

# GRANTHAM ISAAC NEWTON PRIMARY SCHOOL

## Whole School Food Policy



Date Policy Determined: January 2020

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## Introduction

At Isaac Newton Primary School, it's important to us that pupils eat healthily and drink plenty of fluids while in school. We also aim to teach pupils to make healthy food and drink choices using the curriculum and to reflect these principles in the school's food menu and cooking provisions.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn, concentrate, and achieve high standards in school. We are, therefore, committed to promoting a lasting healthy lifestyle for everyone.

As part of our healthy eating and living campaign, our catering will uphold the highest standards of quality, nutrition and cleanliness; adhering, without exception, to food standards and legal obligations. As such, this policy has been implemented to help staff and parents deliver consistent messages to pupils, enabling them to develop a positive and independent approach to a healthy lifestyle.

Signed by:

_____	Headteacher	Date: _____
_____	Chair of governors	Date: _____

## **1. Our aims**

- 1.1. To integrate a whole-school ethos towards healthy eating; therefore, helping both staff and pupils to perform well, concentrate better and improve general wellbeing.
- 1.2. To ensure all pupils to be well nourished and hydrated, and to ensure they have access to nutritious food and safe drinking water during the school day.
- 1.3. To encourage pupils to make informed food and drink choices in school and at home, contributing to life-long healthy eating habits.
- 1.4. To use the curriculum to teach pupils safe, hygienic methods of preparing, handling and storing food, and to inform them about the benefits of choosing healthy options.
- 1.5. To ensure there are consistent messages about healthy eating throughout the school.
- 1.6. To keep food, health, and nutrition aspects of the curriculum up-to-date.
- 1.7. To ensure the school reflects the ethical, medical, and religious dietary requirements of staff and pupils, and that suitable provisions are available.
- 1.8. To celebrate diversity with cuisines from different cultures and other individual choices (e.g. vegetarianism); therefore, encouraging pupils to learn about and try new foods.
- 1.9. To encourage fluid intake and help pupils keep hydrated, maintain concentration, reduce lethargy, and learn effectively.
- 1.10. To inform staff and parents which provisions are permitted in school and to ensure they can effectively monitor what pupils are eating.
- 1.11. To encourage staff to participate in our healthy eating ethos and act as role models to pupils.

## **2. Healthy eating statement**

- 2.1. The school uses healthier cooking methods to contribute to healthy eating, such as the following:
  - Using less fat in cooking
  - Baking foods rather than frying them
  - Where fats are used, increasing the use of healthier varieties
  - Reducing the use of sugar in recipes
  - Avoiding using additional salt in cooking processes
  - Increasing the use of food items containing high amounts of fibre

- 2.2. The school encourages pupils to adopt healthy lifestyles, both through a nutritional diet and regular exercise, and during assemblies, PE lessons and PSHE.
- 2.3. The school adopts a healthy eating strategy and embeds its principles throughout the curriculum.

### **3. Food throughout the day**

#### **3.1. Breakfast**

Breakfast is an important meal that should provide children with 25% of a child's energy requirement and supports pupils to be ready to learn at the start of the day.

The school runs a breakfast club that starts at 7:50 am – 8:50am. The breakfast club menu includes: Cereals, Yogurts, Toast, Beans, Scrambled Egg, Fruit, Juices, Milk and Water.

#### **3.2. School Lunches**

School meals are provided by Ideal Catering Ltd and served between 11:45m – 12:45pm in the studio. The school meals meets the mandatory requirements of the School Food Standards 2015.

School meals are planned on a cycle and contain a meat, vegetarian and a jacket potato option. School menus can be requested through the school office.

Dining staff monitor pupils food intake during lunchtime by allowing them to only leave the table once they are finished eating. If a pupil is not eating well, the school will monitor and contact parents where needed.

The school provides water on tables for children, which is in jugs to allow the children to have as much as they require.

