



***Northumberland
County Council***



*Whole School Food
Policy
2016*

Tritlington C of E Aided First School

Ethos

Reflecting the Trust Deed, the school will preserve and develop its religious character in accordance with the principles of the Church of England and in partnership with the Church at parish and diocesan level.

The school will aim to serve its community by providing an education of the highest quality within the context of Christian belief and practice. It encourages an understanding of the meaning and significance of faith and promotes Christian values through the experience it offers all pupils.

These values include love, caring, sharing, forgiveness, tolerance, perseverance and goodwill to all people.

We aim to ensure everyone reaches their full potential by providing an education that stretches the mind, strengthens the body, enriches the imagination, nourishes the spirit, encourages the will to do good and opens the heart to others.

Our Mission Statement

As a Church of England school, we promote the Christian values of love, friendship, forgiveness, tolerance, perseverance and goodwill to all. Members of the school community are encouraged to thrive and achieve as individuals; where every person really does matter; in a setting that respects and celebrates differences.

Our Vision Statement

The school will develop its Christian character in accordance with the Church of England. We aim to ensure that everyone reaches their full potential by providing an educational environment that stretches the mind, strengthens the body, enriches the imagination, nourishes the spirit and encourages the will to do good and open the heart to others.

Tritlington C of E Aided First School

Whole School Food Policy

Introduction

At Tritlington School we recognise the importance of a healthy life-style and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning.

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 has been formulated through consultation between members of staff, governors, parents, carers, pupils and our school cook.

Below are some useful links to resources and information about healthy eating and school meals.

- <http://www.childrensfoodtrust.org.uk>
- <http://www.nhs.uk/change4life>
- <http://www.food.gov.uk>
- <https://www.gov.uk/government/organisations/department-of-health>
- <http://laca.co.uk/>

The principles of this policy incorporate those outlined in the School Food Plan <http://www.schoolfoodplan.com/>

The nutritional principles of this policy are based on the 'eatwell plate'

<http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx> and

The School Food Standards <http://www.schoolfoodplan.com/standards/>

to develop healthy eating and drinking activities that benefit pupils, staff, parents/carers and others associated with the school.

The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff and parents. It will continue to be developed in consultation with pupils and parents as the school works towards its aim of achieving Healthy School Status.

It is recognised that the implementation of this policy will require a change to some of the current practices associated with food policy and provision at the school.

The Food Policy will be reviewed by the Governing Body every 2 years.

This policy should be read alongside the school's PSHE, Science and PE Policies.

It is a requirement of the National Healthy School Programme Healthy Eating Theme that the school has a Whole School Food Policy developed through wide

consultation, implemented, monitored and evaluated for impact. It is also essential that as a school we are aware of recent changes in School Food brought about by the School Food Plan including the new Food based standards for school food.

Rationale

Tritlington School recognises the importance of a healthy diet and the significant connection between a healthy diet and a child's ability to learn effectively and achieve high standards at school.

We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. It is our intention to ensure that awareness of healthy eating is promoted to all members of the school community and also that we identify the role the school can play in promoting family health.

Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

Aims

The main aims of our school food policy are:

- ◆ To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- ◆ To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices
- ◆ To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- ◆ To ensure that the mandatory food based standards are implemented
- ◆ To ensure that the school follows the principles laid out in the School Food Plan and encourages the take up of school meals
- ◆ To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

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.

How we will meet our aims and objectives:

School Food Plan

The School Food Plan <http://www.schoolfoodplan.com/> is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support Headteachers to improve the quality and

take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by :-

- ◆ Adopting a 'whole-school approach': integrating food into the life of the school: treating the dining hall as the hub of the school, where children and teachers eat together; lunch as part of the school day; the cook as an important staff member; and food as part of a rounded education
- ◆ The Headteacher leading the change
- ◆ Concentrating on the things children and their families care about: good food, attractive environment, social life, price and brand
- ◆ Encourage take up of school meals to improve school food economics and in particular encourage take up of the new Universal Free School Meals for all KS1 from September 2014

Staff training

All school staff including teachers, teaching assistants/lunch time supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines.

To facilitate this staff will be made aware of any updates or training which becomes available regarding Food in School/ healthy eating issues.

Food across the Curriculum

Food and nutrition will be taught at an appropriate level throughout each key stage. Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work at all key stages will reflect the whole school approach to healthy eating and incorporate the DFE statutory guidelines :- <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>

At Tritlington we recognise that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects:

In Early Years, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, eg writing to a company to persuade them to use less sugar and salt in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides 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.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children will experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages. Pupils are taught the principles of nutrition and healthy eating through practical work with food. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods for example, where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development eg to activity centres.

Forest school allows the children to participate in outdoor cooking activities.

After school clubs include a range of sporting activities encouraging physical exercise as well as cookery and gardening clubs from time to time.

