

# RISE PARK PRIMARY AND NURSERY SCHOOL



## HEALTHY SCHOOL AND FOOD POLICY

March 2019

Signed by Chair of Committee	
Print Name	
Date	
Date of review	

# Rise Park Primary and Nursery School Food Policy

## Introduction

Rise Park Primary and Nursery School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition documented in this school food policy. We know from research that children and young people need a great deal of help and guidance to eat healthily at school, not just in their learning but also by exposing them to good food environments.

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so we support a whole school approach where pupils receive consistent messages about healthy eating across the formal curriculum, food provisions, school practices and staff acting as role models. The school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school.

This policy was formulated through consultation between members of staff, governors, parents and pupils, including the School Council. All parents will be informed that a draft food policy has been drawn up and invited to comment on it.

This school recognises the importance of supporting children to be a healthy weight for their long term health to reduce the risk of type 2 diabetes, heart disease and certain cancers in later life, and that food choices can have an impact on levels of tooth decay. The school recognises the importance of balance healthy eating to address these issues, and that it has a role to play to help children and families develop the skills, attitudes and knowledge they need to make healthier food choices. The school supports the Change for Life campaign.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 years olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK the Low Income Diet and Nutrition Survey and the Eat Well Plate. The Governments 2007 Food-based and Nutrient-based Standards for School Lunches have been incorporated into this policy as have the 2007 Food-based Standards for all School Food other than Lunches. (See supporting material).

## **Food & Nutrition Policy Co-ordinator**

Rise Park Primary and Nursery School food policy and healthy eating strategy is co-ordinated by:

Miss Gemma Rose

## **Food For Life Co-ordinator**

Miss Gemma Rose

## **Aims of the Schools Food & Nutrition Policy:**

The main aims of our school food & nutrition policy are:

- **To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.**
- **To improve the health of our school community by ensuring that we provide opportunities for food education and encourage healthy eating habits which are also friendly to the environment.**
- **To provide high quality food in school to ensure that the school is setting the correct example.**
- **To provide healthy food choices throughout the school day.**

## **Equal Opportunities**

In food and nutrition education, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

## Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage by incorporating teaching into subject areas such as Physical Development and Understanding the World in the EYFS, Design and Technology (D&T) and Personal, Social and Health Education (PSHE) in Key Stage 1 and Key Stage 2.

## Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers' planning meetings.

## Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked to ensure that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

## Resources

Resources for the cross-curricular teaching of nutrition education have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the relevant year group areas. Samples from some of these resources are displayed in the PSHE teacher's folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

## Leadership

Our goal is to ensure that senior managers and governors prioritise family health and sustainable food and growing practices.

We will achieve this by:

- Asking the whole community on their views linked to food.
- Working with the whole school to implement the food policy and action plan.
- Keeping everyone informed on food issues in school that change.
- Building confidence in school food and increase the numbers of children who have school meals.

- Ensuring staff have up to date knowledge, skills and resources to educate pupils about food.

## Sharing and Caring: Making sure we enjoy food and meet new people

Our goal is to create an enjoyable and sociable dining experience for pupils in school and a lively food culture at school and in the wider community.

We will achieve this by:

- Providing an enjoyable lunchtime environment and experience.
- Involving parents and guardians in an ongoing healthy packed lunch and snack campaign, including inviting parents in to enjoy lunch with their child.
- Only working with brands or businesses that support the Food for Life aims and comply with Government food standards.
- Involving the whole school community in growing and cooking projects and food events, such as our Farmers Markets, to help promote healthy and sustainable food.
- Sharing the lessons we learn on food issues with the local community and encouraging community members who share this ethos to be involved in our events, too.

## Cooking skills

The school recognises the value of children having the opportunity to cook food within the school environment so they can learn about budgeting and meal planning, develop basic cooking and food hygiene skills and learn about healthy eating in an interactive and enjoyable way.

*The school provides opportunities for children to cook within the curriculum and within out of hours learning.*

- Children sample different types of food within lessons.
- Children cook/bake within lesson time, particularly in Foundation and during theme weeks.
- 'Let's Get Cooking' currently runs on a Thursday night in the Spring term with 10 pupils from year 6 and encourages healthy lifestyles so this knowledge can be transferred to their home eating.

## Food & Drink Provision Throughout the School Day

### School Lunches – ensuring school dinners are good for us and the planet.

We ensure that pupils and staff receive nutritious, fresh, local and organic food at lunch and throughout the day and that this food is delicious, seasonal, affordable and safe.

