

**St Luke's Halsall CE
Primary School**



Food & Nutrition Policy

Ethos Statement

At St. Luke's Halsall we recognize that everyone is made in the image of God and that we are privileged to be part of the lives of the children we educate and nurture.

We also recognize that a strong partnership between pupils, staff, parents and governors will enable us to realize our mission statement, "Inspiring lives, building futures together with Jesus", striving to ensure that our values and decisions are made based on the values Jesus taught us.

Introduction

"Food has a significant part to play in determining health and well-being, establishing social roles and reflecting and shaping the schools ethos and individual values"

Our Whole School Food and Nutrition Policy is crucial to improving the health and well-being of our school and is a requirement for achieving Healthy Schools Status.

Our whole school policies have been developed to empower our school to make and sustain changes. Our Food Policy conveys our school's shared vision, ethos and values of our pupils, staff, parents and visitors and ensures that we all understand the important role food plays within our school. It is also key to developing healthy eating and drinking activities in our school which will benefit the whole school community. The process of creating our whole school food and nutrition policy has promoted much discussion within our school around healthy eating and drinking issues, which will ensure that our outcomes are achievable and importantly that our pupils feel ownership of the school's food vision. In order for the policy to be successful, planning and effective monitoring will be implemented. We will ensure that our policy content is relevant and that it will make positive changes in our school as it is vital that all ideas and issues within the school are considered.

Background Information on Our School

St. Luke's Halsall CE Primary School presently has 261 pupils aged 3-11 on roll. Within each year group there are identified pupils with Special Educational Needs.

There are currently 140 children having school meals, with 26 children registered as eligible for FSM. (Sept 2018). Our school meals service is currently delivered by Sefton Catering. Our onsite catering manager is Mrs Val Monaghan

Rationale

St. Luke's Halsall CE Primary School recognises that snack and meal times are an important part of a child's day and believe that, depending on the type of meal or snack consumed, it can heavily impact on a child's learning or behaviour to learning.

St. Luke's Halsall CE Primary also recognises the importance of children having the right amount of fluid intake and a well-hydrated body. St. Luke's Halsall CE Primary therefore is committed to providing healthy, balanced, varied and nutritious snacks and meals in addition to ensuring that children have regular access to fresh water to drink throughout the day. St. Luke's Halsall CE Primary is also committed to providing a curriculum that informs children about healthy eating and drinking so that they are equipped to make informed choices about their own food and drink consumption.

Aims

- To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils and staff.
- To provide a consistent planned curriculum of food education to equip all pupils with knowledge and skills to make healthy life choices.
- To make pupils aware of the consequences of food choices made now and in later life. They specifically include nutritional awareness, influences on food choices such as food productions, marketing and impact on our environment.

- To ensure provision and consumption of food is an enjoyable experience.
- To involve the whole school community in improving eating habits and knowledge and skills surrounding healthy eating.
- To increase the take up of hot school meals and free school meals.
- To provide clarity about school's policy on food brought into school e.g. packed lunches and snacks in KS2, through newsletters etc.
- To ensure that contracts for school food providers meet the needs of the school and comply with the government regulations.
- To ensure that school food/drink provided across the school day reflects the government food and nutrient based standards.

Objectives

- To include the whole school community in the promotion of healthier lifestyles.
- To regularly review food and drink served during the school day.
- To create a pleasant eating environment that encourages social interaction.
- To deliver a curriculum that delivers a consistent message of food, drink, nutrition and healthy lifestyles.
- To ensure catering staff and midday supervisory assistants are involved in the schools community. To ensure that they are well trained and understand why they are serving healthy food.
- To ensure classroom staff are trained to deliver a healthy eating message.
- To involve the wider community, including parents, in activities which promote balanced eating and enjoyment of food.
- To contribute to improved and sustained pupil behaviour and health, helping them to achieve their learning potential.
- To provide easy access to free, fresh drinking water across the whole school day.
- To ensure that school food/drink provided across the school day reflects the government school food standards.

Food Throughout the School Day

Breakfast

We assume all children have breakfast before coming to school.

Our school provides a breakfast club which is available at a charge. Breakfast club is run by Zoe Forshaw and staff with appropriate food hygiene qualifications.

School Meals

Our meals meet the government's school food standards and this is evidenced by independent inspections carried out by impartial inspectors

Our school food is supplied by a private company called Sefton Catering and our team is led by our cook Val Monaghan who is an experienced cook in our school.