#### **3.3 Packed Lunches**

Pupils are encouraged to have a balanced packed lunch in order to prepare them for the afternoon. Packed lunches should include;

- Some starchy foods such as bread (sliced, pitta, wraps, bagels) pasta, potatoes.
- 1 portion of fruit and 1 portion of vegetable or salad
- Dairy food such as cheese or yoghurt
- Meat, fish or another source of protein such as eggs, beans and pulses

Packed lunches should not include where possible:

- Crisps or crisp type snacks

- Sweets

### 3.4 Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the early years and KS1 healthy snacks are provided during morning and include apples, bananas, pears, carrots, raisins and oranges.

A healthy tuck shop runs every Friday for KS2 children and is managed and run by Mrs Goodwin (Teaching Assistant). Products include a variety of fruit and healthy cereal bars.

Pupils are allowed to bring in a healthy snack to eat at break time. This is monitored every day by break time staff, to ensure it is of a suitable healthy standard. Suggested snacks include fruit and cereal bars.

### 3.5 Drinks

The school asks children to provide a water bottle which can be kept within their classrooms. It must only be filled with water. These can be re-filled as and when needed using the water coolers which are placed within the school corridors. These bottles are also taken outside during break times to allow children access as the exercise.

The school encourages pupils to consume extra fluids on hot days and during and after physical activity, e.g. PE and sports days.

Children in the early years can access a carton of milk daily until they are 5, under the free milk entitlement scheme. Children in KS1 and KS2 can also access this scheme if they are Pupil Premium. Alternatively parents can pay a weekly amount to our provider in order to access the milk for their child.

The school teaches pupils the importance of drinking plenty of fluids and how hydration helps contribute to effective learning, good health and improved physical performance.

## 4. Rewards and special occasions

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement include dojo points, house points, certificates, medals and badges.

For celebration events children are permitted to bring in confectionary items such as treats for their classmates.

### Exemptions:

The school recognises the following exemptions to the Whole School Food Policy:

- Food, drink and treats at parties or celebrations to mark religious or cultural occasions
- Provisions at fundraising events

## **5. Curriculum**

5.1. The school's Whole School Food Policy is integrated into our curriculum. This will be achieved through the following teaching areas:

- PSHE
- PE
- Science
- D&T

5.2. The school communicates how to lead a healthy lifestyle and make good food choices via the following:

- School assembly
- Guest speakers
- Sending school menus home
- Staff as role models

## **6. Allergies and dietary requirements**

6.1. The school ensures the correct food safety measures are in place, to protect pupils with known allergies, intolerances, anaphylaxis, diabetes and other medical conditions associated with diet.

6.2. Parents provide the school with a written list of any foods their child may have an adverse reaction to, as well as the necessary actions to be taken in the event of an allergic reaction, such as any medication required.

6.3. The school's chosen catering service is responsible for ensuring that the school's policies are adhered to at all times, including those in relation to the preparation of food, taking into account any allergens.

6.4. Learning activities which involve the use of food, such as food technology lessons, are planned in accordance with pupils' IHP's, accounting for any known allergies of the pupils involved.

6.5. Treats for effort or good behaviour are awarded in accordance with pupils' IHP's, including known allergies.

## **7. Expectations of staff and visitors**

The school expects staff to contribute to and support this whole school food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink in line with the policy, when in the company of pupils.

Staff are welcome to eat a hot school meal or attend breakfast club, but must stay in the studio and eat with the children.

## **8. Communication with parents**

- 8.1. The school will communicate any changes and updates to this policy via letter.
- 8.2. The school will send healthy eating newsletters and recommendations to parents every month.
- 8.3. The school will inform parents via letter if concerns are raised about their child not eating well.
- 8.4. The school will inform parents via letter which foods are not permitted as part of packed lunches.
- 8.5. The school will involve parents in the healthy eating ethos, enabling them to provide consistent messaging about healthy choices at home.
- 8.6. Parents will keep the school updated with any changes to their child's dietary requirements, including allergies, and any cultural, religious, or ethical food requirements.
- 8.7. Parents will inform the head teacher via letter if they are concerned their child is not eating well during the school day.

