

Summerfield Primary School

Whole School Food Policy



Rationale

At Summerfield we believe that focussing on a healthy diet and the nutrition this provides is important because of available evidence that links food choices to how well children can learn, develop and achieve and how this impacts on future life chances.

Aims

The main aims of our school food policy include:

- Ensuring that all aspects of food and nutrition in school, including curriculum planning, promote the health and well-being of the whole school community
- Supporting all members of the school community in making informed decisions about their food based on knowledge, understanding and skills regarding a healthy diet
- Enabling all children to make healthy food choices through providing them with appropriate information and food preparation skills that impact on choices beyond school
- Adhering to the principles in the School Food Plan and School Food Standards
- Encouraging an uptake of school meals - particularly the current universal free school meal entitlement
- Role modelling healthy eating through food and drink provision in school

Food provision and consumption across the school day

Breakfast Club / morning provision

Breakfast is recognised as an important meal and its recommended consumption to provide 25% of a child's energy requirement - also contributing significantly to their vitamin and mineral requirement. Our Breakfast Club meets those criteria and is compliant with School Food Standards. We currently access free cereals to support our Breakfast Club via our local Cluster partnership. In addition checks are made on a daily basis with key vulnerable children who do not attend our Breakfast Club to establish whether or not they need breakfast which we then provide on the same basis as the Breakfast Club.

Snacks

Children in Summerfield have access to fruit daily. Early Years and KS1 is subsidised by the National School Fruit and Vegetable Scheme and the school allocates money from its budget to buy in additional fruit/veg from this scheme for KS2 children.

Drinks and access to water

All children are encouraged to drink water regularly and we have water machines around school to access quality drinking water. Children are encouraged to have a water bottle in their classroom to facilitate regular drinking. Children in Early Years and KS1

also have access to milk daily either via the free milk scheme or subsidised by the EU with a contribution from Parents/Carers. We provide free milk in KS2 for PP children if they would like it and Parents/Carers can also pay for milk for KS2 children. We are following the recommendations that children can have, as part of a balanced meal, 100% pure fruit juice or smoothie and milk products. The pure fruit juice can be diluted.

School meals

We have a service level agreement with the Local Authority Catering Service and this service is compliant with the School Food Standards for school lunches. Our provision is regularly monitored. We offer a four choice menu for four days a week and three choices on the 'roast dinner' day. The menu choices are displayed on a photo board each day as well as on our website. We also have themed school dinners throughout the year and offer this menu to all children.

Free school meals

There is a high entitlement (between 45 - 48%) to FSM in Summerfield and the majority of children eligible for this provision secure their entitlement.

Universal infant free school meals

From September 2014 all children in FS2, Y1 and Y2 in state-funded schools in England have been eligible for free school dinners. We encourage as many children and families to access this provision for both health and wealth reasons. Research evidences that school dinners are generally more nutritionally balanced and loaded over time than some packed lunch choices.

Dining environment/procedures

With the advent of universal free school meal entitlement, the decision was taken to extend and further stagger our lunchtime period. We aim to ensure that all the children enjoy a quality dining experience from both a healthy eating and a social and emotional perspective. In addition, we employ a higher than recommended number of Staff to support a positive lunchtime experience for the children.

Packed lunches

Whilst we aim to maximise the uptake of school dinners we recognise that children and Parents/Carers may wish to 'opt out' with a preference for a packed lunch being brought to school. Ensuring that packed lunches are as healthy as possible has been a key focus for 2017/18 and based on feedback and consultation we now have agreed and shared packed lunch guidance which is impacting on improved packed lunch choices.

Cultural, age appropriate, and special diets

Any child in school with particular dietary requirements, for whatever reason, have their needs met either through Parent/Carer provision in packed lunches or through the catering service. Food and drink provided by the school for other reasons is equally sensitive to cultural, age and special diet requirements.

Special occasions, birthdays and rewards

For special occasions, birthdays, and rewards we try to ensure that a sensible approach is taken with regards to food and drink choices. We feel it is important for children to

recognise that a healthy diet can include confectionery and treats including when these are brought in by other children - but alongside this we explain and reinforce why these items need to be eaten less often and the implications when they are consumed too frequently or in too great a quantity.

Monitoring food provision and consumption

At lunchtimes Staff are attentive to the contents of packed lunches and what children are eating/not eating from their school dinner choices and this information is shared with Teachers who in turn will discuss things with Parents/Carers. Using the LA catering service includes monitoring of the service on a regular basis and half termly meetings with the HT and catering team. The Leadership team monitors provision within Phases or Key Stages to ensure everyone is compliant with school policy and recommended guidance.

Food and Healthy Eating Education and the curriculum

Food and Healthy Eating Education is both an ongoing aspect of our provision through the hidden curriculum linked to our values and ethos, but is also taught discretely through different subjects at various times including Science, History, Geography, Food Technology, P.E., R.E. and PSHE or at times through assemblies or key events such as a Health Week.

Cooking in the curriculum

Cooking in the curriculum runs right through school on an age/need appropriate basis from Early Years through to Year 6. Some provision is linked to class based planning, some via volunteer capacity and some via the Teacher we employ specifically to deliver the Food Technology requirements for KS2 children.

Growing, sustainability, and farming

Our school grounds are an integral part of our teaching and learning provision and this includes a focus on planting, growing, harvesting and cooking/preparing a range of relevant foods - either with an intrinsic value themselves or as an ingredient to create other food choices. We employ a Teacher as an environmental specialist in order to ensure that all children have multiple opportunities to access this experience over time as part of their learning journey and development. Currently children in Year 5 are supported to visit a farm in Nidderdale each year with a focus on 'farm to fork'.

Extra-curricular activities

We run a weekly after school cooking club and a gardening club and this is an extension of the environmental learning and food technology that takes place within the school day with the same expectations and standards in place.

Pupil involvement

We have previously engaged in the Food Dudes initiative and currently run a Healthy Heroes strategy which includes a focus on healthy food choices and tasting for packed lunches and school dinners. The School Council and Healthy School Team is involved in this and some of our children are Healthy Hero Helpers.

Parent involvement and communication

Parent/Carer involvement ranges from direct conversations, consultations and questionnaires, invitations in to school to be part of learning experiences, volunteering and being on our Governing Body. We communicate with Parents/Carers through our website www.summerfieldprimary.co.uk , through half termly Newsletters and letters specific to a particular focus, initiative or event.

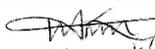
School trips,

Food and drink provision on school trips and/or residential visits is in line with the recommendations for school lunches with the same standards and criteria applied. Whilst packed lunches are more difficult to monitor on these occasions we ask that the usual guidance is followed. The packed lunches that school provides are compliant with guidance and recommendations.

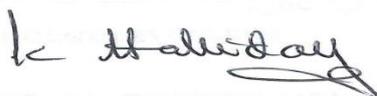
Other policies to be read alongside this policy include...

- Packed lunch guidance
- Physical Activity
- PSHE
- SEND
- Equality

Core Leadership signature


Karen Wittmann

Governor signature



Revised Spring 2018.

To be reviewed annually.

References:

www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study

www.schoolfoodplan.com

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate

www.coolmik.com

www.childrensfoodtrust.org.uk

www.leeds.gov.uk/breakfast

www.childrensfoodtrust.org.uk/childrens-food-trust/schools/school-food-standards

www.healthylunch.org.uk/government