

Manor Infant / Longbridge School



Whole School Food Policy

October 2021



Manor Infants/Longbridge



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Introduction

Children's health and well-being is very important and it is vital that they learn to make the correct choices that keep themselves healthy, active and happy. Childhood obesity is a countrywide problem and Manor Infants/Longbridge is dedicated to reducing this issue by teaching our children to lead healthy lifestyles. We are committed to the London Healthy School Award Program (HSA) which enables us to implement different programs to help our children to make healthy choices. Our 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

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-ORDINATORS

This school food policy and healthy eating strategy is coordinated by The Healthy School coordinators Mrs A. Murphy and Miss Z. Kadhim.

FOOD POLICY AIMS

The main aims of our school food policy are:

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

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all. The benefits of a healthy diet and keeping healthy are across curricular lessons. Therefore, the concept will be taught in PSHE, P.E, D.T and Science lessons.

2. CURRICULUM

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

Manor Infants/Longbridge Schools follow the National Curriculum which states that Healthy eating must be taught in Science and Design and Technology (D&T). This includes the teaching of cooking skills in D&T. We also have after school clubs such as cooking that teaches the children where food comes from and lifelong cooking skills.

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.

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 is supported through:

Cross Curricular Links

Physical Education (PE) - Pupils to be made aware of the importance of a healthy diet and to recognise the links between healthy diet and physically activity for

both their short term and long term wellbeing. We also focus on the short term effects exercise has on the body such as heart rate and breathing rate.

Personal, Social and Health Education (PSHE) - Encourages young people to take responsibility for their own health and wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people.

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

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 on Healthy Eating are available for pupils in the library.

Extra-curricular activities

The school aims to provide a cookery club, developing basic skills in planning, preparation and cooking healthy meals and an understanding of basic food hygiene.

3. FOOD AND DRINK 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 School Food Standards which became mandatory in all maintained schools, academies and free schools from January 2015. These can be found at. <http://www.schoolfoodplan.com/standards/>

(Appendix 1)

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 and a positive reward system is in place to encourage children to make the right choices at the salad bar.

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 audits (pupils trained to be food detectives)
- Think before you drink display. Display boards of the amounts of sugar in a range of drinks compared with maximum daily sugar intake (at times throughout the year)
- Newsletters with reducing sugar tips, low sugar recipe ideas etc
- Cooking lessons or afterschool clubs with the emphasis on savoury dishes or low sugar recipes
- Promoting oral health - for free resources you can visit the Oral Health Foundation's website: <https://www.dentalhealth.org/our-work/dental-buddy> or contact the Oral Health Team for support on ohp@clch.nhs.uk
- Encourage families to register with a dentist, have a record of those registered.

Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school recognises the importance of providing pupils with the correct guidance on oral health. We teach the children in the reception and year 1 the importance of oral health and how to brush their teeth.

Fresh fruit and milk is offered to children in the infants and lower keys stages of the school during the morning. Milk is also available for children in KS2 on request.

Drinks

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

The school agrees with this recommendation and provides a free supply of drinking water at lunch times to children that eat school meals and packed lunch. Water is poured for each child at lunchtime and can be refilled upon request.

Drinking water is freely available all day to every child. Infant classes have drinking water in the classrooms. There are also water fountains in the school playground and in corridors. The children are encouraged to fill their water bottles at appropriate times.

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 as outlined in the Packed Lunch Policy. The school also provides healthy school packed lunches when children go on school trips.

Special Events

Food provided for special events e.g. class celebrations are representative of a healthy diet and encourage pupils to make balanced choices. This always includes at least one fresh item (fruit or vegetable), savoury item, a sweet item and a drink. **Food is not used as a reward system.**

Families and children are encouraged to consider healthy options if bringing in food to celebrate special occasions

Use of Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

4. PROMOTING HEALTHY EATING MESSAGES THROUGH 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.
- 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.
- Members of the Senior Leadership Team liaise with the head midday supervisor to discuss any changes or to be implemented in the lunch hall.
- The school also passes out stickers to children who access the optional salad bar.

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 Head Teacher 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
- Providing an optional salad bar

Please note that extra supervision is provided for the Reception year children.

5. 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.

6. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or 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: October 2021

Review Date: July 2022