

Herringthorpe Infant School

Food in Schools Policy

Herringthorpe Infant School

The Governing Body recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. They also recognise that a whole school approach to healthy messages in our curriculum and in the food we provide ensures consistency in the messages given to the school community about the value of a healthy diet.

The Governing Body recognises that sharing food is a fundamental experience for all people. Food is an effective way to nurture and celebrate our cultural diversity and an excellent way of encouraging social interaction.

Schools are increasingly offering 'extended' services and activities to their communities. This means that pupils, other children and young people, staff, parents/carers and the wider community will be able to access activities co-ordinated by schools, which could occur before and after the school day and during holidays and weekends. Often refreshments and food will be provided during these activities and we will encourage all providers of services and activities to adhere to the advice contained in this guidance. There will be significant emphasis on Being Healthy in the type of 'extended' services and activities co-ordinated by schools for their communities.

Aim

We at Herringthorpe Infant School aim to improve educational achievement in this school and benefit the entire community by teaching students and their families' ways to establish and maintain life-long healthy and sustainable eating habits. This shall be accomplished via food education and skills development through the academic content in the classroom, food provision within the school and extra curricular activities such as cooking clubs and growing food.

Objectives

- Nutrition, food sustainability and food safety should be taught at an appropriate level throughout each key stage by including it in relevant schemes of work.
- Food should never be used as a reward or as a present within the school setting; or for other school-based activities.
- Confectionery such as chocolate bars, chocolate coated biscuits, sweets and cereal bars must not be provided by schools (see Special Consideration in section 9.)
- Extra curricular activities such as growing and cooking clubs should be encouraged.
- All staff should have access to training about healthy eating.
- All staff and pupils should have access to safe, tasty and nutritious food before and during the school day, as appropriate to their age and the time spent on the site.
- All staff and pupils should have access to a safe drinking water supply throughout the school day.
- Food and drink should be provided in a hygienic, safe and pleasant environment.
- Food provision should reflect the diverse needs of pupils and staff, this relates to religious, cultural and medical requirements.
- The uptake of free school meals should be encouraged in a way which eliminates stigma, and contributes to reducing health inequalities.
- Practices which reinforce the above objectives should be encouraged and those which negate them should cease.

There is a lot of evidence to support the view that eating habits are generally formed at an early age and that the diet young people choose, or are offered, can have a direct impact on learning and health – well nourished children are likely to be more receptive to teaching and learn better. We, at Herringthorpe Infant School, are committed to encouraging and facilitating young people to make informed choices and involve them in discussions about developing good eating habits and about what provision is available to them in the school setting.

We have developed all of our work in the area of Food in Schools through involvement in our local Healthy Schools Scheme. Each of the sections that follow has formed part of our Healthy Schools annual action plan and has involved consultation with our whole school community.

This policy is a working document and will expand as different pieces of work are undertaken and added to the policy document e.g. health packed lunch policy. Our work in this area will help move the school forward in our aim to achieve enhanced Healthy School status.

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Section 1

Working with the Whole School Community

Aims

- To work with parents/carers to optimise the education, achievement, health and well being of pupils.
- To work with all staff to optimise the opportunities to re-enforce key messages and to offer positive role models whenever possible.
- To give children and young people a voice in issues relating to food in schools.

Objectives

- The school will work with and consult parents/carers about the food in school.
- The school will work with parents/carers to encourage them to provide healthy lunch boxes where applicable.
- Where possible, lunchtime supervisors and catering staff will receive information and training on healthy eating which is consistent with the healthy eating messages that pupils receive through the curriculum.
- Staff are encouraged to teach by example so that healthy eating attitudes and values are modelled to pupils in and out of the classroom.
- Children should not be rewarded for emptying their plates.(eating everything)
- Where staff eat a school meal, they should act as a positive role model.
- To actively involve children and young people, by engaging them in:
 - ☐ Utilising the school council process to gather a consensus view on current and developing provision in school.
 - ☐ Testing out new initiatives.
 - ☐ Auditing existing and developing services.
 - ☐ Decision making on issues relating to food.
 - ☐ Understanding the issues relating to healthy eating.

