

Purbrook



Infant School

Food Policy



Statement

The school is situated in a largely residential area to the north of Portsmouth, Waterlooville. The majority of children are of British, white origin and where stated the religion of most is Christianity. The school has a slightly higher than average number of children with special educational needs. Generally children are well nourished, in good health and attendance is good.

The governing body is active and seeks to ensure the best outcomes for the children at our school in terms of their academic achievement and well being. They are aware of the importance of good health, in the broadest sense, in ensuring children's achievement matches their potential. The governors were actively consulted and collaborated with, in the initial drawing up of this policy.

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 PSHE Policy and SMSC policy.

The school supports the '5-A-DAY' campaign to encourage children to eat five 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 also support the notion that a little of a whole range of foods can be healthy, and that all things in moderation are fine, it is the balance that matters in the long term.

(Some children with specific medical conditions will require diets higher in sugar or fat than the majority. The school will support their dietary needs and will be guided by the health professionals working with their families.)

Purbrook Infant School encourages a healthy lifestyle for everybody in the school community. It is important that we consider the health and well being of all members of the school community in all elements of our work, and in the examples we set for children. The school staff can provide valuable role models to pupils and we hope that they as well as our children's families will support both healthy eating and exercise and healthy living.

Through effective leadership, the school ethos and our curriculum, we can, by bringing together all elements of the school day, create an environment which fully supports a healthy lifestyle.

How the policy was formulated:

The policy was initially drawn up by a working party of governor representatives, SLT, the PSHE manager and parent representatives. Consultation on the policy was offered to staff, all parents and to children through the school council.

National Guidance:

The policy was initially drawn up using information from the following sources:

- The Food In School's Tool Kit (Department Of Health) OFSTED
- The National Governor's Council and Food Standards Agency
- Every Child Matters
- The British Nutrition Foundation

This policy covers the following areas:

- School lunches
- Packed lunches
- Break time snacks
- Water
- The taught and incidental curriculum
- After School Club
- Preparation of food/for snacks or in school curriculum re technology/science or other subjects
- Rewards and prizes

Overall Aims of the Policy

- to ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to the school and children who attend the after school club – Beehive Club
- to support our pupils in making informed decisions as to the food they eat and in developing healthy eating habits which will be with them and benefit them for life
- to promote healthy eating and making healthy choices as a means of taking some responsibility for one's own well being

To this end **we will:**

- ensure that we are giving and modelling consistent messages about food and health to children and the wider school community
- provide our pupils with the information and knowledge they need in order to make healthy choices
- contribute to the healthy physical development of our children by teaching them about diet, hygiene and the importance of regular exercise
- help to promote health awareness in the wider community by signposting good practice through the school newsletter
- encourage children to eat fresh fruit and vegetables (5-A-DAY" campaign) and to **try** new food stuffs

This policy applies to all pupils, staff, parents/carers, governors and partner agencies working with the school.

We will review our policy regularly, to reflect new information. This review will be undertaken in consultation with some stakeholders. Governors will monitor the school's practice to see that the policy is being adhered to

Linked Policies

- Science Policy
- DT Policy
- PSHE Policy
- PE Policy
- Equalities Policy
- Safeguarding Policy
- Health and Safety Policy
- Nut Policy

Dissemination of the Policy

- The policy will be shared with all staff at the school (including peripatetic teachers) and at the Beehive Club
- Relevant aspects of the policy will be shared with prospective parents at the first information meeting (regarding lunches/snacks etc)
- The policy will be posted on the school's website
- The policy will be made available, on request, in hard copy from the school office

Assessment/Monitoring/Evaluating and Reviewing

Healthy eating initiatives will be monitored and assessed to consider how effective they have been. This will be done in a variety of ways:

- through pupil interviews/school council
- through parental surveys
- through uptake of fruit provided at snack times
- through monitoring of lunch time preferences(hot lunches)
- through monitoring the contents of lunchboxes to see whether or not advice offered results in more balanced lunches being provided
- building on successful initiatives
- positively promoting universal meals which are carefully balanced nutritionally

External Support

Where possible the school will seek the expertise of specialists such as nutritionists, dental hygienists or oral health nurses to enhance the taught curriculum and to support individuals who may have dietary or other medical issues pertaining to issues.

Involvement of Parents/Carers

- Parents will be asked to support the school in encouraging healthy life styles and healthy eating habits as part of their partnership with the school
- Parents will be consulted on new initiatives
- Parents will be given information to support healthy eating initiatives
- If a child has special dietary requirements then the school will liaise with the contracted caterers on the parent's behalf to ensure that information on the child's dietary requirements are made clear
- Parents will be encouraged to accept the universal meals offer

GUIDELINES FOR WHOLE SCHOOL FOOD POLICY

Breaktime Snacks

Children will be encouraged to eat at least one piece of fresh fruit/vegetable each day. One piece of fresh fruit/vegetable will be supplied as part of the school's participation in the Department of Health's Scheme which provides infant aged children with a piece of fruit or vegetables daily. (The School Fruit and Vegetable Scheme is part of the 5 A DAY programme to increase fruit and vegetable consumption. All four to seven year old children in LA maintained infant, primary and special schools are entitled to a free piece of fruit or vegetable each school day.)

