colleagues
- Ensure that there is adequate provision of high-quality learning resources for the teaching of History across all year groups.
- Support colleagues in the teaching of their subject area, being informed about current developments in the subject.

Health and Well Being Lead

- Hold the subject leaders and class teachers to account by monitoring the implementation and success of the actions presented in the Food Policy and in the particular subject action plans.
- Provide, where necessary, CPD to develop the teaching and learning capacity of the subject coordinators and teachers in relation to the delivery of the curriculum.

Head teacher

- Hold the Health and Well Being Lead to account through monitoring.

Governors

- Monitor the Curriculum and the impact of the role of the Curriculum Manager
- To evaluate the food and drink provision against the national food standards and monitor compliance.

Allergies, vegetarians, religious needs

Pupils who have food allergies are known to the school nurse, the support staff and the class teachers. The dietary needs of all the pupils are pinned to their individual profile on Arbor. The school office staff liaise with the school catering team to ensure that suitable food is provided at lunchtime for all the pupils.

Individual pupils with specific food requirements (allergies, cultural reasons, vegetarians etc.) are provided with food via the school catering team to ensure no pupil is given food contrary to their needs, beliefs or values.

We do not 'ban' certain foods in school, as it is not possible to guarantee and enforce, staff cannot monitor all lunches bought in from home. A 'free from' environment creates a false sense of security and does not safely prepare children for environments where nuts, and other foods that may cause allergies, may be present. School would need to consider other children with different food allergies and it is not practical to restrict them all. Therefore, we need to minimize the risk of reaction via cross contamination by ensuring that children do not swap or taste other lunches bought in from home.

See **Policy Document for Supporting children and young people with their medical needs in Early Years' settings and schools** for more information.

Curriculum

Children are taught about food, not discreetly, but through a range of subjects across the curriculum.

RE

Pupils experience and learn about how different foods are used through worship and celebration through a range of different festivals and cultural events (such as Ramadan)

DT

Children are taught how to cook and how to apply the principles of nutrition and healthy eating. They learn where food comes from, seasonality, how food is grown, reared or processed and they prepare a range of dishes such as bread, soup and cake.

Physical Education (PE)

Pupils to be made 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

Personal, Social and Health Education (PSHE)

Children are taught to take responsibility for their own health and well-being; how to develop a healthy lifestyle and address issues such as body image.

Science

Children 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. In addition, building upon their DT knowledge and understanding, children will draw the links between reversible and irreversible changes in state that may occur during cooking through heating and cooling.

For further detail about the specific topics taught, see the **Long Term Themed Curriculum Overview**.

Extended Curriculum Opportunities

Further opportunities for children to participate in activities relating to healthy eating are provided throughout the school year.

- **Fairtrade Fortnight** – Through assemblies and whole school activities, children will learn about the significance of Fairtrade and selected children will prepare a variety of sweet and savory snacks using Fairtrade products, selling these to children in school.
- **Diversity Days** – Whole school celebration days, such as Shrove Tuesday are recognized and celebrated by the school and the eating of food for religious and cultural reasons is understood by the children.

- **Visits and Visitors** – Children in Key Stage 2 are delivered assemblies by Police Community Support Officers and Wolverhampton Healthy Foods based on the legal use of drugs and alcohol and its effects on the body.
- **Clubs** – A cooking club will target those children identified as having a poor diet. The club will educate the children on the importance of a healthy lifestyle and how they can improve their own diet. The children will prepare and cook a range of healthy snacks/meals, introducing them to new foods that they may not have experienced before.
- **Allotment** – The allotment will be used within the Science curriculum for Year 2 and Reception to enrich learning. Additionally, it will be used to enhance and support the emotional wellbeing of targeted pupils. Pupils will learn about and be involved in the process of planting, growing and harvesting a range of fruit and vegetables which they will then use to create a range of nutritious meals, promoting healthy eating.

Health and Safety

At Bantock Primary School, we promote and raise awareness of personal and socially responsible food practices.

- It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating.
- Food will be stored in appropriate places and parents will be reminded that the packed lunches have to be stored in the classroom or corridors and be encouraged to use insulated packed lunch boxes.
- Catering staff will hold the required food hygiene certificates
- All staff and parents involved in preparation of food will be aware of food safety and hygiene issues and behave accordingly.
- As a staff we will be aware of the apparently growing tendency for eating disorders in younger children and ensure that we know how to recognize and respond appropriately should the need arise

When handling and preparing food in lessons such as DT and Science, teachers read and review the relevant risk assessments including those for cutlery and kitchen equipment.

Food Safety

Natasha's Law came into effect on 1st October 2021, which requires that all food outlets provide full ingredient lists with clear allergen labelling on Pre Packed for Direct Sale foods (PPDS).

For food provided within a school setting, this means changes to labelling for foods such as pizza or sandwiches.