Expected outcomes

- Parents/carers and school work more closely together.
- An increased potential for a consistent approach to healthy eating at school and at home.
- All staff feel confident to give healthy eating messages to pupils.
- Staff are seen as positive role models in and out of the classroom.
- An increased potential for a consistent approach to healthy eating across the school day

Section 2

The Breakfast Club

Breakfast has been proven to give everybody a better and healthier start to the day. The effect on children has been researched and findings have shown improvements in individuals;

- Mental performance
- Attention span
- Behaviour & attitude
- Memory levels
- Better nutrition

Aims

- To provide a nutritious breakfast accessible to pupils.
- To be part of the “wrap-around” care that the school offers.

Objectives

The Breakfast Club will always offer:

- Milk (semi-skimmed)
- Fruit juice (unsweetened)
- Fruit
- Toast
- Spaghetti Hoops/Cheese Squares
- Healthier cereals - those with a maximum 10% sugar content and with no additional sugar being added once served. (To sweeten the cereal a chopped banana or handful of dried fruit could be added.)
- Cereal bars are not school policy.

Food will be provided by staff who have received food hygiene training and the certificate is displayed in the flexible space.

Expected Outcomes

- Pupils recognise the importance of breakfast and that it should be eaten every day.
- Pupils learn about what constitutes a healthier breakfast
- Pupils develop good dietary habits that can be continued into adulthood.
- Pupils can arrive earlier at school and have breakfast with friends, starting the day on time, safe and well-fed, benefiting them and the school.
- Pupils are more settled, attentive and motivated to learn.

Section 3

The Provision of fruit and vegetables

Aim

To promote the consumption of fruit and vegetables

Objectives

- The school will incorporate the healthy eating message into parts of the school curriculum, especially science, numeracy, literacy and PSHE.
- The school will encourage all 4-6 year olds to eat the fruit and vegetables provided through the School Fruit and Vegetable Scheme (SFVS)
- Pupils will be encouraged to try different fruit and vegetables.
- Pupils will be encouraged to eat fruit/vegetable without chopping or, in the case of apples or pears, without prior peeling.
- Where possible, to recycle the peel and waste from any fruit and vegetables consumed at school.
- To encourage pupils to wash non-peel fruit prior to consumption.
- To lay the foundation for the provision and take up of fruit and vegetables at other times of the day.
- The school will look at ways of promoting consumption of fruit and vegetables at all key stages through, for example, a healthy Fruit Tuck Shop, working with caterers and use of curriculum resources etc.

Expected outcomes

- Pupils develop the good dietary habit of eating fruit or vegetables as a snack at break times.
- Pupils understand the importance of fruit and vegetables in the diet.
- Pupils may have the opportunity to try fruit and vegetables they may not have previously experienced.
- Eating a portion of fruit and vegetables will contribute to the five portions of fruit and vegetables that are recommended by the national 5 A DAY programme.

Section 4

Break time Snacks

- The requirement for snacks and drinks during a morning break may be questioned, but growing children may benefit from the additional intake of food at this time. The provision of the right types of foods is necessary to complement the benefits highlighted for breakfast provision, and, to enable this, the school will only supply foods which promote healthy eating and dental health. The school will encourage all 4-6 year olds to eat the fruit and vegetables provided through the School Fruit and Vegetable Scheme (SFVS) as part of their playtime snack. Fruit provided by school will be offered at the morning playtime for KS1. EYFS will be offered access to healthy snacks on the snack table throughout the school day.

Aim

- To provide a nutritious snack which will give a slow energy release, thus aiding concentration and learning.

Objectives

- To provide fruit which will provide energy to sustain attention span and improve mental performance and ability.

Expected outcomes

- Pupils can identify a healthier snack.
- Pupils know which food is allowed within school.
- Increase in pupil concentration span and therefore educational performance.
- Pupil behaviour is improved.
- Pupils develop the good dietary habit of eating fruit or vegetables as a snack at break times.
- Pupils understand the importance of fruit and vegetables in the diet.
- The caring image of the school is demonstrated.

Section 5

Lunchtime Food Service

Aim

- To provide a good quality food service, that promotes healthy eating and eating together sociably.
- The majority of children to access the free school meal eligible to all Infant children ensuring that they are accessing a well balanced and nutritious meal daily.