Our children are encouraged to make healthy choices by staff and catering supervisors. Menus are made available to pupils / parents and teachers in advance at the admin office.

Our school meal supplier does contribute to the promotion of healthy eating.

The school has input into the content of the menu. Feedback to Sefton Catering is based on the findings from our children and from SLT monitoring of lunchtimes

Free School Meals

Currently all children in KS1 can have a meal free of charge in line with the governments Universal Infant Free school meal scheme but we encourage parents to register for Free school meals if their

social economic circumstances allow this . School received funding for each registered child that supports the education at the school

Not all pupils take up Free School Meal entitlement but if they are entitled parents need to complete a Free School Meals Form available from our school admin office or online via Sefton.

Our Headteacher, SLT and staff do monitor the take up of FSM on a half-termly basis and feeds into the schools meals census.

Packed Lunches

Packed lunches should be healthy in content, with a healthy sandwich, preferably brown bread, fruit, healthy, low fat yoghurt and perhaps sliced vegetables or fruit eg. carrot or celery sticks, apple or grapes. Fresh juice (no more than 150ml is advised) or water are acceptable healthy drinks.

The packed lunches should not include fatty foods including too much cheese, chocolate spread sandwiches, sweets including chocolate and biscuits, crisps and sugary drinks including flavoured lemonade, coke and fruit shoot drinks as they are full of sugar.

Healthy packed lunches are encouraged at all times and parents are regularly reminded of this in our newsletters. We also send out Healthy school messages during our whole school collective worships and whole school and class / reward assemblies. Positive messages are also communicated in our school council meetings.

We occasionally inform parents of the need to think about alternative healthy choices if we think there is an ongoing issue. We do monitor the contents of the packed lunches; if any member of staff is concerned that our pupils are not eating healthily they regularly feedback to our SLT if they are concerned for particular pupils.

Packed lunch boxes are stored in designated areas around our school. In summer months it is recommended to add a freezer pack to lunch boxes to keep them cool. If this is not possible, then a frozen drink will defrost in the lunch box throughout the morning whilst keeping the lunch cool.

If parents bring in packed lunches which do not meet the school standards we offer them advice, guidance and support and encourage them to make links with our Healthy school co-ordinator. We will advise them of the importance of avoiding child obesity and how healthy eating and healthy lifestyles can avoid possible problems in the future.

Reception and Year 6 pupils are involved in the National Child Measurement program where height and weight are monitored and recorded

The Healthy Schools Team suggest the Children's Food Trust Guidance as a basis for our packed lunch policy. <http://www.childrensfoodtrust.org.uk/parents/your-childs-food-at-school/packed-lunches/what-to-put-in-a-lunchbox>

Food Hygiene

The school kitchen premises are regularly inspected by the Local Authority's Environmental Health Officer and graded according to the National score system our kitchen has been awarded a score of 5, this is the highest possible accreditation.

The Dining Room Environment

Pupils are given ample time to eat and enjoy their food. Opportunities to socialise are evident and good manners are always encouraged by our staff and midday supervisory assistants. Pupils are encouraged to think about why they have chosen their food and are given time to reflect on whether they have made healthy choices. The pupils are taught the importance of healthy eating and living within our school curriculum, including good PSHEe links.

Trays are cleared away by our supervisory assistants for the younger pupils and the older pupils are encouraged to clear their trays away themselves as we foster independence at all times. Our pupils are praised for good manners and behaviour and inappropriate behaviour is addressed immediately and dealt with by our SLT if severe enough. Pupils are encouraged to line up sensibly and quietly.

Our midday supervisors know their roles and responsibilities and carry them out accordingly. Our pupils know how to respect our lunch time staff and our staff are good role models and reinforce the importance of respecting others.

Our midday supervisors contribute to a friendly and welcoming dining environment. Our behaviour leadership and anti-bullying policies are firmly in place. Staff encourage our pupils to eat their packed lunches and hot dinners and assist pupils with eating and holding their knife and fork correctly i.e. basic table manners. We also encourage children to tidy up after themselves to help encourage independence.

Snacks

As a whole school, we provide some free snacks including fruit from the Free Fruit and vegetable scheme for EYFS/KS1 which meet the food-based guidelines. EYFS have a variety of daily snacks which help to promote healthy eating, social interaction, food tasting and fine motor skills eg. buttering their own toast. Free milk is also available for EYFS.