We will achieve this by:

- Providing food of consistent nutritional quality throughout the school day which meets the current Government food regulations.
- Upholding our silver Food for Life award for catering (freshly prepared food, seasonality, animal welfare and sustainable fishing)
- Ensure catering staff are involved in school life and are provided with opportunities for continuous professional development.
- Ensure pupils have easy access to drinking water throughout the day which is separate from the toilet area.

The school monitors the uptake of school meals and promotes school meals. The views of teachers and pupils about the eating environment and the food provided are valued by catering staff and where practical, suggestions for improving the environment/food are implemented. Support and encouragement are given to families entitled to free school meals to increase uptake, and the issue is handled sensitively and anonymously.

#### *Our School is involved in suggesting changes to the menu.*

- Various bodies within the school, r.e the school council are actively involved in acting upon ideas from the children regarding the school dinners and they bring this information to the Senior Leadership Team (SLT) or the catering team.
- Pupils opinions are acted upon as a result of the school council group and the Pupil Voice which is heard throughout school, collated by Miss Scholten and then passed on to the relevant authorities.

### Food served or sold in school other than lunches

This school is actively working to ensure that all food sold or served across the school day meets the 2007 Food-based Standards for Food other than Lunches.

## Breakfast

Breakfast is an important meal that should provide 25% of a pupil's energy requirements and contribute significantly to their vitamin and mineral intake. Pupils are encouraged to eat breakfast before they come to school and this is promoted through the curriculum work.

*The school operates a breakfast club that provides a nutritious meal for pupils before the school day. Food provision at breakfast club complies with the 2007 Food-based Standards for all School Food other than Lunches. The breakfast menu includes:*

- A selection of cereals such as Weetabix, Cornflakes and Shreddies.
- A range of fresh fruit such as kiwi, melon, plums, grapes, raisins, apples, pears and bananas.
- Toast
- Apple and orange fruit juice
- Milk

## School Fruit & Vegetable Scheme

The school is participating in the School Fruit & Vegetable Scheme, and provides all children aged between 4 and 6 with a free piece of fruit or vegetable each school day.

- KS2 children are invited to bring in a morning snack. The School Council agreed that this snack should be fruit or vegetables to promote good learning during the rest of the day. Parents were informed of this by letter.

## Packed lunchboxes

Children who do not have a cooked school meal are encouraged to bring in a healthy packed lunch.

### ***A healthy packed lunch consists of:***

- Ⓢ A sandwich / pitta bread / wholemeal pasta
- Ⓢ A piece of fruit or chopped up vegetables such as raw carrot, cucumber or pepper
- Ⓢ A fruit yoghurt
- Ⓢ A drink, preferably water or fruit juice

Parents were also told that if they feel it is necessary, we will also accept:

- Ⓢ One small bag of crisps
- Ⓢ One chocolate coated biscuit **or** one cereal bar **or** one small portion of cake (not two or three in one lunchbox)

### **We will not accept**

- Fizzy drinks
- Sweets of any kind
- Chocolate bars such as Freddos, Kit Kat Chunky, Dairy Milk, Galaxy, Twix or Aero.

## **Out of hours learning**

During after school clubs, particularly those that are sport and exercise based, the children are encouraged to bring a water bottle to keep themselves hydrated.

All food and drink provided by local authorities or school governing bodies to pupils off school premises, during a school day (up to 6pm), including school trips must meet the Government standards for non-meal foods, so we ensure that this is the case. The only exception is for food provided on a residential school trip where the provider of the accommodation (not the local authority or governing body) also provides the food, although we do discuss this with them.



## Rewards and Celebrations

Our school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

As a school we reward positive behaviour and hard work with a stamper chart and certificate system, stickers, petals on flowers in Foundation 2, verbal praise and positive reinforcement. We have found all of these methods to be very successful and they have been running for several years.

Parties or celebrations to mark religious or cultural occasions and fund raising events are exempt from the standards, but organisers do consider healthier alternatives where possible.

## Drinking water

The national nutritional standards and standards for healthy school lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

Rise Park Primary and Nursery School agrees with this recommendation and provides a free supply of drinking water which is available outside every classroom. All children are encouraged to bring a named water bottle to school daily. Sport top water bottles are available to buy from the school office. Water bottles are placed in an accessible location so that children can have access to them throughout the day.

## Food and Drink Brought into School

### Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Young people, parents and carers are encouraged to bring healthier options to schools as snacks, so that they are in line with the foods sold and provided in school and the standards for all school food other than lunches.

***The school's policy on snacks is:***

Children in Foundation 1, Foundation 2 and Key Stage 1 do not require snacks as fruit is provided daily. The Key Stage 2 children are invited to bring in fruit or chopped up vegetables as their snack.

