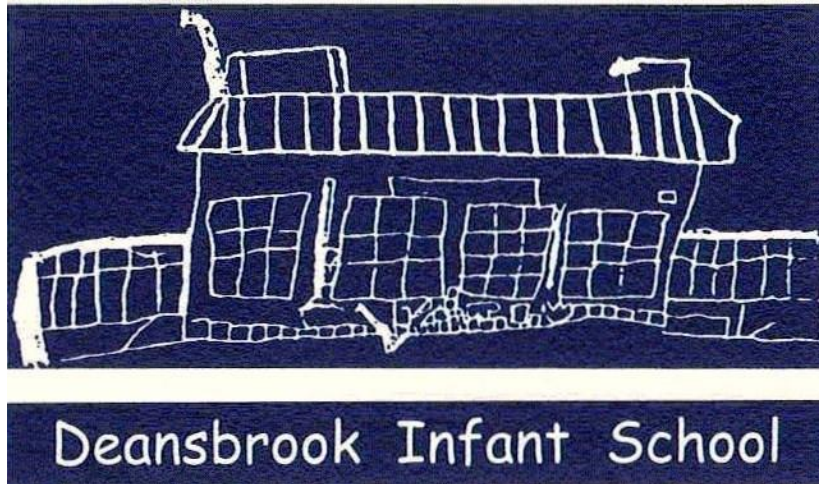


Deansbrook Infant School



Food Policy

Reviewed and ratified by the Governing Body: February 2020

Review Date: February 2023

INTRODUCTION

Deansbrook Infant School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse. This school food policy is co-ordinated by our head teacher Carole Catley

KEY CONTACTS:

Named member of the SLT responsible for food: Carole Catley

Named members of staff leading on healthy food: Carole Catley, Emily Smith, Julie Davis

AIMS

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day in line with the mandatory School Food Standards
- To support pupils to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.

How we achieve these aims will be set out in this policy.

FOOD AND DRINK PROVISION THROUGHOUT THE DAY

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, snacks, lunch and after school clubs.

For more information please refer to: <http://www.schoolfoodplan.com>

A Sugar Smart school

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

Sugar is high on the agenda at a national level. Prompted by Jamie Oliver, the Government announced the Soft Drinks Industry Levy, also known as 'the sugar tax', which came into effect in April 2018. The levy makes soft drinks companies pay a

charge for drinks that contain above a certain amount of added sugar. In England, the money raised from the levy will be invested in programmes that encourage physical activity and healthy eating to school-aged children. The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart'.

Examples of how our school is contributing to the reduction of sugar intake of pupils and families.

- School lunches adhere to being sugar smart and prepare and provide healthy meals which low in sugar.
- A low sugar packed lunch policy with regular audits. No chocolate or sweets. MTS give teachers and parents feedback on the contents of packed lunches
- Working towards a water only school
- Newsletters with reducing sugar tips, low sugar recipe ideas etc.
- Cooking lessons with low sugar recipes
- Promoting oral health in lessons.

Breakfast

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals.

We have a breakfast club which provides a healthy breakfast consistent with school policy and school food standards and is monitored by the Head teacher. Our Breakfast club has a 5 star hygiene rating.

We offer:

- A variety of different fruits every day, e.g. fresh fruit, fruit juice;
- A selection of cereals particularly low sugar, low salt, high fibre alternatives. Mix plain cereal with wholegrain varieties to reduce overall sugar content.
- Use a variety of different types of bread for sandwiches, toast and toasties
- Provide different toppings for toast and bread e.g. olive spread, reduced sugar jam, soft cheese, bananas.
- Semi-skimmed milk for drinking, with cereal or in smoothies and dairy products such as plain yoghurt or cheese.

The school is also part of the National School Breakfast Programme and all children across the school receive a free toasted bagel when they arrive at school each day.

Snacks

As a school we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in Early Years and KS1 to one piece of fruit and/ or vegetable per day.

Drinks

All children and staff have water freely available at all times in the classroom and from the water fountain in the playground. Children are allowed to bring in water bottles. Jugs of water and cups are available in all classes.

All children under 5 are entitled to free milk. Parents are given the option to purchase milk for their child when they reach the age of 5. Children entitled to pupil premium funding receive free milk throughout their time at the school.

School lunches

Our school meal provider is Alliance in Partnership (AIP). AIP is regularly inspected, randomly and annually and adheres strictly to food and hygiene standards. They were awarded a 5 star hygiene certificate in 2018.

Food prepared by the school catering department meets the school food Trust and government based food based standards. Meals provided are consistent with our teaching of healthy eating including the 'at least 5 a day' message and the 'Eat well Plate'. We provide our pupils with the opportunity to eat a healthy, balanced meal. We provide one third of a child's average dietary requirements across a menu cycle. School meals contain meat, fish and vegetarian options. There is a variety of main courses to choose from and fruit and yoghurt available for dessert. The food always looks very appealing and is well presented. The range of meals take into account health needs and religious and ethnic preferences. Halal meat is available once a week.

Meal Time supervisors encourage children to eat vegetable with their meal. The children are incentivised with stickers and a class competition to see which child eats the most vegetables over a half term period.

The head teacher regularly reviews the quality of food and ingredients at catering meetings.

<http://www.schoolfoodplan.com/actions/school-food-standards/>

In September 2014 the Government introduced universal free school meals for all children from reception to year 2. We strongly encourage children to have a school meal as it can be a way of ensuring children get a nutritionally balanced meal.

We do this in a number of ways which include:

- Attractive displays in the lunch hall of Infant children enjoying lunch.
- Parents are invited to come for lunch on the first day of Reception lunches.
- Dishes of the day displayed in the lunch hall for children to browse.
- Menu's available on our website for parents to share with their child. This prepares children, so they can make a choice in advance to Lunch time.
- Special event lunch days
These have included a Super Hero Lunch (children dress up as a Superhero and have Super Food to eat and bring your Teddy Bear to Lunch Day.

