



THE WHITE ROSE FEDERATION

FOOD POLICY

OUR VISION

One family branching out together

Document Status

| Date of adoption by the Governing Body | Date of next review | | |
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| Autumn 2020 | Autumn 2023 | | |
| Responsible officer | | | |
| J. Marwood | | | |
| Signed: | | | |
| Headteacher | S. MacDonald | Chair of Governors | J. Brown & A. Burr |

Links to Other Policies

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|------------------------|--|
| Healthy Schools Policy | |
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FOOD POLICY

Why is a policy needed?

Within our federation we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership within parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Application

This policy covers the areas of:

- Breaktime snacks including those brought from home
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

Break time snacks

All Nursery, Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

Milk

Our school provides a milk scheme called Cool Milk for all pupils, in accordance with Government guidelines. Parents are invited to register and pay for their child to participate in this scheme, which provides a carton (189ml or 1/3 of a pint) of semi skimmed milk every day. Parents can specify if an alternative type of milk is required e.g. soya. Children under 5 receive free milk under the government paid scheme. Any Pupil Premium eligible child can also receive milk for free.

Water

Fresh, chilled drinking water is available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

Covid restrictions – pupils should bring in their own named water bottle from home and this will be sent home every night.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

School lunches including packed lunches

Within our federation, all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. “A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment”

We will provide Universal Free School Meals for children in Years Reception, 1 & 2 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily. Support and advice is provided through information on our websites.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

Curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We reinforce our delivery of the national curriculum by holding a Healthy Schools Week annually which enables us to focus on all aspects of wellbeing including healthy eating.

Extended Curriculum

Mrs Smith, our Food Coordinator, runs a Cookery/Healthy Schools After-School Club at all three schools through the year and pupils are invited to join in to prepare, cook and take home a variety of healthy meals.

Before and after school club / Holiday club

Food provision at our breakfast and after school club and holiday club is compliant with the National School Food Standards. Relevant staff have basic Food Hygiene and Allergy Awareness certification. Children in the clubs have regular opportunities to help prepare healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities.

At Breakfast Club, we offer:

- a variety of different fruits and vegetables every day; this could be fresh fruit, dried fruit, canned fruit (peaches or mandarins) in natural juices.
- A selection of cereals including low sugar, low salt, high fibre alternatives such as Porridge or Ready Breek, Weetabix, Shreddies, Cheerios (plain), Rice Krispies, Bran Flakes.
- 50:50 or brown bread for sandwiches, toast and toasties
- Pain au chocolat or croissants can be served occasionally but not more than once a week
- Different toppings for toast and bread e.g. low fat spread, low sugar fruit jam, marmalade, honey, low fat soft cheese, cooked tomatoes, bananas or beans and eggs.
- Semi-skimmed milk for drinking, with cereal or in smoothies and low fat yoghurt.
- Water to be available at all times
- Hot Breakfast on a Friday at Chapel Haddlesey and Barlow can include pork sausages, eggs, baked beans but not bacon.

At our Out of School Club (after-school care), we can offer:

- Milk or water to drink
- Fresh fruit

And as a light tea for those staying after 4.30pm,

- Wholemeal toast with beans , scrambled eggs or spaghetti hoops or cheese on toast
- Soup – any tinned variety
- Wraps – grated cheese or tuna with carrots, cucumber or tomatoes
- Sandwiches – wholemeal bread only with cheese , tuna or egg with or without salad
- Low-fat yoghurt or fresh fruit
- Rice cakes

- No crisps, biscuits, popcorn or chocolate

School Awards

We are keen to raise the profile of the Healthy Child within our federation and have appointed Mrs Smith and Mrs Hall as our Healthy Schools Leaders. They sign up to the Phunky Foods and 'Let's Get Cooking' websites for exciting curriculum ideas. We have also just been awarded in 2020 the Bronze Healthy Schools Award across all three of our schools. Next on the list is the Bronze Food for Life Award.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but, to promote healthy eating choices, we would ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in to celebrate birthdays we would ask that healthy foods such as fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives. In school we celebrate children's birthdays during our celebration assembly.

At Christmas and at the end of the school year, classes may have a class party in which food is donated by parents or purchased by school. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

School Garden

We have a School Garden at each of our three schools and grow produce to use in our kitchen and in cooking in class. Chapel Haddlesey have a Community Garden which was funded through three grants and support from local community members.