

Whole School Food Policy

Background

The school sets out to develop a strong school identity and collective responsibility towards the school community. This policy sets out ways in which healthy and wholesome food will be promoted in school.

We intend to improve the health of the whole school community by educating pupils and families' by way of establishing and maintaining lifelong healthy and suitable eating habits. We will help our pupils to gain the skills and knowledge to make healthy choices and set a good example by offering healthy food to all pupils.

Aims:

- To increase pupils knowledge of food production, manufacturing, distribution and marketing practises and its impact on both health and the environment
- To ensure pupils are well nourished in school, and that every pupil has access to safe, tasty and nutritious food and a safe and easily accessible water supply during the school day
- To ensure that food provision in the school reflects the ethical and medical requirements of all members of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable, social and safe experience.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.
- To ensure that no child or adult is singled out due to their food choices
- For children to be encouraged, but not forced to eat (school meal or packed lunch)
- For school staff to be vigilant regarding children with eating aversions and to work with parents to find a healthy solution.

These aims will be integrated into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities. The policy will be shared with the whole school community and food providers.

Water

Plentiful drinking of water by school children has been recognised in improving behaviour and concentration. Therefore all children have the opportunity to provide a plastic water bottle and have access to fresh water in each classroom via a drinking water tap.

School lunches

Hampshire Caterers (HC3S) ensure that the children receive all the nutrients required for a balanced diet. We believe that the food we feed our pupils should be of the best possible quality within the necessary budgetary constraints.

We believe that Pinewood pupils should be entitled to good quality, fresh ingredients, prepared in an attractive and appealing manner. In addition, and again recognising limited resources as much as local, organic fair trade food should be used as possible.

On a daily basis, pupils must be offered carbohydrates, proteins and vegetables on their plate. Every effort must be made to ensure that appropriate choices are available for all pupils throughout lunchtime. Currently all our school meals are provided by the local Education Authorities chosen contractors HC3S. All meals provided must meet the Government's Minimum Nutritional Guidelines for school catering. It is noted that Genetically Modified foods, foods containing nuts and mechanically re-claimed meat is strictly banned from school lunches.

The school is committed to publicising the menu information received from the contractors to parents and carers. This information should be available in the school on a school notice board, via a link on the school website and on request at the school office.

Allergies

The catering service used by the school is able to provide meals that are specifically prepared for children with food allergies or intolerances. These meals are referred to as Special Dietary Requirements by HC3S. Parents need to contact the school office directly to discuss / request their children's dietary needs. The school will then contact the Cook. Currently, the contact details for the caterers are:

Evelyn Cook
HC3S
Menus, Foods and Special Diets
Enterprise House
27/29 Market Street
Eastleigh
SO50 5RG
hc3s.support@hants.gov.uk
023 8062 9388

The school's website contains information for parents about food allergies issued by the Food Standards Agency.

Packed lunches

The food standards agency survey of packed lunchboxes showed that many children's lunchboxes contained too much sugar, salt and fat and little fruit and vegetables. The school is committed to encouraging parents to provide healthier lunchbox for children at Pinewood Infant School. To facilitate this, the school will provide guidance to parents based on the food in schools recommendations of what constitutes a healthier lunchbox; this guidance should be via the school's website and occasionally via a newsletter. The school recommends that parents visit the Netmums website for advice healthy lunchboxes:

<http://www.netmums.com/family-food/food-for-kids/lunchbox-ideas>

Exceptions to this policy might be necessary in extreme individual medical cases (e.g. medically recognised high fat diet requirement e.g. chocolate).

Milk & Fruit/Vegetable scheme

‘CoolMilk’ provides milk cartons for children under the age of five on a daily basis. Parents for children over five years of age can subscribe monthly to provide this for their children. The school follows the ‘School Fruit and Vegetable Scheme’ where a piece of fruit or a vegetable is available to each child each break time. A variety of fruits and vegetables are used.

Celebrations and festivals

The school also recognises that food plays an important role in celebration of cultural, personal or community milestones, such as religious festival, birthdays or the end of term. Food given should form part of a balanced, healthy diet, at an individual teacher’s discretion.

Food in the curriculum

Food represents many things to us all: energy, nutrition, commodity, livelihood, communal activity and pleasure, to name but a few. Its significance in our lives means that it can and should be used to enrich the school curriculum. The school curriculum can in turn be used to enrich pupils’ experience of food and healthy eating. Schemes of work may reflect the whole-school emphasis on healthy eating; for example:

- In DT, children design and make healthy sandwiches/food bars
- In English make shortbread biscuits to support instructional writing
- In science, children study the importance of a balanced diet
- We have the facilities in school to grow fruit and vegetables.

Partnership with parents and carers and pupils

The partnership of home and school is critical in shaping how children and young children behave, particularly where health is concerned. Each must reinforce the other.

Parents, carers and pupils must regularly be updated on food policy settings through school newsletters, and consulted on a regular basis.

During school events, e.g. school discos etc., the school will have healthy alternatives in the range of refreshments offered for sale to the children.

Role of the Governors

Governors monitor and check that the school policy is upheld and are responsible for developing this policy in consultation with the school community.

Monitoring

Monitoring of the progress made by the school in implementing and sustaining the aims and objectives of this policy will be made by the healthy schools coordinator on an annual basis (in June each year) and reported to the Governors' Safeguarding Committee. The committee will monitor the data to identify patterns and trends and to review whether school measures are successful in keeping children healthy.

Communication / dissemination of the Policy.

The policy will be disseminated in the following ways:

- School website
- School Prospectus
- Updates and reminders via the Headteacher's newsletter.