



Wodensfield

Primary School

Food Policy

Reviewed: March 2019
Next Review: March 2021

School Ethos

Wodensfield Primary offers a caring environment and appreciates that a healthy diet is essential for maintaining and protecting children's health, ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to help them establish a healthy lifestyle that we hope will continue into adulthood.

The importance of healthy eating.

'Diet is central to health and children's diet can be an important influence on their health now and in the future. We know that a good diet in childhood can help protect against chronic diseases in later life. International research shows that diets rich in fruit and vegetables are protective against cardiovascular disease including heart disease and stroke. Poorly nourished children, especially those who are overweight or obese often experience social and psychological issues. This can clearly have a significant impact on behaviour and performance in schools.

Target audience

In order for the whole school policy to be a success, it is important that the policy applies to all persons who use the premises including pupils, teaching and support staff, volunteers, catering team, governors and visitors. The cook plans healthy lunchtime menus, these are updated in line with any changes in regulations. All areas of the whole school food policy including menus and food choices will be regularly monitored by the head teacher and the information reported to the governing body. All members of the school community (pupils, parents, staff, governors and visitors) will have access to our agreed whole school food policy and can discuss its contents with members of the school staff or governing body.

Aim of the whole school food policy

We aim to ensure that all aspects of food and nutrition promote health and wellbeing of pupils, staff and visitors to our school. This policy takes into account local and national guidance

Objectives of the whole school food policy

Ensure consistent messages about food across the curriculum and throughout the school environment.

To enable pupils to make informed choices about food.

To have a positive impact towards the physical development of all members of our school community.

Action to meet our objectives

- We will consult pupils, parents and staff, in guiding food policy and practice in school.
- We will seek advice and support from external agencies to develop our policy.
- We will review our dining environment to encourage the positive social interaction during mealtimes of pupils and staff within our school and consider staff and pupils dining together to help promote a positive dining experience.
- We will encourage staff to be positive role models to eat healthily where they can be observed by pupils.
- We will ensure that healthier food and drink options are available and promoted.
- We will work with food providers and parents to ensure that meals, packed lunches, are nutritious and healthy and meet the government's food-based standards for school lunches which came into force in January 2015.
 - <http://www.schoolfoodplan.com/actions/school-food-standard>
 - <https://www.nutrition.org.uk/healthyliving/healthydiet/eatwell.html>
- We will ensure that pupil's menus and food choices are monitored periodically.
- We will ensure pupils have the opportunity to learn about food and nutrition as part of the school curriculum.
- We will ensure that pupils and staff have easy access to free clean fresh drinking water.

Our whole school food policy covers the following areas:

Breakfast

Our school promotes the value of breakfast and encourages every pupil to have breakfast at the start of the day to ensure they are alert and ready to learn.

Before and after school clubs

Before and after school clubs play an important part in developing good habits. Wodensfield Breakfast and After School Club follows our whole school food policy. At our before school club we provide a breakfast. Children are encouraged to bring a healthy snack for After School Club. Fruit and water are always available.

Break times

Children in KS1 have either milk or water in class and have either a piece of fruit or vegetable. Children in KS2 can have a piece of apple for break time. (School charge 50p per week)

School meals

Our school meals meet the latest DfES guidance on improving school meals and follow the food based requirements for school lunches and requirements for food in school other than lunches. Our school sends home menus devised in partnership with the school council. The cook plans nutritious healthy meals for each child containing:

Bread, cereals and potatoes

Fruit and vegetables

Milk and dairy foods

Meat, fish and alternatives

Small amounts of foods containing fat and sugar

Through this inter-cooperation, pupil menus are monitored and regularly updated with parents informed of foods their children have refused to eat or have started to eat. This is done on a daily basis via or MarvellousMe app. As a result, we aim to reduce food waste to a minimum.

Packed lunches

Our school encourages parents to provide nutritious packed lunches based on the Balance of Good Health by providing foods low in fat, sugar and salt. Foods that are encouraged include a piece of fruit, vegetable or salad and a milk-based product such as yoghurt. Sugary and fizzy drinks are not allowed with water recommended and available for all pupils. Parents are reminded that a packed lunch needs to be wrapped and kept cold, as lack of refrigeration until lunchtime could lead to growth of harmful bacteria. Parents are encouraged to use an insulated box or bag. The head teacher and senior lunchtime supervisors, monitor lunch boxes and encourage children to bring healthy packed lunches. Copies of the School Food Trust's recommendations for healthy nutritious packed lunches are available to parents.

Water

Access to water is a fundamental human right and necessary for good health. Children should drink water regularly during the school day and the children at Wodensfield have access to a drinking water in the classrooms and at lunchtime.

School trips

Food or drink provided on trips conforms to the latest DCSF/Department of Health/School Food Trust guidance and is consistent with the whole school food policy. Children who are eligible for a Free School Meal can have a healthy nutritious packed lunch that has been prepared on the school premises by the cook. Children who normally eat a packed lunch prepared at home bring theirs as normal.

Rewards

Our school recognises the importance of acknowledging achievement of pupils. Our school has an annually reviewed code of conduct. Teachers have different ways of giving rewards according to the age of the children including stickers, star of the week, team points, certificates and Friday top table awards. The school does not reward pupils with sweets.

Birthdays

Birthdays and celebrations are an important part of school life. There are various non-food ways of celebrating birthday's in school. However, if parents do wish to send sweets or cake into school staff ensure that they are suitable for all pupils and check specifically for allergies and specific dietary choices (religious and vegetarian/vegan)

Vending machines

Our school does not have any food or drink vending machines on site.

Dining room environment

Due to the small size of the school dining area, Key Stage 2 classrooms and the After School Club room are used as dining areas for packed lunches during lunchtime.

Food in the curriculum

Our school promotes healthy eating by working with pupils in science, PSHE and D&T and cooking social groups, to learn about food in the context of a healthy diet and healthy lifestyle making pupils aware of the variety of foods including foods from other cultures. Through these curricular areas, pupils develop skills in planning and preparing a diet to achieve the Balance of Good Health as well as basic food hygiene and food safety practices. Members of the governing body are invited to visit the school at mealtimes to monitor that the everyday practices within the school promote the school food policy.

Lunchtime supervisors and teaching assistants have attended appropriate training enabling them to oversee food hygiene and food safety practices within school.

Food safety

All food preparation activities taking place in either a school setting, after school clubs or school meals setting will be registered with the Food Safety section at Wolverhampton council. All food handlers are trained in food hygiene or supervised by a person trained in food hygiene.

Food for staff

The staff in our school are clear about the aims and objectives of our school food policy. Staff act as good role models to the pupils and undertake to adopt the whole school food policy during the school day.

Fund raising events

Fund raising is an important part of school life. All fund raising activities will consider the importance of the whole school food policy. When possible the school will promote healthier choices, however, in some circumstances this may not be possible such as the Christmas or Easter celebrations.

Complaints procedure

Our school welcomes the views of the whole school community and we will deal with complaints quickly and efficiently by following our complaint procedure. Copies are available from school. We will comply with the mandatory food standards and refer any complainants to the Secretary of State for direction, should we not be able to resolve a complaint about them.