Objectives

- To work with the caterer to ensure that the national nutrient based Standards for School Lunches are adhered to as a minimum.
- To promote healthier choices which are freshly prepared using a minimum of processed food, where possible utilising locally procured produce.
- To display weekly menus in the school dining area and on the school notice boards. (Add sample menu's to the schools newsletter every half term)
- The cook, kitchen staff and lunch time support staff will, subject to availability, receive information and training on healthy eating which is consistent with the healthy eating messages that pupils receive through the curriculum.
- Lunchtime staff will encourage pupils to choose healthy balances of food.
- Water will always be available free of charge as a lunch time drink for all pupils.
- To ensure appropriate time tabling and time allocation for the lunch break to allow for good experiences of eating and talking with friends.
- To explore ways to enhance the environment for school meals by improving furniture, fittings and equipment in the dining area so that there is a pleasant environment for pupils and staff to eat their lunch.
- To work with the provider to ensure well-planned, customer-friendly management, administration of rota/queuing systems and innovative ways of displaying and serving the food.
- To provide supervision of pupils at lunchtime, with a sensitive manner by teaching and/or non-teaching staff.
- To help pupils gain social skills and appropriate behaviour when eating food.
- To remove identification of a pupil who has free school meals and work to eliminate any bullying/teasing that may occur to pupils receiving free school meals.
- To work with parents/carers, pupils, staff and caterers to design menus to meet the religious, ethnic and vegetarian needs of pupils and staff.
- Where a medical condition determines that a child eats a specialised diet (e.g. allergies, diabetes, coeliac disease, cystic fibrosis) the catering service will, where possible, try to accommodate the varying needs. The school will encourage parents/carers to discuss the individual requirements following consultation with their GP and a paediatric dietitian. No diet will be implemented by the caterers without consent from the head teacher.
- To ensure that pupils are reminded to wash their hands before they eat food.

Expected outcomes

- Pupils understand appropriate social behaviour at mealtimes.
- Pupils and staff should have enough time to enjoy eating their lunch together.
- There is less conflict about food.
- Children are well fed and ready to learn.
- Reduction in the number of children off the premises at midday, with all the potential disruption to the community and the school that this can entail. In addition it will help to reduce opportunistic truancy.
- An enhanced environment in the dining area will increase social development of pupils, learning to eat together and enjoy food.

Section 6

Healthier Lunch Boxes

Where possible the majority of the school access the free school meal eligible to all infant children. Please see section 6. In the event that children do bring their own lunch; it is recommended that schools work towards implementing the Rotherham Healthy Packed Lunch Policy.

Aim

- To ensure that all children who eat their lunch on school premises enjoy a healthy, balanced meal.

Objectives

- To ensure that lunch boxes are stored safely and hygienically.
- To work with parents/carers and children to raise awareness about eating a healthy packed lunch.
- To support parents/carers by sending food and drink suggestions for inclusion in a lunch box to them.
- To ensure lunchtime arrangements for children eating a packed lunch are given the same consideration as children eating a school lunch. i.e. children are able to access water.

Expected outcomes

- All pupils are eating a healthy lunch
- Pupils understand appropriate social behaviour at mealtimes.
- Pupils and staff enjoy eating their lunch together.
- There is less conflict about food.
- Children are well fed and ready to learn
- An enhanced environment in the dining area, increasing social development of pupils, learning to eat together and enjoy food.

Section 7

Provision of Drinking Water

Aims

- To ensure that children and teaching staff have access to drinking water at all times during the school day.
- To encourage children to drink more water at school so that they remain properly hydrated.

Objectives

- To give pupils access to water during the lunch and break times, as well as during lessons.
- To encourage and enable water consumption and limit other permitted drinks to meal times.
- The water supply will not be located in toilets, and children will be discouraged from drinking water from the taps in the toilets.
- Water bottles will be cleaned daily by them being taken home at the end of each school day.
- Each pupil will be able to have a clear plastic bottle filled with water and no other drink on their desk.
- Canned and glass bottled drinks will not be allowed due to health and safety considerations.
- Pupils will be allowed to refill the water bottles at a designated sink/area during the break times.
- Care will be taken to ensure bottles used are designed to be re-filled.
- Plastic cups/beakers can be used for pupils who do not have a water bottle.

Expected outcomes

- Pupils remain alert and there is a reduction in the incidence of tiredness, headaches and general irritability.
- Health problems including urinary tract infections, bed wetting and constipation are reduced.
- Pupil behaviour and concentration is improved
- Pupils' mental and physical performances are improved.

