

WHOLE SCHOOL FOOD POLICY

Policy overview

A Whole School Food Policy is a shared, evolving document for all stakeholders that interact with your school. It expresses a common vision of the ethos, status and role of all aspects of food within your school. In particular, it aims to develop a coherent approach to healthy eating activities in your school.

The policy should cover all aspects of food and drink in the school environment including:-

- *provision of food and drink at school*
- *consumption of food and drink at school*
- *the formal curriculum*
- *extra curricular activities*
- *participation in national events and initiatives*
- *promotion of food and drink*
- *events and lettings at school*
- *pastoral care and welfare issues*
- *toilets*

1. SCHOOL NAME

Robert Blair Primary School

2. DATE OF POLICY IMPLEMENTATION

January 2016

3. DATE OF NEXT REVIEW

Annual monitoring and review in 2019

4. RESPONSIBILITY

Michelle Bahn has overall responsibility of food provision and education within the school.

Sarah Robbins is the Healthy Schools coordinator and will liaise with Michelle.

Caterlink provides the menu and the school meals.

School Council take responsibility for advocating on behalf of their peers in relation to food in the school.

Staff are responsible as role models for the children, being aware how their own food choices can be influential.

Parents promote key messages promoted by the school.

Governors ensure the school plays its role in health and wellbeing of children through the Leadership/management committee.

5. MISSION / RATIONAL

Robert Blair Primary School, an inclusive learning community where:

- Expectations are high

- Individuals are nurtured
- Creativity is valued

We see the health and wellbeing of pupils to be an integral part of this.

Policy	Example of how this relates to the food policy
Behaviour	<ul style="list-style-type: none"> • Only use non-food as reward, although food may be used as a part of whole class/school celebration • Note research indicating that health food can influence and improve behaviour • Note importance of rewarding positive behaviour relating to food and drink
PSHE	<ul style="list-style-type: none"> • The aims of a PSHE policy/schemes of work include healthy lifestyles and healthy eating
Healthy School	<ul style="list-style-type: none"> • Promote and ensure a whole school approach to health with universal health promotion.
Equal Opportunity and Inclusion	<ul style="list-style-type: none"> • Cater for relevant religious and cultural food requirements • Pupils with disabilities are adequately catered for
Every Child Matters	<ul style="list-style-type: none"> • Healthy eating is directly linked to being healthy
Work with partner agencies	<ul style="list-style-type: none"> • Active partnerships and links with Healthy Schools Programme and school caterers

6. AIM

As a Healthy School we want to ensure that we promote the health and wellbeing of the whole school community through all aspects of food and nutrition and provide consistent messages to pupils, parents and staff

7. OBJECTIVES

- *To promote health awareness*
- *To give our pupils the information they need to make healthy choices*
- *To ensure that we are giving consistent messages about food and health across the school day*
- *To ensure the food and drink available across the school day reinforces the healthy lifestyle message and food brought in are in line with the food provided*
- *To include the whole school community in the promotion of healthier lifestyle*
- *To ensure access to clean and welcoming toilets*

8. CONSULTATION AND DISSEMINATION

The food policy will be presented to staff. Staff will have an opportunity to look at and discuss the policy and share the inputs into the making of the policy.

Relevant parts of the policy will be shared with the parents to find out their views, for example healthy packed lunch, celebrations, etc

School council can gather children's input and feed this into the policy making.

9. EVALUATION

- Monitoring of packed lunches
- Staff training schedule
- Facilities development
- Planning checks
- Team teaching/Lesson Observations

9. FOOD THROUGHOUT THE SCHOOL DAY

➤ **Breakfast**

The school runs a breakfast club Monday – Friday.

When breakfast is prepared no sugar is added and breakfast cereals are low in sugar.

Children have a healthy choice, such as cereal, toast or bagel. Children can have water or diluted juice.

Additional choices such as beans on toast and scrambled eggs are available at least once a week and children are encouraged to suggest new foods they would like to try.

Children are responsible for preparing and clearing away their own breakfast.

Bagels are available to all children at the beginning of the day.

➤ **Snacks**

EYFS/KS1 children receive a piece of fruit or vegetable from the national fruit & vegetable scheme. Any extra pieces are shared with KS2 pupils.

➤ **School meals**

School meals are provided by Caterlink and pupils benefit from the free school meals paid for by the council.

All meat provided is halal.

The school monitors meal take up.

EYFS teachers eat in the dining hall.

5 Adult meals are available daily for KS1/2 staff to sit and eat with the children. Adults will promote healthy eating choices and reinforce good manners and eating habits

The school reinforces positive behaviours that are expected in the dining hall through clear dining hall routines

Menus are sent home termly.

➤ **Packed lunches**

Children are not allowed sweets including chocolate or crisps in their packed lunch. Water is the only drink allowed. The school enforces this policy when children have a packed lunch on school trips.

The school audits the packed lunches and works with parents to improve the content.

➤ **After school clubs**

The school runs an after school cooking club which has given children more confidence to make better choices and to be more independent about their food choices at home.

Water and a slice of fruit loaf are provided for the children attending after school clubs.

➤ **Drinks policy**

Children have access to drinking water in all of the classrooms and in the playgrounds. Children are encouraged to drink water especially when they are hot or have taking part in exercise.

Children are allowed to use toilets during class time with class teacher's discretion.

10. MESSAGES GIVEN BY THE SCHOOL

➤ **Curriculum**

Gardens on the roof and in the playground provide opportunity for children to grow fruit and vegetables.

The school provides a minimum of three cooking opportunities for all children throughout the year following Islington's progressive food and cooking skills guide. Recipes are chosen carefully and ensure key skills are taught to allow progression throughout the school and that each child can cook a simple meal by the time they reach year 6. Children are also taught where food comes from and the benefits different food groups have.

Healthy lifestyle and choices are taught throughout the school embedded in cross curricular activities and use support materials from Islington Healthy Schools team, such as 'Fun, Food and Fitness'
All classes prepare healthy snacks for Sport Day to reinforce positive messages around food and fitness.

➤ **Informal curriculum / extra curricular activities**

The school runs an after school cooking club.

The school minimises the use of cake sales as fundraisers, but when doing so ensure there are healthy options too.

➤ **Sponsorship and fundraising**

- The school does not use food related sponsorships or fundraising but if the opportunity would arise it would consider the food policy aims and make sure that any vouchers and tokens collected for schemes promote a balanced diet for example Sainsbury's tokens are acceptable but Cadbury's wrappers for sports equipment would give the wrong message.

11. THE WHOLE SCHOOL COMMUNITY

➤ **Children**

Children can bring up any issues about food, and circle times with school council's representatives facilitate this. The school council meets weekly with the deputy head and issues will be discussed. The school council will consider solutions and suitable actions will be taken forward.

School council will collect feedback from other pupils about the school meal provision and the dining room environment and decide on ways to improve it.

The relevant sections of the food policy will be discussed at a school council.

➤ **Staff**

Staff should be aware that they are role models for the children and therefore should consider what choices they make during their own meal time and particularly during lunch or break time where they are visible to the children.

Staff will be consulted about the food policy and asked for feedback.

➤ **Parents**

Parents will be informed of the food policy and asked for feedback.

➤ **Governors**

Leadership/management committee will monitor and support the schools Healthy school status and policy implementation.