

Learning Now for Future Success



CPD SCHOOLS
FEDERATION

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CPD SCHOOLS FEDERATION FOOD POLICY

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Whole School Food Policy

This document sets the policy on Whole School Food Policy at CPD Schools Federation. It includes discussions on the eating environment, the school meals for breakfast, lunches and packed lunches, snacks, drinking water, food across the curriculum, after school club and partnership with parents and carers.

Introduction

In our schools we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the Federation's PSHCE, Drug and Relationship, Sex and Health Education Policies. The schools supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

It is important that we consider all elements of our work to ensure that we promote health awareness in all members of each school community. We can provide a valuable role model to pupils with regard to food and healthy eating patterns which can have a lifelong impact on children's food choices and eating habits. Through effective leadership, the school ethos and the curriculum, all staff can create an environment that supports a healthy lifestyle.

The principles of this policy incorporate those outlined in the School Food Plan <http://www.schoolfoodplan.com/> The nutritional principles of this policy are based on the 'eatwell plate' <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx> and the School Food Standards <http://www.schoolfoodplan.com/standards/>

Aims and Objectives

- To ensure that we give consistent messages about food and health.
- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils.
- To give our pupils the information they need to make healthy choices.
- To contribute to the healthy physical development of all members of each school community.
- To set out the requirements for food and drink other than lunch provided on and off the school premises up to 6.00pm including breakfast clubs, tuck shops, mid-morning break and after school clubs.

Breakfast club

Breakfast Club operates on a daily basis in the schools for all children from age 3. We target some children who we know have little or no time for breakfast in the mornings at home however all children are given the opportunity to join Breakfast Club. The food offered is healthy and is consistent with a healthy diet. We provide toast, wholemeal bread, low fat spread, fruit jam, yoghurt, fortified cereals (including Weetabix, Rice Crisps, Cornflakes, Coco Pops, Shreddies as a choice), slices of fresh fruit (apples, bananas and pears), and juice. When children are offered fruit squash to drink this should be 40% fruit juice content and sugar free. We encourage children to have a healthy breakfast. There are also activities run by staff and coaches to encourage an active start to the day.

During SATs week all year 6 pupils are offered a healthy breakfast as above as well as beans on toast.

Snacks

All our under 5s are offered free milk. All under 5s and KS1 children have a portion of fruit or vegetables as a snack. We are taking part in the Government initiative, the Free Fruit Scheme to provide all under 7s with free fruit and vegetables during the day. KS2 children can bring fruit which they eat at playtime.

At Central Park there is a tuckshop at break time. This provides a range of fruit and vegetables and water. Occasionally, other nutritional food is on offer.

School lunches and packed lunches

All children are entitled to a free school lunch as part of the Newham Mayor's vision. School meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Juniper Services ensure that school menus comply with national food and nutrient standards. Food is prepared on site and is served by the catering contractor. There is a meat (halal and non-halal), fish and vegetable main course on offer alongside a selection of sandwiches. There is also a range of salads and bread from a self-service salad bar. Where possible this includes the use of fresh fruit and vegetables each day as a choice for the children. The choices on offer alongside the portion sizes reflect the nutritional balance of these meals. Children are encouraged to try new foods and recipes.

Some children bring packed lunch to school. As a school we encourage children to take up the offer of a school meal. Staff try to ensure that parents provide a healthy packed lunch. Parents are reminded about this through newsletter items, information leaflets and workshops advising parents on what to include in a healthy packed lunch. We do not allow fizzy drinks, sweets or chocolate bars; a sweet snack maybe included but should not be a daily occurrence. Packed lunches should not be a hot meal that a parent delivers at lunchtime.

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel

There are regular spot checks by school staff on the provision at lunchtime as well as more formal monitoring by Juniper Ventures and an independent consultant. The formal reviews include a report that identifies any issues that need addressing and these are addressed.

Educational Visits

All children who usually have a school meal are entitled to a school packed lunch. Children are welcome to bring their own packed lunches, however, these lunches must adhere to the same food and drink guidance outlined in this policy.

The Eating Environment

Lunchtime should be a social event where children sit with their friends or others and chat. Children should be encouraged to talk quietly whilst enjoying their meal. Staff supervising need to ensure an acceptable noise level is maintained.

