

# HITHERFIELD PRIMARY SCHOOL AND CHILDREN'S CENTRE



## SCHOOL FOOD POLICY

### *Our Vision Statement*

*'Our vision is to create a school community where everyone feels valued, has the opportunity to explore and develop their strengths and is able to participate in new experiences. We aim to become an inspirational school to produce good citizens for the future in an atmosphere that promotes confidence, high academic achievement, physical health and emotional well being.'*

# Document Control

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## Change Record

Date	Author	Version	Change Reference
2007		001	
Jan 2015	CAJ	002	Updated
March 15	PP+C	003	Minor addition and agreed

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## Distribution

Reviewers	Approvers	Distribution
PP+C Committee	Full Governing Body	All staff

## **Introduction**

In September 2014 Hitherfield Primary School started a new contract with a new school meal provider, ISS, in order to improve the quality of food being served at the school. This decision was made in conjunction with other primary schools with our school cluster, the South Lambeth Schools' Partnership (SLSP).

In the Autumn of 2014 Hitherfield Primary School became a Food Flagship School for Lambeth and the school strives to integrate food growing and cooking into its curriculum offer to all year groups.

### **1.0 Aim**

1. To ensure that Hitherfield Primary School pupils are well nourished in school and food provision reflects Government led standards.
2. To ensure our pupils understand the importance of a healthy balanced diet and they are equipped with the knowledge and understanding of sustainable, healthy eating and cooking.

### **2.0 Objectives**

Pupils have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.

1. To recognize and acknowledge the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.
2. To ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
3. To ensure that all members of the school community are able to make informed choices about the importance of food and its production.
4. To promote the school's role, as part of the larger community, to promote family health, and sustainable food and farming practices.
5. To ensure that all menus served in school meet statutory Government nutritional guidelines

### **3.0 Strategies to Achieve Objectives - Healthy Eating in School.**

#### **3.1 Food provided during the school day (Breakfast, mid-morning snack, lunch and after-school meal).**

- Our school caterers ensure the school breakfasts, lunches and after-school meals all meet the Education Regulations (Nutritional Standards Requirement for school food) (England) 2007.

- We have a separate Healthy Packed Lunch policy which reflects the Food Standards Agency Guidelines for a Healthy Packed Lunch and School Food Trust Guidelines.
- We are a nut aware school. We do not serve foods containing nuts, but we appreciate that children cannot be completely protected from nuts, so we educate children around the potential dangers of sharing food.
- We have a separate Fasting policy which supports children, staff and parents when children decide to fast.

### **3.2 Water Consumption**

- Plentiful drinking of water by Hitherfield Primary School has been recognised in improving behaviour and concentration. Every classroom has a drinking fountain and children are allowed to drink during lesson times. There are drinking fountains in the playgrounds for unlimited drinking and water and milk are part of the lunch offer in the dining halls.

### **3.3 Rewards**

- We do not reward children with sweets or chocolates.

### **3.4 The Dining Environment**

- Hitherfield Primary School is committed to providing a welcoming eating environment that encourages positive social interaction. Children in the early Years eat in their own designated dining hall, where they sit at communal tables. Children in Years 1-6 eat in the main hall. In order to ensure children have enough time to eat the lunchtimes are split into phases. Children sit at communal tables, whether they eat school meals or packed lunches. We value the social aspects of eating with friends and therefore our dining halls are places for talking and socialising.
- School staff receive a subsidised school lunch if they eat in the dining halls with the children. Many staff take up this offer. This results in staff and children having time to socialize together, developing stronger positive relationships.

### **3.5 Food in the curriculum**

- Schemes of work will reflect the whole-school emphasis on Every Child Matters outcomes, including healthy eating - particular reference will be made in Citizenship, Science and PE.
- All pupils will be given the opportunity to take part in a structured programme that promotes healthy eating these are:
  - The use of the Edible Playground in every year group to develop an understanding of seasonality, where food comes from, what food looks like and to encourage children to taste a range of healthy foods.

- Our Science, PE and PHSCE curricula educate children about the importance of a balanced diet, the effects certain foods and lifestyle choices can have on their bodies and the importance of regular exercise.
- The school has ear-marked a room in order to develop a kitchen for class/group work, to embed the preparation and cooking of food into the curriculum.

### **3.6 Pupil Consultation**

- Children will be given regular opportunity to be consulted appropriately about their food choices – including school meals and food and drink other than lunch. Informally, children's preferences are monitored in the dining halls by the playground leaders and the school cook and this information is fed into the next menu.

### **3.7 Partnership with parents and carers and pupils**

- 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 and pupils are consulted on the school food offer and actions taken are fed back to them.
- If parents and carers wish to celebrate their child's birthday with food (eg fruit, cake etc) the food will be distributed at the end of the school day when individual parents and carers can decide if they want their children to eat the food.

### **4.0 Monitoring and Evaluation**

- School meals and packed lunches are monitored by staff in the dining halls, staff in the breakfast and after-school clubs. The volume of waste is monitored, as it one of the easiest ways to identify what food is most popular.
- Questionnaires to parents and children provide essential feedback.