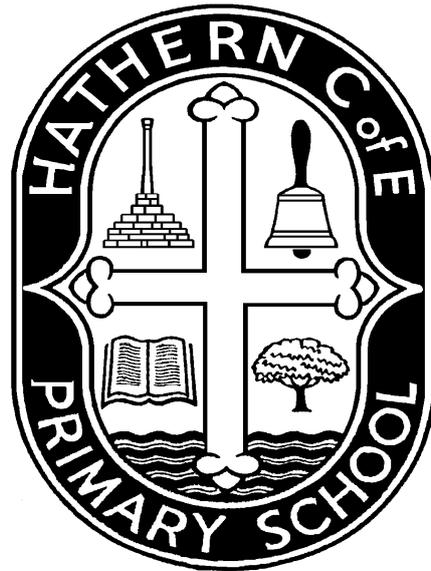


Hathern Church of England
Primary School



**Food
Policy**

At Hathern Church of England Primary School, we believe in
'Learning and Caring Together'

Food Policy

Background

This policy has been written to enable Hathern C.E. Primary School to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, and others associated with the school.

Aims and Objectives

- Hathern C.E. Primary School recognises the important connection between a healthy, balanced diet and a pupil's ability to learn effectively and achieve to the best of their ability in school.
- The school aims to ensure that every pupil has access to safe, tasty, nutritious food and a safe, easily available water supply during the school day.
- The school recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food.
- Through effective leadership, the ethos of the school and the curriculum we deliver, we aim to create an environment which supports a healthy lifestyle.
- The school is committed to providing a welcoming eating environment that encourages a positive social interaction between pupils and lunch time staff.
- The school recognises that sharing food is a fundamental experience for all people: a primary way to nurture and celebrate our diversity: and an excellent bridge for building friendships.
- The school is committed to ensuring that its food provision reflects the requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- The school is committed to providing training regarding food safety and hygiene.

Settings for Food Policy

In accordance with the aims and objectives of this policy, the following settings will apply to the food policy and provision in the school.

Break Time

All pupils are welcome to bring a healthy snack for the morning break time.

The pupils have worked alongside the school staff and governors to agree the following healthy snacks at break time:

- Fruit
- Malt loaf
- Dried Fruit
- Scotch pancakes
- Currant Bun

The school remains part of the National Fruit Scheme for KS1 pupils, and fresh and dried fruit products are delivered weekly to the school. All KS1 pupils have access to fruit from school on a daily basis.

Fruit sourced by the school should, when possible, be obtained locally.

Sweets are not allowed in school except as a treat organised by the teacher or when a pupil is celebrating their birthday (if wish to).

No products containing nuts should be brought into school.

Water may be drunk at break times but not squash, fruit juice or fizzy drinks.

Water

Plentiful drinking of water by school children has been recognised in improving behaviour and concentration. Therefore, all pupils are encouraged to supply a plastic water bottle which they are responsible for cleaning daily. All children are told to take their water bottle home on Friday to be thoroughly washed; any left in school is disposed of. Regular water and brain breaks are scheduled throughout the school day. Children are regularly reminded to drink water at break times. Drinking water is provided at both school sites via a water chiller unit. Chilled bottled water is available in the staff room at our Pasture Lane site for staff use.

School Lunches

We do not cook food for lunchtime consumption on the school premises, our facilities are inadequate for this. Our 'hot' meals are delivered daily by Charnwood College having been prepared on their site; we do however steam the vegetables on site, recognising that the nutritional value is greater if we do.

We believe that our pupils should be entitled to good quality, fresh ingredients, prepared in an attractive and appetizing manner. In addition, and again recognising limited resources, we would hope that as much local, organic and fair trade food is used as possible, and that these aspects of provision should be considered by Charnwood College catering services.

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.

All meals provided must meet the Education (Nutritional Standards and Requirements for School Food) (England) (Amendment) Regulations 2011. It is noted that genetically modified foods, foods containing nuts and mechanically re-claimed meat is strictly banned from school lunches.

Hathern C.E Primary operates a 'Non-Choice Menu'; this menu (4-week rotation) is chosen by the pupils (School Council in consultation with all pupils).

The menu information is publicised to parents and carers. It is made available in 'letter form' each term, is on the school website, on school notice boards and on request from the school office.

Packed Lunches

Surveys of packed lunchboxes by the Food Standards Agency have shown that many children's lunchboxes contain too much sugar, salt and fat and little fruit and vegetables. The school is committed to helping parents to provide healthier lunchboxes for children at Hathern C.E. Primary School. To facilitate this, the school has provided guidance to parents based on the food in schools recommendations of what constitutes a healthier lunchbox; this guidance should be issued annually via the school newsletters and should be available on the school website.

The school recognises the benefits of a well balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

'A child's lunch should include only the following:

- *A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad*
- *Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc*
- *A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.*
- *Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.*

- *A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)*

Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although the school provides storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school suggests that parents do not include the following items in packed lunches:

- *Sweets (including Winders), chocolate, etc.*
- *Crisps or any packeted savoury snacks high in salt and fat*
- *Fizzy drinks/sugary drinks*
- *Sweet cakes, e.g. sugary cakes, doughnuts, etc.*
- *Sweet nut bars, etc.*
- ***Foods containing nuts, etc.***
- ***Packets of salted nuts***

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches. Food swapped or shared may be confiscated.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten. We will encourage parents to include in lunchboxes those foods which are known to have a positive impact on the child's physical development and ability to concentrate and thus learn effectively. Lunchtime staff will engage with children and chat to them about what they are eating.'

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff. It is recognised that the physical constraints of the Dining Hall places limits on the length of time available for serving and eating School Dinners and eating Packed Lunches. Despite this constraint, the school will aim to provide a calm, ordered environment conducive to mutual respect and good behaviour.

It is also committed to the following:

- Active help for children who find the physical process of school dinners or packed lunch difficult - for example, carrying trays, opening tubs or packets.
- Encouraging all children to eat the food they have been provided with.
- Equal treatment of children having School Dinners and Packed Lunches, in terms of provision and supervision.
- Jugs of clean water and cups are available to all children in the dining hall on the cutlery table.
- Encouraging children to wash their hands before eating.

Celebrations & Festivals

The school also recognises that food plays an important role in celebration of cultural, personal or community milestones, such as religious festivals, 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.

Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth.
- The development of strong healthy bodies.
- What constitutes a balanced diet.
- An understanding of cultural diversity.
- The development of respect and understanding towards the beliefs and attitudes of others.
- How food is produced.

Food Beyond the Curriculum

The link between cultivation and consumption is often difficult to make for children, who are used to picking products off a shelf and never enquiring about their origins. Our Busy Bees Club encourages children to grow their own vegetables and fruits and to be involved in the preparation of some of these foodstuffs. We recognise that not all our children are part of this club, but we celebrate the produce that they grow and the efforts they go to.