

Food Policy

January 2012

Reviewed annually by the governing body



Introduction

The Priory Primary Academy Trust is a rural school with a large amount of fruit and vegetables grown locally. We are committed to being a healthy school and to promoting the health and well being of the school community. We are a nut-free school.

This policy supports the Being Healthy strand of the Department for Education (DfE) strategy, "Every Child Matters". The policy should be read in conjunction with the Nutritional Standards policy.

The Priory Primary Academy Trust endeavours to provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, we aim to create an environment that supports a healthy lifestyle.

The aim of this policy is to ensure that all aspects of food and nutrition in the Academy help to promote the health and well-being of the whole Academy community. We hope that our pupils will develop the skills to take responsibility for their food choices and to understand the consequences of these.

We aim to:

- ensure that the whole Academy community is involved in the implementation of this policy
- ensure that food and nutrition information across the curriculum and in extra-curricular activities is consistent and up to date
- ensure that food provided across the school day is consistent with our aim and meets the mandatory standards covering all school food
- contribute to the healthy physical development of all members of our Academy community.

Food Provision across the school day

The food provided within school meets the mandatory standards from the DfE and is nut free.

Break time

If you would like your child to bring a snack from home, we ask that it is in line with these standards and selected from the following list:

- fresh fruit: dried fruit such as raisins, sultanas, apples or apricots
- cheese
- raw vegetables such as peeled and washed carrots, cucumber or celery (dips can be used if wished)
- plain biscuits such as rich tea, oatcakes, bread sticks, fruit cereal bars
- cream crackers, rice waffles
- Melba toast or crisp bread
- sandwiches (suitable fillings might be meat, cheese, marmite, tuna, egg, salad, fruit paste and banana)
- fruit bread, teacakes, malt loaf, fruit buns

If children bring snacks that do not meet the standards, they will be politely asked to return it to their bag until the end of school and to ensure they are not hungry, they will be offered a free piece of fruit as an alternative.

We do not allow crisps, confectionary, sweets, or chocolate.

Years R, 1 and 2 are provided with a morning break time snack of washed fruit or vegetables as a part of the Government's '5 a day campaign'. It is unlikely that they should need anything further to eat but they may also bring something from the healthy snack list if parents feel it would be beneficial. A basket of fruit is also made available to the junior children.

School lunches

All our school meals are provided in house and are freshly cooked. We aim to provide as little processed and as much local food as possible.

We are mindful of our carbon footprint and the catering manager ensures that all food is sourced from responsible local suppliers. All meat is British, fresh and sourced from a local supplier. The company also supplies the school with local free farm range eggs and with fruit and vegetables from a local market. All other goods come from one of the largest supplier to the catering industry.

Fresh fruit and vegetables are included each day in the menu. In addition a salad bar is always available. We offer both meat and vegetarian main courses, which adhere to the National Standards of Nutrition. Additionally, specialist dietary needs and allergies are also catered for.

Lunches are served in a canteen style and children and staff sit together to enjoy their food. The vast majority of children and staff at the Academy eat a cooked school lunch. The Academy has an inclusive approach both to enjoying the lunch time experience and to learning about food and keeping healthy across the curriculum.

The cost of School lunches will be set from time to time by the governing body.

Packed lunch

Some children bring packed lunches to school and we encourage these to be as healthy as possible and to form part of a balanced diet. We do not allow sweets, chocolate or fizzy drinks and these are politely returned to parents.

Water

Water is available throughout the school day to all children and staff and a point of use mains fed water cooler is situated in the dining room. Water is free and easily accessible.

At lunch time, staff members actively encourage children to take advantage of this facility and children may return to the cooler repeatedly. Children may also drink milk at lunch time. There are also drinking fountains in the Academy and there is also a drinking water tap on the main playground.

Children may drink water at any time except during assembly. Children are permitted to have their water bottles with them in the classroom or in the cloakroom nearby. We do expect them to behave sensibly with these.

Monitoring of food provision and food choices

As the Academy is small, most staff members are very aware of what children are eating and, if necessary, can encourage children to try new foods, finish their meal etc. In particular, the catering staff members keep a watchful eye on which foods are popular and which food goes to waste. The children are the biggest advocates of The Academy's lunches and are always keen to tell the kitchen staff how much they have enjoyed their food.

Food across the curriculum

The overall aim of our teaching about food and nutrition is to help children learn about and to enjoy food. As part of the curriculum, 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, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
- Mathematics offers 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.
- Religious Education provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- Information Communication Technology (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 Design Technology provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking and hygiene.
- Personal, Social, Health Education (PHSE) 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 to young people, e.g. advertising and sustainable development.
- 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 that 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.

Out of hours learning includes, from time to time, cookery, gardening and sports clubs.

Partnership with parents and carers

The partnership of home and school is critical to us in shaping how children 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 regularly updated on our food and snacks policies through letters and the website. The school website displays the menu for each week. During out of school events, e.g. discos etc, the Academy will encourage the Parents' Association, to consider the Food Policy in the range of refreshments offered for sale to the children.

Continuing professional development of staff

The Academy requires that all catering staff hold appropriate food hygiene certification. They disseminate knowledge to other members of staff, as appropriate.

Monitoring and review

The subject coordinators are responsible for the curriculum development aspect of the Food Policy and the Head Teacher has responsible for its implementation.

The Governing Body is responsible for ensuring the provision of school meals meets the minimum Nutritional Standards guidelines. Governors monitor provision and check that the school policy is upheld and may also offer guidance where a member has particular expertise.

The Catering manager is responsible for the content, preparation and cooking of school meals.

Reviews can take place formally and informally and may include pupils, governors, staff and parents.