

Whole School Food Policy

Introduction

“Childhood obesity is one of the pressing issues of our generation. By the start of primary school, almost a quarter of children in England are overweight or obese.” (‘Obesity, healthy eating and physical activity in primary schools’ – Ofsted 2018.)

At Galley Common Infant school, we are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school cook. This school food policy is co-ordinated by Laura Gordon

Our Aims and objectives.

We aim to:

- Improve the health of the whole school community by supporting pupils and families to establish and maintain life-long healthy and environmentally sustainable eating habits;
- Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the whole school day.
- Integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities;
- Ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school.

We shall accomplish our aims through food education, including the development of skills such as cooking and growing, the food served in school and core academic content in the classroom.

We shall work towards the following objectives:

- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and its impact on both health and the environment;
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day;
- To ensure the food provision in school reflects the ethical and medical requirements of all pupils and staff, e.g. religious, ethnic, vegetarian, medical and allergic needs;
- To make the provision and consumption of food an enjoyable, social and safe experience for all;
- To encourage children to develop appropriate skills for choosing and preparing healthy meals;
- To ensure adequate provision for children who have specific dietary requirements in relation to a medical condition (this may conflict with healthy eating principles), e.g. cystic fibrosis;

- To introduce and promote practices within the school that reinforce our aims, and to remove or discourage practices which negate them;

Management and Coordination

There is an identified member of the Leadership team who oversees all aspects of food within the school. Her role is to ensure the following:

- Establish an effective structure to oversee the development, implementation, monitoring and review of this policy and to encourage a participatory approach to achieving the objectives
- Provide an environment that is both physically and socially conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food and drink.
- Establish a process for reviewing the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- Ensure the school complies with current National Nutritional Standards for school lunches and other food in school and with the Food in Schools Standards.
- Liaise with the PE curriculum lead to ensure that the healthy school programme is supported by physical activity.

Staffing and Staff Development

Areas of staff expertise and individual staff development needs will be identified through existing staff development systems. This will be ascertained through a staff audit and performance management needs. Food Hygiene training will be undertaken by staff members so that during the school day there will be at least two members on site that understand and implement hygiene.

We will ensure that the taught curriculum and food provision throughout the school day present a consistent message. There are opportunities to explore issues around food in many subject areas. We undertake to capitalise on these opportunities in order to:

- Bring the subject "alive" through curriculum links and projects that provide ongoing contact with food professionals.
- Develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

Both curricular and extracurricular activities will help pupils develop an understanding of food issues, including: growing; hygiene and safety; preparation; nutrition; healthy lifestyles; and the food industries.

Food For Life

We are proud to be a Food For Life School. In 2018 Galley Common School was awarded the Bronze Food For Life Award. This demonstrates we are doing fantastic work to provide healthy school meals, great lunchtimes and food education that has a positive impact on both pupils and the wider community.

Bronze schools serve fresh, seasonal school meals prepared by a well-trained school cook. Pupils and parents are involved in planning improvements to school menus and the dining experience via a school nutrition action group, boosting school meal take-up. Every pupil has the opportunity to visit a farm during his or her time at school, and opportunities are given for cooking and food growing activity.

Food throughout the school day

Snack Time

All pupils may receive a free piece of fruit or vegetable every day from the Government Fruit and Vegetable Scheme.

Water

All Children are encouraged to bring to school a plastic water bottle, filled with water. This can be accessed by children throughout the day. Teachers encourage children to drink regularly throughout the day.

School Lunches

Our school lunches are provided by Educaterers. The school meals meet the mandatory requirements of the School Food Standards 2015. Our school caterer also holds a silver award for the Food For Life Catering Mark. School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.

Packed Lunches

The school is committed to encouraging parents to provide healthy lunchboxes for children. The school recognises that parents provide packed lunches for a variety of reason, including dietary requirements or intolerance. For this reason, no food may be swapped or shared from packed lunches.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages social and cultural interaction of pupils and teachers. We aim to provide a calm and ordered environment conducive to mutual respect and good behaviour. In our dining room at lunch time, tables are spaced out to create a calm environment and The SNAG team (selected year 2 children) help to support lunchtime routines with the children.

We are also committed to the following:

- Active help for children who find the physical process of school dinners or packed lunch difficult – for example, carrying trays, opening tubs or packets.
- Encouraging all children to eat the food they have been provided.
- Ensuring that children wash their hands before eating.

Celebrations and Festivals

The school recognises that food plays an important role in the celebration of cultural, personal and community milestones, such as religious festivals, birthdays or the end of term.

Food in the Curriculum.

The school uses the following resources to teach pupils about food and healthy eating:

- * Design Technology - preparing healthy meals, opportunities to cook.
- * Change 4 life sessions
- * Science topics (animals including humans)
- * Food for life sessions
- * R.E sessions.

Assessing, Recording and Reporting Pupils Progress

Pupils' knowledge, skills and attitudes to food are assessed within Design Technology and science, in line with the whole school assessment policy. This will be assessed on a class assessment sheet through teacher-led activities.

Partnerships

The school values working in partnership with parents/carers and with the wider school community and sees it as an essential part of promoting healthy lifestyles. Partnership working will be promoted through Design Technology weeks, home-school letters, School Council, working with food and drink suppliers, health professionals, Healthy Schools Staff and work with parents.

Equality of Opportunity

In accordance with school and Local Authority policy, a commitment to equal opportunities and inclusion will be built into all aspects of food and drink provision.

Reviewed: May 2022

Agreed by Governors:

Date of next review: 2023

Who the review will involve: school staff.

Senior member of staff responsible for overseeing that this policy is implemented and regularly reviewed: Laura Gordon