Healthy snacking is promoted throughout our school where appropriate and children are encouraged in KS2 to bring in their own fruit for a snack at playtime. We have no vending facilities available to our pupils. Juice and milk are also available to KS2 children at lunchtime

Drinks and Water

Our pupils and staff have access to fresh, free drinking water across the school day. We all understand the importance of staying well hydrated. Children are provided with a water bottle to use in school each day.

We are currently complying in accordance to the government's policies regarding water provision. Our pupils are allowed to drink water during lessons (Health and Safety permitting). Our pupils and parents are aware of what drinks are permitted in schools. Newsletters outline the details and preferred options.

Special diets, allergies, diet related disorders

Our school is aware of pupils with food allergies and intolerances we display in the staffroom and canteen, with a picture and information about selected pupils who have special diets, or diet related disorders and even medical conditions / medications that we may need to know. All staff are informed of these matters in their classes and shared with our staff.

Our staff are aware of how to react if a pupil has an allergic reaction to a food and have received first aid training.

If your child has a medically diagnosed condition and would like information on the content of the school lunch our catering manager is available to discuss and plan with parents/carers. Please make an appointment through school.

Religious and Ethical Diets

At the start of each year, the school office sends out a child information form which parents/carers can identify if their child requires any special Medical requirements including Religious or Ethical or have any allergies or intolerances to food. A data sheet is then produced and shared with all staff, including the kitchen staff so that special arrangements can be made during snack, lunch and food activity times.

Staff Room

Our school staff are very professional and ensure that positive messages are consistent across the whole school community. We are all aware of the importance of healthy eating and healthy lifestyles and act as positive role models for our pupils.

Learning Opportunities

Food and nutrition are taught predominantly through the science and DT curriculum as well as many cross curricular links with other curriculum areas. Practical cookery lessons are included in the curriculum and many opportunities are used to offer these learning experiences to our pupils.

Rewards, Celebrations and Events and Treats

Our school gives consistent messages regarding healthy eating. Healthy foods may be used as rewards or treats in class and they are given out appropriately according to the school food standards. The message that our school communicates to the children is that it is perfectly acceptable for children to have the odd treat as part of their well-balanced diet.

Occasionally, our school will run a special day or event which fatty/sugary foods may be sold or given out for the children to consume.

Birthday cake and party bags/sweets provided by parents are given out as part of birthday celebrations when provided, this is usually done at the end of the school day.

We continue to suggest healthy options at all times.

Extra-Curricular Activities

From time to time our school runs a cookery club / gardening and growing clubs and our pupils are enjoying these learning experiences. Reception children learn about planting and growing vegetables and fruit, encouraging the children to eat a range of healthy foods.

Our school has the space and members of staff who are involved in developing our school garden areas. External links are welcomed and are currently in place assisting us to develop a vegetable garden.

As a school we offer a wide range of after school clubs throughout the year – dance club, football, athletics, cross country, cookery and gardening club to name a few.

Risk assessment and Health and Safety procedures being adhered to and are firmly in place.

Pupil voice and involvement is encouraged through school council meetings.

Our messages are consistent between our whole school community and participating staff.

Monitoring and Evaluation

We will know that our policy has made a difference by seeing improvements of food provision and consumption throughout our whole school.

We are to continue to monitor healthy eating and drinking options and general food provision, with a focus on the food provided.

Conclusion

We will continue to monitor, evaluate and review the food and drinks provision throughout our whole school and will also continue to monitor the food provided to our pupils. We are working together as a whole school and are all in agreement as to the importance of healthy eating and have therefore been successful in achieving the Healthy School Award for the last few years. This will hopefully continue and we will be awarded the Healthy School Award again when it runs out in Summer 2017.

USEFUL DOCUMENTS AND HEALTHY EATING WEBSITES

These websites contain useful information that has assisted us in developing our whole school food policy. In particular the Food for Life Partnership and the Children's Food Trust sites contain a wealth of resources that have assisted us in our whole school consultation.

Food for Life Partnership www.foodforlife.org.uk

Food in Schools www.foodinschools.org

Health Education Trust www.healthedtrust.com

Children's Food Trust www.childrensfoodtrust.org.uk

Soil Association www.soilassociation.org

NHS Change for Life www.nhs.uk/Change4Life/Pages/healthy

Food in Schools Tool Kit

Food Policy in Schools, Food Standards Agency – A Strategic Policy Framework for Governing Bodies.

Standards relating to food served in schools can be referred to the in the Children’s Food Trust Website or contact the Healthy Schools Team.

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