In addition to normal curriculum time, each year we have a dedicated week for the whole school which is designated as Healthy School week. This includes many fun activities which are designed to promote knowledge of healthy eating such as making pizzas, fruit salads, bread, healthy drinks such as smoothies etc.

Visitors in the classroom

This school values the contribution made by outside agencies including the school nurse in supporting class teachers. The Headteacher will ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject of healthy lifestyles. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

Resources

The Headteacher will ensure that any resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'eatwell plate' where appropriate.

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.

Food and Drink Provision throughout the School Day

Food Standards

National Nutritional Standards for school lunches became compulsory in 2009. As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches came in to force in January 2015. Together with the existing standards they cover all food sold or served in school. At Tritlington this is lunch and mid-morning break.

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school does not operate a breakfast club; Parents and carers are asked to provide children with a nutritious meal before the start of the school day.

Lunch

Food prepared by our school cook meets the National Nutritional Standards for School Lunches.

Universal Free School Meals

From September 2014, all children in Reception, Year 1 and Year 2 in maintained schools in England have been eligible for free school lunches. Tritlington fully supports this initiative, encouraging children to have their free school meal.

Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour and attainment.

Free school meals are also available to children whose parents are classed as unemployed and receiving a qualifying benefit: an application needs to be completed and returned to the school or free school meal office at County Hall.

Fruit Scheme

The school supports the '5 a day' campaign to encourage children to eat 5 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.

The School is part of the National Fruit and Vegetable Scheme. There is a choice of:

- bananas
- apples
- pears
- carrots
- tomatoes
- easy-peel citrus fruits, such as satsumas

They also provide strawberries when they are in season.

Milk

Since 1 January 2015, the new Food Standards require that milk must be available for drinking at least once per day during school hours. The very youngest children receive free milk up to the end of the academic year in which they reach age five. We offer milk to all children with lunch.

Water

Research shows that our brains need water to stay active and alert. Drinking water will be freely available to all pupils, everyday, and free of charge. All children will have their own named drinking cup in school and access to chilled water from our drinks dispenser. Water is also offered with lunch.

Snacks

At Tritlington, we understand that snacks can be an important part of the diet of young children and can contribute positively towards a balanced diet. The school permits fruit based snacks at break times

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. See Behaviour Policy.

Food and Drink Brought in to School

Packed Lunches

Packed lunches prepared by the school cook adhere to the Government Food Lunch Standards.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'.

Further advice including a guide to producing a healthy, nutritious packed lunch can be found on the children's food trust website:-

<http://www.childrensfoodtrust.org.uk/schools/packed-lunches/>

Special Dietary Requirements

Cultural and Religious Diets

Many people follow diets related to their culture or religious beliefs and as a school we will make every effort to provide suitable meals for all children. The school needs to have a robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time. For further guidance on Special Diets:

<http://www.childrensfoodtrust.org.uk/schoolfoodplan/uifsm/special-diets/catering-for-religious-diets>

Medical Diets

Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an

emergency. They are drawn up with reference to the guidance document – “Supporting Pupils with Medical Conditions”.

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.

Food Hygiene

All staff who work with food in school have completed Food Hygiene training and will demonstrate good practice procedures when preparing, cooking or serving food.

Children are always reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; wearing a food preparation apron, using clean equipment, always washing hands before and after working with the food and using an individual spoon etc. when tasting food.

Partnership with parents and carers

The partnership between 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 updated on our policies through newsletters and the school web-site. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash with their packed lunch.

During events such as parties, the school will encourage parents and carers to consider the Food Policy in the range of refreshments brought to school to share. However it is important to stress to children that it is O.K. to eat less healthy foods and snacks occasionally as a treat and as part of a well-balanced diet.

Parents and carers will have access to the Summer and Winter Lunch Menu options through the school website and it will be posted in school. The cook will ensure that weekly menus and a daily menu is available to all parents and children in advance.

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.

The Headteacher leads on the development and monitoring of the Whole School Food Policy and is responsible for ensuring that the policy is implemented on a day to day basis and that all staff have the support and training needed to meet the requirements of the Food Policy.

The Unit Manager (School Cook) is responsible for providing high quality food that complies with the national nutritional standards for school food; contributing to a

welcoming and positive eating environment and offering the children a range of food choices that are both new and familiar so encouraging them to eat a broad and balanced diet.

The LA are responsible for ensuring that menus created and food supplied through their approved providers continue to meet the required standards.

The Headteacher and Subject Co-ordinators are jointly responsible for the curriculum development of the Food Policy.

Monitoring and Evaluation

Parents will be invited to:

- Complete an annual food survey
- Participate in an annual review of the School Food Policy and to contribute to a healthy eating approach where appropriate.

Governors

The Curriculum Committee are responsible for monitoring the implementation of the Whole School Food Policy and evaluating the impact this has on all stakeholders.

Review

Policy adopted: June 2016

This policy will be reviewed every 2 years or earlier if needed to take account of any