

# 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

## Change Record

Date	Author	Version	Change Reference
2007		001	
Jan 2015	CAJ	002	Updated
March 15	PP+C	003	Minor addition and agreed
Nov 2017	CAJ and AW	004	Multiple policies brought under one heading and minor amendments made
Jan 2020	CAJ	005	Updated
January 2021			Reviewed

## Distribution

Reviewers	Approvers	Distribution
LAPD Committee	Full Governing Body	All staff

## **Introduction**

Since September 2014 Hitherfield Primary School has a contract with a school meal provider, ISS, with other primary schools with our school cluster, the South Lambeth Schools' Partnership (SLSP).

Previously Hitherfield Primary School was 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.

- 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 'Fasting' section below, 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 flavoured water (naturally flavoured with fruit or cucumber) 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 hall, where they sit at communal tables. Children in Years 1-6 eat in the Main School 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 and this results in staff and children having time to socialise together, developing stronger positive relationships.
- We provide children with access to antiseptic hand gel to ensure that their hands are clean before eating.

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

- 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 a hob and oven in the Additional Classroom and the group room in the Reception Building to help offer the children the opportunity to prepare and cook food.

### **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.
- The School Council feedback on school meals
- Questionnaires to parents and children provide essential feedback.

### **5.0 Packed Lunches**

- Parents wishing their child to have a packed lunch need to complete the Packed Lunch contract – see below.

- The school will provide space for storing packed lunches and ensure that free, fresh drinking water is readily available at all times. The school will work with parents to ensure that children are eating a healthy, well-balanced meal at lunchtime.
- As fridge space is not available in school, pupils are advised to bring their packed lunch in insulated bags to ensure that it remains fresh and tasty until lunchtime. Freeze blocks can be included if desired.
- Staff will provide advice for parents and pupils who would like to know more about following our Healthy Lunch Policy.

### 5.1 Packed lunches can include:

- a sandwich with a healthy savoury filling or equivalent main meal (eg. pasta, noodles, rice, couscous, potato, soup, falafel, curry etc.)
- a portion of fresh or dried fruit without added sugar (eg. apple, mango, grapes, raisins) **AND** a portion of vegetables (eg. carrot sticks, mini tomatoes, cucumber, celery etc.)
- yoghurt, fromage frais, cheese or similar dairy item or other non-dairy protein item (eg. tofu, seeds, salami).
- water
- **ONE TREAT ITEM** - choose from a small cake OR a biscuit OR a cereal bar OR a small packet of crisps or snacks. (Please be aware that **these items often have high fat, sugar and salt levels**)

#### **Please DO NOT INCLUDE (As these items contain very high levels of sugar):**

- Chocolate bars, chocolate covered biscuits or chocolate spread
- jam
- sweets
- fizzy drinks such as cola, Lucozade, and lemonade
- fruit drinks (eg. Ribena, Fruit Shoots), flavoured water, 'sports' drinks, squash or cordials;

### 6.0 Special diets and allergies

- If a child has particular special dietary needs and they wish to have a school meal, they will need to complete the request form provided by our school caterers. Most special diets can be catered for. The school cook will ensure that all catering staff are aware of the needs of the child concerned.
- The school recognises that some pupils having a packed lunch may require special diets for medical reasons. In this case parents are asked to be responsible and ensure that packed lunches contain healthy alternatives to those outlined above.

- Hitherfield Primary School is **allergy aware** and will liaise with parents/carers to ensure the health and safety of a child with severe food allergies. **As part of this awareness we do not allow the children to share their food with others.** We ask parents to help discourage their child from sharing their food.
- **Parents/carers must highlight any issues** connected with their child's diet on the child's school application form. These issues will be passed on to the Inclusion team by the administration staff in the school office. Should a child develop an allergy or intolerance to a particular food, parents must inform the school office as soon as possible.

## 7.0 Ramadan and Fasting

- At Hitherfield we recognise that Ramadan is an important and special time for many families. Fasting for religious observance is a private matter between a person and his or her God.

We do not expect children to be forced to fast at primary school age as they are still physically and emotionally immature. However, we recognise that some children will wish to fast. We ask parents to remind them that this is only one aspect of observance during Ramadan and that they can show their commitment in a variety of ways such as trying not to argue, discuss others in a negative way or to become angry with others. You may also consider encouraging a range of ways that children of this age could begin practising the observance of fasting; for example, by fasting for part of the day or during the week-end when activities are not so demanding.