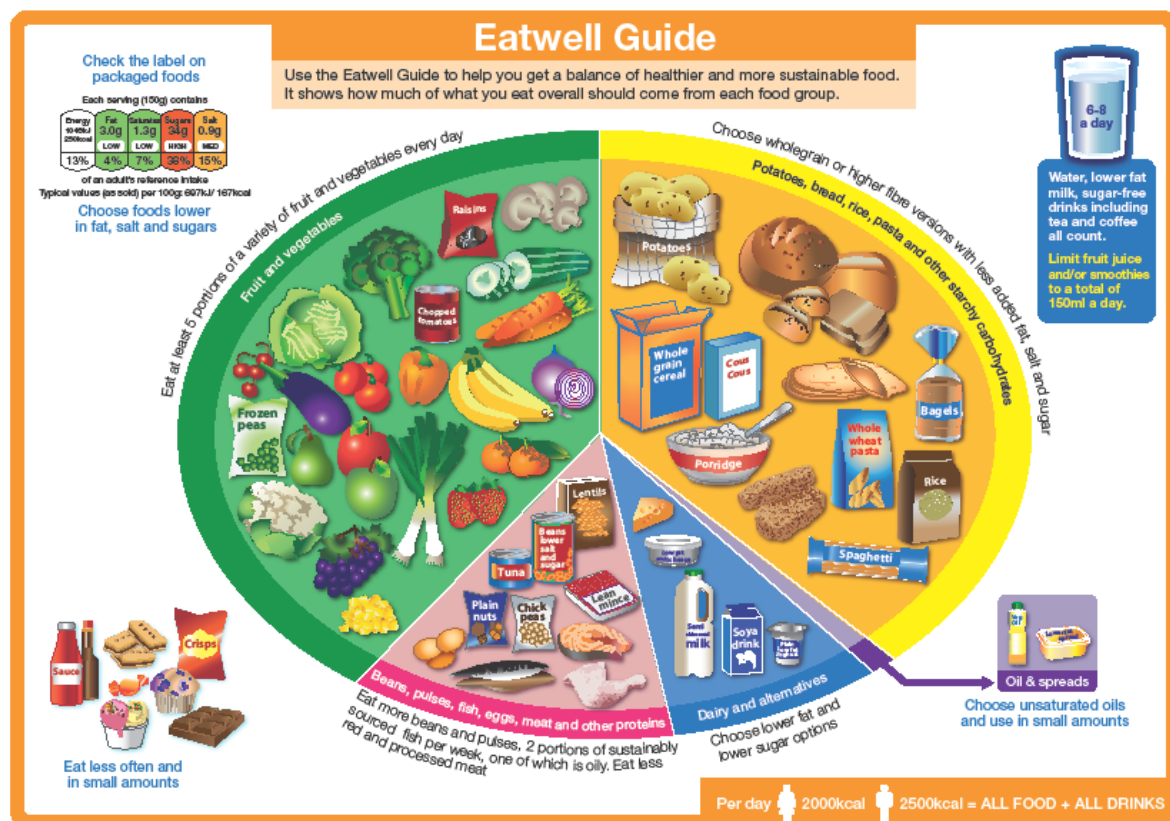
## **9. Monitoring and review**

- 9.1. This policy will be reviewed annually by the head teacher and Local School Board, or in light of any changes to relevant legislation.
- 9.2. The next scheduled review date for this policy is January 2021.
- 9.3. Any changes made to this policy will be communicated to catering providers, kitchen staff, parents and other stakeholders, where necessary.

## **10. Additional information**

Copies of this policy and its related policies can be obtained from the school policies file in the school office.

Isaac Newton Primary School is an Academy and a member of the Community Inclusive Trust (C.I.T). The Trust is the admission authority and is responsible for the admission arrangements of the school. The school has no particular religious affiliation.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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