At Bantock, lunch time food is prepared and distributed from a catering company. The catering company ensures that foods which are, packaged on the premises are clearly labelled before parents/pupils take food home.

Food is also handled and distributed through curriculum lessons, for example DT lessons. When food is packaged during a lesson or during an extra-curricular activities, it clearly displays the following information on the packaging:

- Name of the food
- Full ingredients list, with allergenic ingredients emphasised (for example in bold, italics or a different colour).

For more information, read the **Health and Safety Policy**

Celebrations & Birthdays

Parents are welcome to bring food into school to celebrate their child's birthday and distribute to class.

The food bought into school must follow the following guidelines:

- Food must NOT be homemade
- Food should be shop bought and in its original wrapping
- All food distributed must have the list all the ingredients
- Food is to be distributed to the pupils in the classroom as they leave school at the end of the school day and consumed with their parents.

This is to ensure that we are able to meet the dietary requirements and beliefs of the pupils in school.

If you are unsure, check with the Health & Safety Lead in school.

Milk, Fruit and Water

The school food standards require lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. Rural Payment Agency (for over 5s) and Department of Health Nursery milk scheme (for under 5s) subsidise the provision of school milk. Milk is provided free of charge to infant and benefits-based free school meals pupils when it is offered as part of their school meal and free to benefits-based free school meals pupils at all other times. Charges are made for all other pupils.

Four to six year-old children receive a free piece of fruit or vegetable every school day outside of their school lunch through the School Fruit and Vegetable Scheme (SFVS).

All Foundation Stage classes include a morning break time snack of milk, fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away. Children in Key Stage 1 and 2 also get given 1 portion of fresh fruit and vegetables a day, provided for by the school. This is consumed during a break in the afternoon. Only healthy, school provided snacks are allowed to be consumed. Fizzy drinks, sweets and chocolate biscuits are not allowed in school or on school trips.

Filtered drinking water is provided free of charge for all children. We ensure that fruit and water is stored in the classroom in a sensible, cool and dark place away from direct sunlight. Children are encouraged to buy a clear plastic bottle from the school office and are able to refill it during the day. They are then expected to take the bottle home each day, wash it and bring fresh water each day.

Water is also available in the dinner hall at lunchtimes for all children who are either eating school meals or packed lunches.

School Meals

Our kitchen cooks school meals on site which are nutritionally balanced. Children and parents are encouraged to purchase school meals. A copy of the weekly menu is on display in the dining area and is available on the school website it is also discussed with the children.

The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, having regular discussions with parents about this. We work with families who are eligible for free school meals to encourage them to take this up and in KS1 we encourage all parents to take this up. Class teachers and support staff join their pupils periodically for meals and use this to monitor and encourage healthy eating as well as develop their personal and social skills.

Taster sessions for school meals are provided at Parents Evenings, to encourage parents to purchase schools meals for their children. To generate further interest, on special days of cultural significance, such as Chinese New Year and Christmas, a special meal is prepared with a related cuisine.

Packed Lunches

As part of our Healthy School commitment, we state that if children wish to bring a packed lunch to school, then it must be consist of the following items:

- They should contain 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, peanut butter, 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 every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should not contain:

- Snacks such as crisps. Instead included nuts, seeds, vegetables and fruit (with no added salt, sugar or fat) savoury crackers or breadsticks served with fruit vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child 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.

In light of food allergies, children are not permitted to swap items in their lunch boxes. These expectations are also adhered to for school visits.

Packed lunches are brought to school in the morning in lunch boxes and stored in a safe, hygienic racks.

Monitoring of School Dinner and Packed Lunches

At lunchtimes, the children are looked after by lunchtime supervisors and teaching assistants. They are always reminded of the health benefits of eating. All children are encouraged to choose items from the food counter and to eat as much of their dinner as they can. When finished, they must show their plate or lunch box to a lunchtime supervisor. If children have not eaten their meals, then it is the responsibility of the class teacher to inform the parents of this choice.

Children are given small rewards for eating all of their lunches, such as stickers, to reinforce positive choices.

Early Years staff must check packed lunches for food, such as grapes, that need to be sliced in half to prevent a choking hazard for pupils. Early Years staff can speak to parents at the end of the day and advise them to cut the grapes in half before including them in a child lunch bag, if they have concerns.

Pupils in KS1 & KS2 do not need to have their food cut for them unless they ASK a member of staff to cut it. Pupils in KS1 & KS2 do not need to have grapes cut in half if they are bringing them in their packed lunch from home.

Staff must remain vigilant in the dining hall at all times to ensure all children are eating their lunches sensibly.

Dining Environment

A new, larger dining area has been established for all children to eat their lunches. A rota system allows children ample time to eat their lunch and children are encouraged to sit together. Lunchtime supervisors reward good behaviour and children are encouraged to socialise and show good table manners.

Calming music is played and the wall displays feature food-related photography by the children, promoting healthy eating.