It is important to understand that, as a school, we have a duty of care towards the children's wellbeing. We also have an obligation to make sure all children participate fully in the curriculum and progress with their learning throughout the year. We believe that if a child of primary school age is not drinking water, they are at risk of not being able to participate fully during a long summer day. This is a situation we face in England when Ramadan falls during the Summer Term.

It is also important for parents to know that children sometimes feel pressured by other children to fast and that, as they are very young, this can become competitive.

### Guidance for Parents:

- 1) It is best if we know which children are trying to fast. Please tell us if your child is fasting and what arrangements you're making for your child over Ramadan by completing the form below.
- 2) If a child who is fasting feels unwell during the school day we will contact you directly. Please make sure we can reach you on the phone during the day and that we have up to date phone numbers.
- 3) If a child needs to be sent home this will be regarded as an absence.

- 4) Unless we have been told that a child is fasting by a parent we will expect them to eat lunch as usual.
- 5) We will have water and food available throughout the day should a child wish to break their fast.



Hitherfield Primary School & Children’s Centre

**PACKED LUNCH HEALTHY EATING CONTRACT**

**Name of pupil:** \_\_\_\_\_ **Date:** \_\_\_/\_\_\_/20\_\_

- I confirm I have received a copy of the School’s Healthy Packed Lunch Policy.
- I understand that I must provide a healthy packed lunch for my child in line with the guidance set out in the policy. Useful packed lunch recipe ideas can also be found on [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)
- I understand that I am able to ask for advice on providing a healthy packed lunch from Hitherfield staff.
- I understand that it is my responsibility to alert the school about food intolerances or allergies.

**Below are some ideas for a balanced packed lunch**

Fruit & Vegetables	Include <b>at least</b> one portion of fruit <b>and at least</b> one portion of vegetables or salad in their daily packed lunch.	✓
Meat & Alternatives	Include meat, fish or another source of non-dairy protein every day. Non-dairy sources include soy products, chickpeas, beans, hummus, nut butters and falafel.	✓
Oily Fish	Include oily fish such as salmon, trout, sardines, Jack fish or fresh tuna regularly.	✓
Starchy Food	Include a starchy food such as bread, pasta, rice, couscous, noodles, potatoes or dumplings.	✓
Milk & Dairy Food	Choose a dairy item such as cheese, yogurt or fromage frais. (Watch out for the sugar levels in these products though.)	✓
Healthier Drinks	Free, fresh drinking water will be available at all times as this is the healthiest drink for your child. However, you could also add an extra bottle of water to your child’s packed lunch as well.	✓

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**Parent/carer signature** ..... **Date:** ...../...../20....

## Tips on introducing your child to healthier foods

If you're finding it difficult to introduce healthier food into your child's daily diet, you may find these ideas useful. More information can be found at [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk).

These have been sent in from parents themselves, so may be successful for you!

- Encourage kids to help with preparing the family meal, according to age. When they are cutting the vegetables, let them know where they come from and how they grow.
- To prevent unhealthy snacking, leave out a bowl of healthy snacks within easy reach.
- Experiment with healthy food; frozen banana or melon chunks make a tasty alternative to ice cream or lollies and help children to see that healthy food does not have to be boring.
- Make sure that one meal a day is taken as a family and eat healthily so that younger children have a good example presented to them.
- Make cooking and baking fun – get your child involved and you'll be raising their general knowledge of basic ingredients and cooking skills.
- Try mashing vegetables with potatoes for younger children or allowing older children to arrange their fruit to make their plate look pretty as long as they eat it afterwards!
- Your children might enjoy playing guessing games revolving around food. For example, what has more Vitamin C, an Orange or an Apple? What has more calories, an ice lolly or an ice cream?
- Introduce new foods gently...little by little. Let children know that it takes a lot of little 'tries' (about 17!) before a new food 'tastes nice' (especially if the food does not contain much sugar).
- Involve your children in food shopping so they can see what you are buying and help you to choose the fruit and vegetables.
- Take care about the messages children are getting when they watch T.V. Talk to them about the foods and drinks they see advertised. Help them to decide which are **really** good for them!



## Fasting Permission Form

My child .....(name), who is in class

.....may wish to fast during the month of Ramadan this year.

- I understand that if a member of the School Leadership Team believes that she/he appears to be unwell or unable to participate fully in class activities, I will be called to collect them and my child will be recorded as absent for the rest of the school day.
- I understand that food and drink will be provided for my child if they say that they want to break their fast during the school day.
- My current contact number is:

.....

Signed: .....

Date: .....