FOOD AND DRINK BROUGHT INTO SCHOOL

Packed lunches

It is the school's responsibility to ensure lunch boxes are stored in a cool place away from direct sunlight. Lunches should be brought in a cool bag.

Parents are encouraged to provide healthy well balanced packed lunches. Our school ensures parents have the knowledge about what is healthy.

Packed lunch guidance is part of the admission pack given to every child who joins the school. Children must not bring chocolate, sweets or fizzy drinks and if these foods/drinks are part of a child's packed lunch they are sent back home with a note explaining why they cannot be eaten/drunk at school.

We take into account the following information:

Preparing a healthy well balanced child's lunchbox, include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- A healthy drink such as water, milk or 100% fruit juice.

INCLUDE:

Minimum of 1 portion of fruit and 1 portion of vegetables everyday

- Meat, poultry, fish and non-dairy protein e.g. pulses
- Oily fish at least once every few weeks
- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
- A dairy product milk, cheese and yoghurt
- Water or milk (semi-skimmed).

LIMIT:

- Meat products sausage rolls, pies, sausages etc.
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice 150mls per day

DO NOT INCLUDE

- Salty snacks such as crisps, nuts etc.
- Sweets and chocolate
- Sugary soft drinks

For more information and practical tips: <https://www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes>

School Packed Lunches

- Packed lunches are provided for all children when they are away from the school site during lunchtime e.g on an educational visit. These are balanced and consist of 5 items:
cheese/tuna/honey roll, vegetables eg cucumber/carrot sticks, a homemade biscuit, a piece of fruit and a small bottle of water
- The Catering company and the head teacher regularly review school packed lunches at catering meetings.

Drinks

The school provides water for all children at lunch time; therefore there is no need for packed lunches to include a drink. If a drink it is provided, it is to limited fruit juice, flavoured water and smoothies due to the sugar content.

School events and trips

A packed lunch will be provided by the school caterers for all children who usually have a school meal. If a child brings their own packed lunch on a school trip, however, these lunches must adhere to the same food and drink guidance described above.

Birthdays and other special celebrations

The school recognises the importance of celebrating birthdays and special occasions.

- Children are invited to a Birthday Tea celebration with the Head Teacher where they have sugar-free squash and fruit.
- Children are asked to donate a book to the school to celebrate and remember their Birthday. A certificate is placed in the front cover with the child's name, age and date of Birthday.
- Alternatively they can donate seeds or bulbs for the school garden
- Birthday wishes are included in our weekly newsletter.

Chocolates, sweets and cakes are not allowed for Birthdays.

The national School Food Standards do not apply to parties, celebrations to mark religious or cultural occasions, or a fund-raising events.

After School Club Busy Bees

Children who attend Busy Bees are given a healthy snack:

- Sandwiches on wholemeal bread with vegetable fat spread and tuna/cheese/chicken/egg or soft cheese
- Vegetables eg carrots/cucumber/tomatoes/sweetcorn
- Fruit – banana/tangerine/apple
- Water only to drink

COOKING AND FOOD EDUCATION IN THE CURRICULUM

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3.

Aims

To enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.

To teach children to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.

How we teach Cooking and Food Education

Food and nutrition is taught at an appropriate level in EYFS and Key Stage 1.

We identify food and nutrition links to different subject areas, which include PSHE, Geography, Science and English.

In EYFS cooking, food preparation and hygiene is taught through various topics.

Personal hygiene, healthy and unhealthy foods is taught through Health and self – care.

We use different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.

We monitor children's learning through lesson observations, learning walks, monitoring of plans.

The children make a range of foods including soup/bread/stew and fruit kebabs.

Extra-curricular activities

After school clubs also support the teaching of food and healthy eating and include: Science and gardening clubs. Children learn to grow food which is used in cooking activities in class and also for school lunches.

SPECIAL DIETARY REQUIREMENTS

The school does everything possible to accommodate children with specialist dietary requirements including food allergies and intolerances, religious and ethnic groups, vegans and vegetarians.

Individual menus, which are displayed in the school kitchen, are created for children with food allergies.

THE DINING EXPERIENCE

Dining environments should be a pleasant, social and cultural experience. We believe happy dining environments will help to make lunchtime a positive and enjoyable part of the school day.

School lunches are served in a purpose built dining hall with a large kitchen attached. Our dining hall is a spacious light space with attractive displays on the walls. Lunch times are staggered for the different year groups from 11.45am onwards. The queue for lunch is kept to a minimum as there are two serving areas for children. Children are taught to respect the eating environment by being reminded about good hygiene and table manners. They are given responsibility to clear away after eating. The teachers and members of staff are encouraged to eat with the children on special event days.

FOOD SAFETY

The head teacher has a responsibility to ensure that all food produced, prepared and served on the school premises is safe. (The activity of food preparation, handling and serving of food in the classroom and in clubs is distinct from the provision of school lunches by caterers).

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink, in line with the policy, when in the company of children.

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so they are best prepared to make healthy choices for their families. Coffee mornings and events are delivered during the year for family members to attend.

MONITORING AND EVALUATION

The Head teacher and school governors will monitor the effectiveness of this policy ensuring that training and resources are up to date. They will take into account any local or national guidance.

SHARING THE POLICY

This policy is on the school website for all to access. It will be shared with staff, parents or carers by other methods such as newsletters, parent's evenings and staff meetings.

REVIEW

This policy will be reviewed every three years

Policy Links:

PSHE (including Drugs, Alcohol and Tobacco Education)

Science,

Physical Activity,

Emotional Well Being and Mental health,

Health and Safety