Section 8

Special Considerations

It is important that schools use this section of their policy to cover any circumstances which may be seen by parents/carers or the wider school community as an infringement of a healthy eating policy to avoid any ambiguity or confusion

A limited number of special considerations are deemed to be acceptable. However this section is not designed to undermine the positive health messages within the wider school curriculum and education catering services. The number and potential frequency of these events should be considered before inclusion ensuring that this Food in School Policy is not rendered ineffective.

Rewards

The school believes in the importance of rewarding and celebrating good behaviour and good work, but the practice of giving sweets is not consistent with the taught health message of reducing sugary foods in the diet. Sugary foods contribute to damaging dental health. Dietitians are unequivocal in their view that food should not be used as a reward. Childhood obesity is a major and increasing problem in the UK. The school therefore does not use confectionery or any other food as a reward. Good work and good behaviour is rewarded in different ways e.g. praise, raffle tickets, sticker charts and special mention certificates. Further examples of reward systems used in this school are documented in the Behaviour Policy.

Celebrations in school

From a social and cultural perspective, there will be times when it is both appropriate and acceptable for the whole school to celebrate special occasions together by sharing food and confectionery. Examples of these times may be Easter, Christmas, Eid, Ramadan, Diwali, Vaisakhi and Hanukah.

Competitions

The school ensures that neither confectionery nor any other food is given as a prize for competitions that are organised by the school.

After school clubs

Any food or drinks provided by after school clubs are healthy and nutritious e.g. milk, water, fruit, toast, cereals, bread products. Foods high in fat and sugar are avoided.

Social catering/formal meetings

The school ensures that where food is available at any event held at the school e.g. open evenings, plays, concerts etc., healthy options are provided. Where food is provided at staff meetings, governors' meetings and other formal meetings healthy options are available, promoting the ethos of the healthy school to parents/carers and the wider community.

Sporting events

Pupils taking part in after school sporting activities are encouraged to bring a healthy snack to eat before or after the activity e.g. fruit or a sandwich. Drinking water is also available.

School trips

A packed lunch with a balance of healthier food and drink is encouraged when pupils take part in school trips. A copy of the healthy lunch boxes leaflet is sent to parents/carers as a reminder at such times.

Offsite provision

The school discourages commercial food vans e.g. ice cream and mobile catering vans parking outside school. Pupils are discouraged from leaving the school premises during the school day to purchase food from local shops.

Sponsorship and fund raising

The school does not participate in the collection of confectionery/snack wrappers/tokens to raise funds for the school. These products are high in sugar, salt and fat. This practice is not consistent with the messages being taught about healthy eating.

Environmental considerations

- Pupils are discouraged from consuming water from taps in the toilets and signs around school state whether or not the water supply is fit for consumption.
- Pupils have access to hand washing facilities before and after eating food.
- We aim for pupils to feel comfortable when eating or drinking.
- The school provides sufficient, suitable provision for waste disposal.

Growing

Young people often have no idea of where food comes from other than the supermarket or delivery van. For this reason, pupils are given the opportunity to grow their own fruit and vegetables.

Free school meals

The school ensures that pupils are aware of their entitlement to free school meals, where applicable, and are encouraged to take advantage of this. The school has a swipe card system in place to remove identification of pupils who have free school meals.

Section 10 The Curriculum

Aims

- To raise awareness of the basic principles of a healthy diet.
- To enable children to develop an interest in healthy eating.
- To empower pupils to make healthy eating choices.

Objectives

- The basic messages about healthy eating and oral health will be taught in the curriculum, particularly through Science, PSHE and Design and Technology. The content will be at a level relevant to the age and ability of the pupils.
- The school will ensure that the taught curriculum and food/drink provision throughout the day present a consistent message.
- Training updates on oral health and healthy eating messages will be sought for teaching staff to ensure they are confident to deliver accurate and relevant information.
- There will be opportunities for pupils to learn about food handling, food preparation and food safety in the curriculum, as well as issues such as sustainability, recycling, fair trade and food production.

Expected outcomes

- Pupils understand the importance of a balanced diet for good health and in helping to prevent obesity, tooth decay and chronic diseases in later life.
- Pupils can apply the concept of a balanced diet to planning their own meals.
- Pupils and staff are empowered to make improved choices about food in and outside school.

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