

Roberttown CE (c) J & I School

Whole School Food Policy

At Roberttown school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHCE, drug, behaviour, and sex and relationship policies.

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

Roberttown is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.
- To provide healthy food choices throughout the day.

These aims will be addressed through the following areas:

Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage. See **Appendix 1.**

This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for interactive learning.

Pupils are consulted about the food choices and lunchtime theme days on offer in school through the School Council and Munch, from Kirklees Catering, visits school to promote healthy eating choices.

Food and Drink Provision Throughout the School Day

Breakfast and Out of School Clubs

The school operates a Breakfast Club that provides a nutritious meal for pupils before the school day. **See Appendix 2 for an example of the Breakfast Club Menu.**

The Out of School Club, Rascals, provides a nutritious teatime snack for the children at the end of the school day. **See Appendix 3 for an example of the Rascals Menu.**

The staff have undergone appropriate food hygiene training and their facilities meet appropriate food safety requirements.

National Nutritional Standards for School Lunches

National Nutritional Standards for school Lunches became compulsory in April 2001.

The Government has announced new standards for school food. These were in place and operable by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. In addition the school kitchen has been awarded the Food for Life Bronze Award. **See Appendix 4 for an example of the Lunchtime Menu.**

Tuck Shop

Our Key Stage Two Tuck Shop provides a range of snack foods, such as fruit, vegetables and fruit juice that contribute positively to the Basket of Good Health (BOGH)

Snack

All Foundation Stage and Key Stage One classes have a morning snack of cut and washed fruit or vegetables provided through the School Fruit and Vegetable Scheme. They are also entitled to free milk, or milk provided at a nominal charge which is subsidised through the School Milk Scheme.

Key Stage Two children may bring or buy fruit which they eat at playtime — no other snack is allowed during break.

Use of Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. (See Behaviour Policy)

Children are allowed to bring sweets to share at the end of the day to celebrate their birthday.

Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

At Roberttown School we provide a free supply of drinking water via water fountains situated in various areas throughout the school building. The children can also bring a named water bottle which they can drink from at any time of the day (except Collective Worship times unless there is a medical need).

Packed Lunches

The school encourages parents and carers whose children have packed lunches to provide lunches that complement these standards.

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on Food Policy through the school Prospectus and school Newsletters. We ask parents not to send in fizzy drinks, sweets and chocolate and we remind them that only water, or milk in KS1, may be drunk during the school day.

During out-of-school events, e.g. school discos etc., the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

Special Dietary Requirements

Special Diets for Religious and Ethnic Groups

The school provides food in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and Vegans

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

Food Allergy and Intolerance

Individual care plans are created for pupils with severe food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Food for the Breakfast and Out of School Club, Rascals, is bought from reputable suppliers.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and Review

- The Breakfast Club manager is responsible for ensuring that the food served is in accordance with this policy.
- The Out of School Club Leader is responsible for ensuring that the food served is in accordance with this policy.
- Key Stage managers and subject leaders are responsible for the curriculum development of the food policy.
- The Headteacher and PSHE leader are responsible for supporting colleagues in the delivery of the food policy.
- The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed to take account of new developments.