



REDESDALE PRIMARY SCHOOL FOOD POLICY

Our school recognises the importance of nutrition on pupils' emotional and physical health and well-being and the effects this has on an individual pupils ability to maximise their educational achievement. This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events. Our policy adheres to the guidelines set out by 'The School Food Standards' (see Appendix 1).

Aims

We aim:-

- To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school.
- To make sure that nutrition education has a prominent place in school life.
- To offer healthy food and drink choices at all appropriate opportunities.
- To increase the knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- To provide easily accessible water during the school day.
- To teach our pupils basic cooking skills and basic nutrition.
- To be role models for healthy eating.
- To monitor healthy choices, including packed lunches.
- To ensure the food environment promotes a happy and pleasurable experience.
- To ensure consistent messages regarding healthy eating are reinforced throughout school.

At Redesdale Primary School we will:-

- Ensure that all food and drink served reflects the needs of all pupils and staff and makes healthy choices easy to take.
- Be committed to considering long- and short-term impact on health, prioritising physical activity promotion.
- Regularly review occasions during the school day to ensure that food and/or water are available when needed:-
 - Break times
 - Lunchtime
 - Special activities e.g. Sports days, parents evenings
- Provide food and drink that allows individuals to:-
 - Drink water frequently throughout the day

- Eat healthily
- Provide support for meeting individual needs for special diets
- Create a pleasant eating environment that is appropriate to the age of the pupils.
- Deliver a curriculum that develops healthy and positive nutrition messages throughout a pupils school life.
- As far as possible, proactively provide consistent and up to date information relating to food and nutrition for parents e.g. newsletters, displays, magazines, websites etc.

Responsibility

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices. The Headteacher and Office Staff liaise with the Lunchtime Supervisors, Cook, Kitchen Staff and Food Contractor. The PSHE and Science Co-ordinators advise and support Staff regarding what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE and Science planning.

The Link Governor for School Meals liaises with staff and the School Council to ensure the policy is implemented. Caterers and the Kitchen Staff are responsible for providing high quality food that complies with the National Nutritional Standards for School Food and contributing to a welcoming and positive eating environment. Parents receive the catering menu for the term and this is shared with the children in advance. A copy of the weekly school meal menu is also on display outside the dining area each day.

School Lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices, have lunch with the children, act as role models and encourage pupils to try new foods as well as having regular discussions with parents about their child's choices. We work with families who are eligible for free school meals to encourage them to take this offer up and in Reception and Key Stage One we encourage all parents to take up the offer of a free school meal.

During school meal time's only drinks which comply with the School Food Plan guidelines may be consumed, including water, low sugar fruit juice and milk. We encourage children who have a packed lunch to follow these guidelines as well.

Packed Lunches

To promote healthy eating we regularly monitor the content of packed lunches and encourage pupils and parents to bring a healthy packed lunch to school. We offer advice and guidance to parents and carers on what a healthy packed lunch consists of and can provide information or help from outside agencies should any parents or carers be concerned about their child's diet.

Fruit

All Foundation Stage and Key Stage One children receive a snack of fruit or vegetables either in the morning or afternoon. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables and support each other to be healthy.

Nut Allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school i.e. birthday cakes. All children with a nut and/or peanut allergy have an individual management plan which is closely monitored by staff. Staff are trained to recognise and manage allergic reactions.

Partnership with Parents and Carers

We inform and involve parents and carers about healthy eating through newsletters, information leaflets, coffee mornings and the school website. The partnership of home and school is crucial in shaping how children behave, particularly where health is concerned. We ask parents and carers not to send food and drinks which conflict with our food policy i.e. fizzy drinks and sweets, and we work together to ensure only water or milk are to be consumed during the school day. All children are encouraged to have a clear water bottle in school which they can regularly refill from our school water cooler at the appropriate time.

This policy will be reviewed in July 2017.