A smoothie/milkshake bar is run at break times to ensure children continue to have a balanced snack/drink. This promotes healthy eating for fruit and plenty of calcium through additional milk.

**Mobile caterers serving food on school premises**

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes which comply with Government guidelines.

**Packed lunches brought to school by pupils**

The school encourages parents and carers to provide children with packed lunches that are in line with the Government's food-based standards for all school food other than lunches. This is achieved by promoting healthy packed lunch options using the principles of the Eat Well Plate. A leaflet for parents, giving guidance on providing a healthy packed lunch, is available from the school.

***Staff trained to deliver healthy lunchbox workshops to parents, other activities may include lunchbox audits, lunchbox themed school assemblies.***

***Lunchbox workshops delivered by the nutrition team***

All parents have received a letter outlining how to achieve a healthy lunchbox (appendix 1). This has been reinforced during parents evening when a healthy eating stand was on display. This will be repeated yearly. Healthy eating is specifically taught in F2 and KS1 through Physical Development, Science and Design and Technology lessons. Lunchboxes are monitored by Mrs Long and MDSA's to ensure content is healthy.

## Growing Food

The school believes that giving young people the opportunity to grow food and learn about how food is produced is an important part of a whole school approach to food and nutrition.

Our goal is to provide a well-planned curriculum that covers nutrition, food hygiene and sustainable and ethical food production. To also offer practical, hands-on food education such as cooking and growing as well as farm links.

We will achieve this by:

- Helping pupils to understand the importance of a healthy diet and physical activity.
- Giving pupils and the wider community the opportunity to plan, prepare and cook healthy, safe meals.
- Giving pupils and the wider community the opportunity to learn about growing and farming of food and its impact on the environment.
- Encouraging pupils to eat and cook with vegetables that they have grown at home or within school.
- Creating opportunities for pupils to get to know local producers and food business.

### *The school provides the opportunities for pupils to get involved in growing food:*

- In Foundation 2, the children enjoy a school trip to a local arable farm.
- In year 1, the children undertake a healthy eating project based around the book 'Oliver's Fruit Salad'. The children design and create their own healthy snack.
- Each year group has been provided with a raised bed. Children will be encouraged to grow their own fruit and vegetables and have the opportunity to eat/cook with what they have grown.
- The produce grown/cooked with is then sold at two farmers markets: Autumn and Summer. These are hugely successful and parents and community members are beginning to be more involved.
- The school is linked to Tesco's Farm to Fork scheme which provides children with background regarding food growth and production through to what it looks like in the supermarket.

## Sustainability

The school considers that it is important to teach children about the environment and the effect we have on it. In line with this we encourage all pupils to choose food items that have less packaging, to re-use containers, bags, cling film and foil, wash and refill bottles, and recycle glass, cans, bottles and paper at their nearest recycling centre.

Where possible food waste such as apple cores, banana and orange skins, etc. are placed on a compost heap which is then used in the school garden.

## **Specific Dietary Requirements**

### **Religious and ethnic groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

### **Vegetarians and vegans**

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

### **Medical diets, food allergy and food intolerance**

The school ensures that children with food allergies and intolerances and other types of medical diets receive appropriate foods to meet their needs. Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for medical diets are submitted according to an agreed process.

All staff are aware of children's dietary needs. This information is also displayed in the staffroom and relevant first aid areas. If a child requires an epi-pen then this is kept in the child's classroom for easy access.

Additional members of staff are attending epi-pen training in February 2016.

The kitchen staff do not include nuts in any of the children's meals.

## **Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled; a written food safety management system such as 'Safer Food Better Business' or equivalent is used as appropriate. We consult our local Environmental Health Department about legal requirements where necessary. Food safety will be explored with pupils within the curriculum.

### **Hygiene for packed lunches**

The school provides possible a cool area away from sources of heat and contamination to store packed lunches. Parents are encouraged to keep lunches refrigerated until taken to school and to use insulated cool bags and/or small ice packs. Children/parents are encouraged to discard any uneaten high risk foods such as meat, fish or dairy products at the end of the day.

### **Hygiene for water bottles and cups**

Reusable water/drinks bottles and cups are washed at least daily or between persons using them with hot water and detergent.

## **Contact Information**

Community Nutrition & Dietetics Service  
Aspect House  
Suite 6, Second Floor  
Aspect Business Park  
Bennerley Road  
Bulwell  
Nottingham  
NG6 8WR

## **Monitoring and Review**

This policy will be monitored by the healthy schools co-ordinator.

**Date of Policy:** 18<sup>th</sup> March 2019

**Review date for the policy:**