



# Long Lane Primary School

## Whole School Food Policy

Date	Description
June 2018	Agreed by Operations Committee

Review Schedule	One Year
Next Review	June 2019

## **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.

## **Responsibility**

### **Headteacher**

- Ensure appropriate curriculum provision meets the needs of all the pupils.
- Ensure food care plans are in place for children who require them.
- Liaise closely with the caterers to ensure food standards are met.

### **PSHE Subject Co-ordinator**

- Ensure that the PSHE curriculum supports the promotion of healthy eating.
- Consult with other stakeholders, review and update the policy.

### **Teachers**

- Deliver PSHE lessons to the highest possible standard.
- Follow the 'Jigsaw' Scheme of work with support and guidance from the PSHE Co-ordinator.
- Attend training when necessary

### **Governors**

- Governors monitor and check that the school policy is upheld.
- Governors are responsible for ensuring the quality of the food offered as part of the contract with the caterer.

## **Policy Statement**

At Long Lane 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. The policy should be read alongside the school's PSHE policy, Drug, Sex and Relationship Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day. We also promote eating the right portions at lunch times, dishing up 'me-sized plates' instead of adult-sized plates. Getting the right amount of food groups in children's diets promotes health and well being. We encourage parents to use the Eatwell Guide as a starting point.

## **Guidance and Procedures**

### **Snacks**

All our under 5's are entitled to free milk. FS and KS1 classes are provided with fresh or dried fruit by the Government initiative. Children in all year groups can bring **dried or fresh fruit** which they eat at playtime – no other snack is allowed during break.

### **School lunches and packed lunches**

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. All meal options pay regard to nutritional balance.

Many of the children bring a packed lunch to school. We encourage parents to provide a well-balanced lunch for their child that includes fruit and vegetables. Children are permitted to have **one sweet treat** included in their lunchbox but we remind parents that fizzy drinks are banned.

### **Water for all**

Cooled water is freely available throughout the school day to all members of the school community. One water fountain is located outside. The children are also expected to have a named water bottle (containing water only) with them in the classroom. The children are able to drink juice or squash at lunchtime.

### **Food across the curriculum**

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

### **Food allergies**

It is important to consider the health and safety of pupils' with specific food allergies. We work in partnership with parents for each individual pupil and may decide to have 'free zones' within the school. For example, a specific classroom may become a 'nut free zone' if a child in that class has a severe nut allergy. This would mean that all nuts would be banned from this classroom and parents with children in this class would be advised of this at the start of the year. Whilst we cannot guarantee a completely sterile environment we would aim to ensure awareness of all children's and adults' allergies as we don't want to risk complications to their health unnecessarily. We would strongly recommend all parents with children who have food allergies or intolerances to discuss these with the class teacher.

### **Before and after-school club**

We offer the children at the club, breakfast each morning and a light snack at the end of the school day in a safe and friendly environment. Children are provided with adequate food and drink, prepared on the premises by staff. Snacks are healthy and nutritious. Staff are seated with children during meal times and encourage a "family" type atmosphere. At least one member of staff holds a current Basic Food Hygiene certificate (the manager) and all food and drink complies with dietary and religious requirements and with the school's status as a "Healthy School". Parents submit an information form outlining religious requirements and allergies. Fresh drinking water is available to children at all times.

**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 are reminded regularly about healthy snacks and packed lunches through the newsletter. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the day, except at lunch when children may drink juice or squash. On special occasions children may bring in a special treat to share with their class.

This policy was written following consultation with pupils, staff and Governors and after a survey was completed by 73 parents.