

Pinehurst Primary School Whole School Food Policy

Background information to the school

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners in science and in personal and social education about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, the LA ,and other agencies, to extend healthy eating patterns into the wider lives of our learners.

Policy formation and consultation

This is a working policy and the consultation process consists of the Headteacher, the Healthy School Coordinator and the Chair of Governors at the School.

Rationale

- We believe that every adult at Pinehurst School can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long term health and development.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want children to enjoy cooking and learn certain core skills by the time they leave the school.
- We believe that food has a place across the curriculum and has a role in developing young people's social skills.

Aims

The School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to:

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- Ensure 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.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Improve the dental health of pupils through the inclusion of dental health education within the planned PSHE programme.
- Ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff, for example medical allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.

Objectives

- To educate children about healthy eating and drinking.
- To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet.
- To alert learners to the dangers of an unhealthy diet.
- To provide learners with healthy food and drinks in school.
- To encourage parents and learners to support our work by bringing healthy lunches and snacks when they provide their own food
- Pinehurst Primary School work to ensure that the school food provision is compliant with current legislation.

Food Through the School Day

The school governors and Head Teacher has overall responsibility for food within the school and throughout the school day. However, all members of staff within Pinehurst Primary School work together to monitor and evaluate this topic and support each other and the children.

Before and After School

We discourage parents from providing our children with sweets, crisps, chocolate and fizzy drinks.

Breakfasts

Currently, the school provides a breakfast club in school. We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast. We encourage children to eat breakfast and educate them on the positive effects this meal has on their well-being and education. Please speak to your child's class teacher for more information on this service. The school supports healthy eating by offering low sugar/salt cereals, toast (including wholemeal), milk, fruit juice and water.

School Meal Provision

Pinehurst Primary School recognises the value a good school lunch can have on our children's development and have provide the service in house and do not commission commercial catering companies. Our Catering Manager is Pamela Cartwright. The whole catering team know the children well and encourage the children to eat well at lunchtime. We have regular meetings with the catering manager and our consultant where discussion on food quality and the content of the menu takes place; we encourage the children to participate with the teams so their feedback is gauged and valued.

Free School Meals

- The school promotes application for Free School Meals for those families that may be entitled to this benefit.
- This message is reinforced at parent's inductions and events.
- The uptake of Free School Meals is monitored termly.
- There is no stigma to Free School Meals as only those children entitled are known to adult staff.
- Those entitled to Free School Meals have the same entitlement as those who pay.
- Liverpool has an online system to register for free school meals

<http://liverpool.gov.uk/schools-and-learning/grants-and-funding/free-school-meals/>

Packed Lunches

- Children who eat packed lunches eat in the dining hall
- We are currently encouraging the children to eat a healthy packed lunch which includes fruit, yoghurts and starchy items such as sandwiches, baps or wraps.
- The school send out letters at the beginning of the school year, reminding parents that no fizzy drinks or chocolate are allowed in their children's packed lunches.
- We aim to reach a point where no children have chocolate, crisps or sugary drinks in their packed lunches.
- We aim to support parents in making healthy choices when preparing packed lunches.
- Our school council group regularly talk about healthier packed lunches.
- Children's eating is monitored by lunchtime staff, supervisors and teaching staff whilst in the hall.
- Children are asked to take home all food that has not been eaten to allow parents to monitor their child's consumption
- Parents are encouraged to report any concerns with the class teacher. and likewise teachers may discuss any concerns or issues with parents

Arrangements with Catering Providers

Our school lunches are provided by in house and from time to time we have taster sessions so parents/carers are able to view the quality of the food and what food is available to the children. The food not only complies with current legislation but it is liked by the children. The school meals are audited by an independent professional Healthy Eating Officer.

Dining Room Environment

- Hot dinner and packed lunch pupils all sit together and our aim is to make sure that to eat their lunch and do not need to rush.
- We encourage our pupils to play an active part in improving the dining hall environment by taking their ideas to the school council and then involving the whole class group in the decisions taken.
- Lunchtime supervisors have been trained in behaviour management and safeguarding and follow the school ethos.

Snacks

- Children are encouraged to eat a healthy snack.
- Children are allowed to eat a plain biscuit or fruit.
- Chocolate, sweets, crisps and fizzy drinks are not permitted.

Drinks and Water

The school recognises that hydration plays an important part of development and we encourage children to drink plain water throughout the school day. Milk is available to all children at the school.

Special diets, allergies, diet related disorders

- Parents are asked to inform the school if a pupil suffers from any medical allergy, identifying the foods to which s/he reacts and the usual symptoms of the reaction.
- Pupils with allergies are also identified to kitchen, staff and on the office noticeboards.
- All staff members are aware of the school's medical, and health and safety procedures.
- Our catering staff have been trained up to the Food Information Regulations 2014 – Allergen labelling and are on site to discuss any allergenic ingredients that may be in the dishes/recipes. Please make an appointment through school to meet our catering manager to discuss allergens or any other medically diagnosed conditions that affect food consumption
- Our Cookery teacher is made aware of children with allergies.

Food bought in for special occasions (birthdays religious celebrations etc)

- As a school we recognise the benefit of birthday celebrations for children. If a parent wishes to send in cakes or sweets for their child's classmates, we will distribute them accordingly, towards the end of the school day.

Staff Room

- Teachers should demonstrate a healthy attitude to food in school ensuring that the benefits of healthy food is promoted to children.

Rewards and Celebrations

- Only in very rare circumstances will sweets, chocolate, crisps or fizzy drinks be used as a reward for outstanding work and/or behaviour.
- The school allows some less healthy food to be consumed in the event of an annual class Christmas party and/or end of year class party. This is at the discretion of the Headteacher.

Curriculum Learning Opportunities

- We exploit opportunities within the existing curriculum to discuss and work with food.
- We expose the children to the benefits of a balanced diet.
- We recognise that food has great potential for cross curricular work.
- Cookery is delivered through the Design and Technology Curriculum. There are also topics and opportunities in PSHE, History and Literacy.
- The school commissions the support of food professionals from time to time to work with the children in the classroom, and sometimes the children will be encouraged to take home things that they have made.

Participation in national and local events and initiatives

- Food may be the medium used to celebrate international and local events such as Chinese New Year, Diwali, Great British breakfast, and National Scouse Day

Monitoring and Evaluation

- This is a working policy – this draft will go to consultation with the whole school community; including children, parents, school staff, catering staff, governors, school nurse and Healthy Schools Officer.
- The Healthy Schools Coordinator will develop the policy accordingly.
- The designated catering contractor is responsible for ensuring that the quality of food offered is of a high standard and compliant with legislation.
- This policy will be reviewed annually to take account of new developments.
- The policy will be accessible to everyone, including children, parents and extended staff, online and by request of a hard copy.

Conclusion

It is hoped that by adapting a healthy food policy that the school can promote health and well being while also educating the children to take the practices of the school into their daily lives. Subsequently this will help them to make informed health decisions for the rest of their life.