

St John's Upper Holloway CE Primary School



Food policy

March 2020

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Our Vision

Jesus said: 'Love each other as I have loved you'. John 15:12

As we are loved, so we shall love.

As we are taught, so we shall teach.

As we are nurtured, so we shall flourish.

Our Mission

- St John's is a small, caring Church of England Primary School. It is committed to supporting our pupils to be happy, successful and fulfilled throughout their lives. We believe that everyone is unique and valued by God. We aspire to be a high achieving school that provides an outstanding education:
 - ❖ promoting the highest standards of teaching and learning, with excellent leadership
 - ❖ being inclusive, celebrating diversity and valuing all religions, faiths, cultures and backgrounds
 - ❖ providing a rich and stimulating curriculum that will inspire and challenge
 - ❖ being a happy, healthy and safe place
 - ❖ providing excellent care, guidance and support with a strong partnership between school, parents and the community.

We seek to promote six Christian values of creativity, thankfulness, truthfulness, friendship, perseverance and courage, each linked by our core value of love. We believe these help to prepare our children for a successful and fulfilling life, so being:

- considerate and respectful with excellent manners
- confident, happy, independent and self-motivated
- co-operative and collaborative
- honest and trustworthy
- resilient, hardworking and determined
- highly principled with moral, spiritual, cultural and social awareness, including shared British Values.

Background

At St John's we recognise the important part a healthy diet plays in a child's wellbeing and their ability to learn effectively and achieve to the best of their ability. The school has an important role in partnership with the family and wider community in promoting healthy eating. Our food policy sets out to ensure all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school. It also links to our participation in the national child measurement programme (NCMP)

Aims and objectives

- To improve the health of pupils, staff and their families by helping to influence their eating habits and choices through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation.
- To 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
- To ensure that food provision in the school reflects the ethical and medical requirements of pupils and staff e.g. vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

Responsibility

The PSHCE leader is responsible for developing and monitoring the whole school food policy (WSFP). This is done in consultation with the Head teacher, lunchtime meals supervisors, cook, kitchen staff and food contractor.

Parents, pupils, staff and governors have also been consulted for their views in the drawing up of this policy.

Developing healthy eating in the curriculum

Food, its production and preparation is an important part of the curriculum for all children. It is also now an essential element of the design and technology programmes of study in the new national curriculum.

In FS, KS1 and KS2, 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.

The school plans for each class to have regular cookery sessions focusing on healthy food choices and preparation, using food grown in the school vegetable beds

Literacy provides children with the opportunity to explore poetry, persuasion, argument, instructional writing and narrative work using food and food related issues as a stimulus.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes (including ratio and proportion), 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, for example, the Year 3 Science topic – Teeth and Healthy Eating.

RE 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 as well as events such as International Food Fair event.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils can use word processing and publishing packages to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHCE 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.

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 who 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.

School visits provide pupils with activities to enhance their physical development, e.g. Sports at Coram's fields, walking to and from local venues and visits

After school cookery club offers children an opportunity to learn more about food preparation, focusing on healthy eating and making healthy choices.

Food preparation and training

Staff receive training to ensure they have the appropriate skills, knowledge and understanding in food related issues. The school will make sure that staff receive further necessary training through regular Performance Management meetings.

Contracted catering staff are trained in food preparation and hold basic food hygiene certificates. They also have many policies of their own such as: Fresh Food policy and a Nut Policy.

School lunches and packed lunches

See also our separate packed lunch policy.

All our school meals are provided by a contracted caterer who has a Healthy Food policy, Fresh Food Policy and Nut Policy as part of their tender. Food is cooked on site and includes fresh fruit and vegetables each day as a choice for the children. Our menu is designed and analysed by Islington and Caterlink. The menu runs on a 6 weekly cycle.

Children are encouraged by our lunch time supervisors to make healthy choices, including at least one fruit or vegetable. We usually provide a hot and cold option, both of which pay regard to nutritional balance and healthy options.

Some children bring a packed lunch to school. We encourage parents and children to ensure that packed lunches are healthy and balanced meals. Please see our packed lunch policy for further details of what is allowed to be included in packed lunches.

The Eatwell plate approach is strongly encouraged, meaning that children should make healthy choices, with food from different food groups. Their choices are monitored by the school council and the PSHCE leader. Each day, two children eating school meals and one child eating a packed lunch are invited to sit at the special "Top Table", for making healthy choices.

Parents are consulted if children are not eating sufficient balanced healthy school or packed lunches.

Snacks

We take part in the Government initiative to provide all FS and KS1 children with free fruit and vegetables during the day. During the morning break time KS1 classes are provided with a fruit snack. In the FS, fruit snacks are available on a snack table, along with fresh drinking water, all day. FS are also given milk. Children in KS2 are encouraged to bring a healthy snack to eat during their morning break time.

Children attending after school clubs are encouraged to bring a healthy snack to eat before attending their club. Guidelines for this are the same as for packed lunches – i.e. no sweets, crisps or chocolate.

NUT allergies

We aim to be a nut free zone and work hard to ensure this is the case. Parents are asked to refrain from providing food products which may contain nuts such as packed lunches or as birthday treats. Class teachers and lunch time supervisors have a record of children in the school who have any nut allergies. Parents are asked to ensure the school is aware of any allergies on their admissions forms.

Birthdays and other celebrations

Children are asked not to bring in cakes, biscuits or sweets to celebrate birthdays, but instead to mark the occasion with fresh fruit or other healthy snacks.

Partnership with parents and carers

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. Parents and carers are regularly updated on our water and packed lunch policies through talking to the school staff and with newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day and on educational trips.

Parents are also informed of the school dinners on offer through the weekly menu being displayed on the menu board in the hall. A copy of the menu is also available from the office. Parents are invited to a school lunches food tasting session when their child starts at the school and they are invited to give feedback. This is something we aim to offer bi-annually in liaison with the catering contractors. We also offer healthy eating workshops for parents where advice is given on how to encourage healthier eating and healthy alternatives to sweet treats.

Water for all

Three water fountains are located in the KS1 and KS2 playgrounds. Children are encouraged to have a drink during break and lunch times before returning to class. Each classroom has a drinking water tap and a set of plastic cups which the children are encouraged to use when they wish to drink during class time. The cups are washed thoroughly at the end of each school day.

All the taps in the classrooms and staff room are fitted with a water filter in order to supply cold drinking water.

Monitoring and evaluating

The Head Teacher is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

The school council and the PSHCE leader monitor food choices made by pupils and feedback is given to parents and governors. Their data is used to evaluate the impact of the whole school food policy.

Written and approved: April 2020

Review: March 2022

Signed by head teacher _____ date _____

Signed by chair of CSW committee _____ date _____