Lunchtime is staggered to accommodate the numbers of pupils so that the lunchtime experience is as comfortable and leisurely as possible. School dinners are eaten in the main hall. Children are encouraged to finish their dinner and move into the playground. Children go into the playground and wait to be called to lunch. The lunchtime supervisors hold up a poster indicating the class being called. The children line up outside the entrance near the dinner hall. Support staff count and send children to the dinner hall. Classes are rotated to allow all children the opportunity of going first or last. Generally, packed lunch children sit on dedicated tables but alongside their friends who are having school lunches. Special needs children sit with their carers alongside their friends, regardless of ability. Lunch-time Helpers (selected older pupils) assist in the dining hall. The staff in the dining hall circulate and encouraging children to eat. Members of the SLT support in the hall.

If a child's eating habits need addressing, the class teacher and parents are informed. Often it is the pastoral worker who follows this up with parents.

Health plans for children with allergies or special dietary requirements are reviewed yearly and menu changes suggested by the catering company. Kitchen staff are aware of those pupils with food allergies. Food allergy lists are located so staff can refer to them easily.

Since dinners are held in the hall, displays are always bright and informative, reflecting healthy eating messages of improving the dining experience.

Menus are displayed throughout the hall and should be displayed in the classroom too. Menus are on a three-week rota. Children independently select their required cutlery, tray and cup, salad and bread. Younger children are helped with this.

Milk

The DfE introduced a requirement of low fat milk being made available to all infant pupils and those entitled to FSM during the day. As well as under 5's being offered milk at snack time all children are offered semi skimmed milk as part of their lunch (we do not limit access), this can be a small cup or a small carton. Children who chose this must be encouraged to drink it.

Water

Cooled water is freely available throughout the school day to all members of the school community. Water fountains are located around the school building and playground. Children are encouraged to bring a water bottle to store their water in. Children may drink their water at any time except during assembly and during whole class teaching. FS and KS1 children are reminded to drink water during session time.

Rewards

Methods of positive reinforcement are used in school including house points, class points, stickers and raffle ticket prizes. As a rule, the schools does not allow food to be used as a reward for good behaviour or achievement although occasionally a sweet treat may be part of an overall experience. The healthy message is reiterated and the occasional treat is acceptable in moderation.

Celebrations

For celebration events we welcome a variety of foods from different cultures. We encourage parents to provide healthy options alongside those 'treat' foods so children have a variety. Occasional fund raising events may include the sale of 'treat' foods such as cakes, but the inclusion of other foods will be encouraged.

For birthday celebrations all children will have their birthday acknowledged with them having happy birthday sung to them and maybe a sticker/star. We welcome parents sending in healthy options like fruit for their child to share with their class. We discourage chocolates, sweets and cakes. Small treats may be acceptable but this will usually be distributed to be taken home so parents can choose when their child eats this.

Food across the 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.

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 no added sugar foods in children's food and drink etc.

Maths can offer 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.

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.

ICT can offer pupils the opportunity to research food issues using the internet and other electronic resources.

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, safe use of tool, developing awareness of food hygiene and cooking.

PSHCE encourages young people to take responsibility for their own health and wellbeing, 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. stereotyping.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

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.

After School Clubs

More parents are requesting after school provision. In order to support our working parents after school clubs are being offered on site from 3.15 to 5.15 when it is feasible to do so. Children can have a healthy snack before their club starts – this should be a piece of fruit or sandwich and a drink. Parents should provide this for their child at the start of the school day and not send it in during the school day.

School grounds

The schools have small areas within the school grounds that could be dedicated to plant and grow crops. Any produce grown could be offered to the school kitchen to be used as part of school lunches or sold to parents in a pop up shop when crops have been harvested. This will help pupils have a better understanding of food.

Staff training

School staff including teachers, TAs and lunch time supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines.

Partnership with parents and carers

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for

their families. Parents and carers are regularly updated on our water and packed lunch policies through school and class letters. We remind parents that only water may be drunk during the school day, except at lunchtime when children may drink milk, juice or squash. Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend. During out of school events, e.g. fairs etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

Monitoring and review

The Extended Services Leader is responsible for ensuring that the food served is in accordance with this policy. Subject Leaders are responsible for the curriculum development of the Food Policy. The SLT are responsible for supporting colleagues in the delivery of the Food Policy. The Local Authority is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed annually to take account of new developments at a local and national level with a formal review every 3 years. This policy is next due to renewal in Spring 2024.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