School Lunches

School meals are provided by caterers contracted to Hampshire – HC3S who have a healthy food policy as part of their tender. All infant aged children are entitled to a free school meal. All school lunches are prepared following the government's nutritional guidelines. Where possible, local crops and products are used and included in menus. (Table salt is not available)

Dining Room

When eating lunch the school expects children to adhere to the following rules:

- All children are required to sit for a reasonable time, in order to eat their lunch
- Children are required to at least try to eat most of the food provided, either by the school or in their lunch box
- All remains from lunch boxes brought in from home, must be taken home at the end of the school day in order for parents to monitor what their child has eaten
- Lunchtime supervisors will help any children who have concerns or cause concern during meal times, e.g. children who may have problems eating their lunch, spill or drop their lunch, or have difficulty opening yoghurts etc.
- Children are expected to behave appropriately whilst eating their lunches and are expected to have good table manners
- If a child has a problem or wishes to leave the dining hall they should raise their arm and wait until a lunchtime supervisor comes to them
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain or for a taste
- Caterers and supervisory assistants should thank children for good behaviour, as children should thank them for their help and assistance
- Children leave the area where they have eaten their lunch in a reasonable, clean and tidy condition

School Lunches

School lunches are available free of charge for all infant aged children. The children are provided with a choice of hot meals each day- there is always a vegetarian option. These meals are carefully balanced nutritionally and have the appropriate calories for children of this age. Children who have school meals are all served with water (unless they choose a juice as a pudding option). Therefore a sugary drink would mean that their calorific intake exceeds recommendations.

Consequently the school has decided that children having school lunches should not bring additional drinks into school but should drink the water provided.

Packed Lunches

The school will provide facilities for pupils bringing in packed lunches. These will include those for storage of lunch boxes, suitable facilities for eating lunch and clear routines for preparing for lunch such as hand washing.

Some **guidelines and suggestions** are set out by the British Dietetic Association. (www.bda.uk.com) see below:

A child's packed lunch should include the following:

- A 'good' portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad, tortilla wrap, bread sticks, chapattis, fruit scone, malt loaf, fruited teacakes and rice cakes
- Fresh fruit and vegetables, e.g. apple/orange/banana, melon slices, cherry tomatoes, carrot sticks, cucumber chunks, mini fruit chunks, a small amount of dried fruits such as raisins, apricots or small tins of fruit in juice NOT syrup
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc
- A small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or houmous, etc
- A drink – ideally water. However fruit juice, smoothies and diluted squash are permissible. (Fizzy drinks are not permitted)

(Parents are advised to include an ice pack. Food products, prepared and stored can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. The school cannot provide cold facilities to store lunch boxes and cannot take legal responsibility for foods prepared at home and then brought into school.)

In addition, our school requests that parents **do not** include the following items in packed lunches:

- Sweets (including Winders), chocolate confectionery, although **one** chocolate covered biscuit or cake is acceptable
- Fizzy drinks/sugary drinks
- Nuts, or foods containing any nuts - where it can reasonably be avoided

Although the British Nutritional Foundation state that no crisps and packs of savoury snacks should be eaten because they are high in salt and fat, we feel this is unrealistic and ask that instead that parents should, instead, be limiting children to two or three packets a week and that they choose the lowest fat varieties.

Water

Children new to school are issued with free water bottles. Children are actively encouraged to drink water throughout the school day. Children are also encouraged to take water bottles home daily for cleaning and refilling except in the reception classes where LSAs refill the bottles daily. In summer months/hot weather opportunities for drinking water are timetabled into the day. Staff have access to chilled water from a water cooler in the staff room.

Water will be served with a snack at after school club as an alternative to milk.

Treats

In order to comply with our policy, teachers will not give out foods such as cakes and sweets to children as treats to celebrate birthdays. If a parent wishes to give out such items then they must do so themselves and should check with the receiving children's parents. This is because a sizeable number of our children have food allergies some of which are life threatening.

The only exceptions to this maybe at Christmas /Easter when staff may provide children with a small chocolate gift. (Staff will ensure that children with food allergies have appropriate alternative gifts.)

The Beehive After School Club

The snack served at the after school club will be served in accordance with this policy and will observe the recommended foods. (www.bda.uk.com) Water will be available throughout the sessions.

PTFA and Other Outside Providers Who Use the School Premises

Events run by organisations other than the school are not bound by the policy.

Curriculum

Any activities involving the preparation of food will be carried out in conjunction with the school's policy and food hygiene recommendations. Opportunities to educate individuals as to the importance of food as a basic requirement for life and of the advisability of eating a variety of foods to maintain a healthy life style and exactly what these are will be taught through the science and PSHE curriculum and through specific topic work as appropriate.