



## Appleton CE (A) Primary School

### **Whole School Food Policy**

*At Appleton C of E Primary School our vision is to be:*

*A happy and welcoming school community where we learn to build wisely for life by following Jesus' example of love and care, and by aiming to be the best we can for ourselves and the good of others. We have three core Christian values: Respect: We recognise and respect the uniqueness of each individual. Kindness: We show kindness by loving others as ourselves, making a difference to our community and the world around us through our words and actions. Responsibility: We are responsible for fulfilling our potential, believing in ourselves and making our own wise choices.*

#### **Aims**

At Appleton CE (A) Primary, we aim to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that food provision and food messages are healthy and consistent. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. Staff recognise and are committed to the fact that healthier children learn more effectively and aim to promote good eating behaviour. We aim to implement the School Food Standards as set out by the Department for Education in 2015 along with the Eatwell Plate Model of Healthy Eating and Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy.

#### **Provision of Food and Drink**

##### **The Eating Environment**

We believe that eating is more than just 'refuelling' and should be an informal social situation where children work together, share responsibilities and make new friends across the school. Staff work with children to provide a clean, safe, attractive and

appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do.

- All pupils eat in the dining hall with their class. The first sitting is for Foundation Stage and Years 1-3. The second sitting is for Years 4-6. Children in Foundation Stage go into the hall 15 minutes before Year 1 and 2 to give them more time to eat and to become familiar with the eating environment.
- Some children from KS2 help the younger children during the first lunch sitting.
- Pupils who eat a packed lunch are encouraged to sit with children who are having school meals.
- A salad bar is available for children who are having school lunch to further provide them with a variety of healthy options.
- Children are encouraged to be independent during the meal and when clearing up after themselves at the end of the meal.
- In the Foundation Stage (FS) and KS1 classrooms, clear snack areas are provided where children can access school fruit along with their own snacks and water.
- Each week, children sit at different tables, and older children can sit with their friends from other classes. Foundation stage have set tables, but change places each day, so that they have different friends to chat with.

### **Food Safety**

Appleton CE (A) Primary School has adequate facilities, suitable equipment, possible hazards are identified and all food handlers are appropriately trained.

### **School Meals (lunches)**

- Food is provided by the School Lunch Company <http://www.theschoollunchcompany.co.uk/> and staff are trained accordingly.
- Free School Meals for children in FS and KS1 are provided and we encourage parents to take up this offer as it can be an easier way of ensuring that the children get a nutritionally balanced meal. Free School Meals are also provided for children in KS2 who qualify for this status.
- The menu, which is healthy and nutritionally balanced, is decided and occasionally changed by the School Council through discussion with the School Lunch Company.
- Food is presented at child height and the cooks and other staff talk through the options verbally.

- Children are encouraged to try different foods.
- Children are expected to choose one of the main options and vegetables and/or salad each day.
- Healthy dessert options are offered, ranging from fruit, yoghurts and cheese and crackers.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Children who eat little or too much food are monitored and encouraged. Their teachers and parents are informed.
- The cook and supporting staff are informed about children who have special dietary needs or allergies.
- Children are provided with tap water and milk to drink.

### **Packed Lunches**

Some families prefer to provide a packed lunch and we are aiming for packed lunches to be as healthy as possible.

- To promote healthy eating we will monitor the content of packed lunches and if we notice regular unhealthy food choices we will discuss this with parents/carers where we can offer advice and guidance.
- Healthy packed lunches are provided by the school for educational visits if children require them.
- All parents and carers have received a letter detailing healthy choices that are permitted in a packed lunch, including on educational visits.

### **Snacks**

We understand that snacks can play an important part of the diet of young people and can contribute towards a balanced diet.

- Healthy snack choices are promoted to all members of the school community.
- The Government's school fruit and vegetable scheme entitles all children in FS and KS1 to a piece of fruit or vegetable each day. Any leftover fruit/vegetables will be offered to children in KS2.
- Unhealthy food may be removed by staff and returned to the child at the end of the school day. School fruit will be offered as an alternative.
- Children have the opportunity to eat their snacks with peers at break times.

## **Drinking Water**

Drinking water is provided in all classes, on tap for children to drink water throughout the day. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned. Cups are available for those without water bottles. No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs. No soft/fizzy sugary drinks are permitted.

## **Curriculum**

The formal curriculum develops pupils' knowledge of healthy eating through Design and Technology (D&T) and other cross-curricular links. The profile of healthy eating is raised through focus on Science and D&T topics, healthy food activities and Jigsaw PSHE lessons. The message of healthy living is threaded through the 2014 Primary Curriculum. At Appleton CE (A) Primary School we aim to:

- Ensure that food, nutrition and cooking is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Monitor pupils learning in food, nutrition and cooking.
- Address these areas through a range of teaching methods, for example, leading by example, staff training, visitors into school etc.

## **Provision for Staff**

- Staff are encouraged to eat healthily themselves.
- Many staff members choose to have a school dinner. Some choose to eat with the children.
- Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued.

## **Parents**

Information about school meals is shared with parents via menu leaflets, newsletters and the school website.

### **Other areas to be considered**

- Sweets or chocolates for special occasions, such as birthdays, are permitted as a one off.
- During SATs week, all Year 6 pupils are offered a free healthy breakfast.
- The organisers of school fundraising events are aware of our commitment to Healthy Eating and provide healthy food options where possible.

### **Extended School**

Food options at breakfast and after school club are provided by SJW Clubs. The food provided is in line with the guidance as stated in the School Food Plan 2015. Relevant staff have basic food hygiene and preparation certification.

Any meals taken as part of on or off school site residential trips will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.