



CAMP HILL PRIMARY SCHOOL

FOOD IN SCHOOLS POLICY



INTRODUCTION

At Camphill Primary School we are acutely aware of our role in helping pupils to develop a healthy lifestyle and to encourage healthy eating. We as a school, along with parents, carers and family members have a huge role to play in children's physical, social and emotional health and well-being.

What a child eats and drinks, how active they are and how they feel about themselves has a big effect on their health now and in the future.

Article 24 of the UNCRC states that '*Children have the right to....nutritious food....so that they will stay healthy.*' As a 'Rights Respecting School' we want to encourage healthy eating among pupils, staff and the wider school community.

The Board of Governors is committed to this policy. By working together with all stakeholders, we can make a real difference to a child's health by giving them good advice and helping them to have a healthy lifestyle.

AIMS & OBJECTIVES

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupil and staff in our school.

At Camphill Primary School our objectives are to:

- Create an environment, which promotes health and well-being of all staff and pupils
- Ensure that all aspects of school life promote positive health messages
- Encourage the active involvement of parents, community and health service agencies to advise, support and contribute to the promotion of good health
- Assist pupils to make informed choices about what they eat and drink.

NUTRITION

We believe that pupils should be given the information and skills to enable them to make responsible decisions about their diet. They should know and understand the contribution of food to growth and health.

PROMOTING HEALTHY EATING IN OUR SCHOOL

We believe we are a 'Health Promoting School', working with a wide range of partners where we aim to:

- Provide a happy, safe, supportive and secure learning environment
- Encourage pupils, parents and staff to become involved in making healthier choices about lifestyle
- Review the formal curriculum to ensure information relating to food and nutrition is consistent and up-to-date
- Teach children about a wide variety of health topics such as healthy eating, physical activity, relationships, drugs, smoking and alcohol issues that can really affect their lives
- Encourage pupils to eat a balanced lunch, containing fruit and/or vegetables
- Encourage pupils to drink water during the school day. (Water dispensers available in Resource Areas)
- Liaise with the School Cook re: Breakfast Club, Breaktime and Lunchtime choices
- Display lunchtime menus in all classrooms and on the school website. This will encourage parents to assist their child(ren) to make informed food choices.
- Host Health Promotion Initiatives - through theme days/weeks, clubs, displays, posters, leaflets etc.
- Link with Outside Health Agencies eg. Action Cancer, NI.Dairy Council, NI Children Cancer Foundations, Action Mental Health etc....
- Send home information on related topics including Healthy Breaks, Drinks etc.
- Regularly remind pupils about making informed healthy choices via Assemblies, Notice Boards etc.



OUR SCHOOL POLICY

AT BREAKTIME ONLY :-

Pupils:-

- *Will bring a healthy break to school each day*
- *Will eat items such as fruit, vegetables, yoghurt, cheese and bread based products at break time. (The eating of crisps/biscuits/sweets will not be allowed at breaktime)*
- *Will drink only milk, water or unsweetened fruit juice at break time*

Milk is available to purchase as a mid-morning drink.

School Catering Staff :-

- *Will only supply foods that are permitted at break time*
- *Will use butter/spread sparingly*

We have a robust reward system in place to encourage all pupils to bring and consume a healthy break.

AT LUNCHTIME:-

Pupils:-

- Will eat a school meal provided by the school canteen

Or

- Will eat a packed lunch containing food prepared previously at home.

We would encourage children not to bring hot foods in a flask and we cannot provide boiling water or heating facilities for food.

DRINKS

Children will be encouraged to drink water at school - this can be filled up during the school day from the filtered water taps in the resource areas.

Fizzy drinks are not allowed in school (at both break and lunchtimes). Glass bottles should not be brought to school.

At Breaktime & Lunchtime pupils are only permitted to drink:-

- *milk, water or unsweetened fruit juice*

TREATS & REWARDS

Sweets will not be used as a reward from staff, however they may be considered as treats when associated with 'special occasions' such as the Principal's Tea party, at Christmas, Easter or at fundraising events etc...

ALLERGIES

We have children in school who suffer from allergies - some allergies are so serious that a child could suffer from anaphylactic shock, a condition requiring emergency medication. Annual update training is undertaken by staff responsible for children at risk of anaphylaxis.

The most common allergy is to NUTS. In order to minimise the risk of allergic reaction among children and staff, all nuts and obvious nut-products are banned within the school premises and on educational visits outside school. Items prohibited for example include bags of nuts, hazelnut chocolate spread such as "Nutella", snickers bars etc.

For reasons such as the above children are not allowed to swap food items.

PARENTAL INVOLVEMENT

Children's birthdays - Some parents like to send in a birthday cake/buns/sweet treats to mark their child's birthday - however this is not possible due to allergy concerns. This also ensures that no child/parents feel under pressure to do this.

School Council Elections/other similar events - Children are not permitted to bring in 'sweet treats' to promote themselves when involved in 'Pupil Council' elections and other class activities. In line with this policy this is not deemed appropriate.

Parent Teacher Association (PTA)/Charity/Fundraising Events may include a barbecue, sandwiches, tray-bakes, cake/sweet stall, selling of buns etc.... with the generosity and talents of parents and pupils being greatly appreciated - therefore as long as it is made clear that;

'Our food stalls contain homemade items and items which may include gluten, nut traces, soya or wheat.'

we can continue to operate these events as normal.

FOOD & DRINK WITHIN THE CURRICULUM

Looking at, feeling, cooking and tasting foods are all important aspects of the learning experience and children will be given opportunities to do this from time to time in school or on class trips. This might include lessons working with fruit, vegetables, milk, butter, pancakes etc... There will be an emphasis on hygiene and where children are offered the chance to sample foods it will be under the supervision of a teacher or classroom assistant - no child will be forced to sample a food.

HOW CAN CHILDREN BENEFIT?

At Camphill Primary School we feel that if children get the same messages at home and at school they are much more likely to make healthier lifestyle choices. With a balanced diet, regular physical activity and the confidence to make good lifestyle choices, children will:

- have more energy
- have a more positive happy outlook
- be able to concentrate better
- stay at a healthy weight
- get fewer illnesses
- feel less stressed
- not get bored so easily
- sleep better at night
- increase their chances of academic success

ROLES AND RESPONSIBILITIES

Staff

All staff will actively support, contribute to and be involved in the promotion of good health. All staff will participate in staff development as and when necessary.

School Catering Staff

As part of our 'FOOD IN SCHOOLS' policy we will liaise and cooperate with the school catering staff. The school canteen will offer pupils healthy options at our Breakfast Club, Breaktime and Lunchtime.

Governors

The Governors will monitor the implementation of this policy and evaluate and review regularly.

Parents

Parents are asked to support the school in the promotion of good health, particularly in encouraging children to eat healthily and participate in physical activity.

MONITORING & EVALUATION

We will monitor and evaluate progress through:-

- Reports from catering staff on the uptake of breakfast, breaks and school meals
- Auditing of breaktime snacks
- Pupil input through Class and School Council meetings and Rights Respecting Ambassadors meetings related to Health, Food and Nutrition
- Questionnaires to all Stakeholders
- Using feedback to inform further planning

CONCLUSION

The effects of this policy will be monitored and evaluated regularly and amended as required.

(February 2022)