



# HAMPRESTON CE (VA) FIRST SCHOOL

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*To love God and to love one another*

Policy Agreed: September 2021

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## School Food Policy



*Article 24 of the UNCRC says that healthcare for children and young people should be as good as possible, and also goes further than this by saying children and young people have the right to be both physically and mentally fulfilled.*

Among other things, this implies that children and young people:

- should have good enough nourishment from their food
- should be able to live in a safe and healthy environment
- shouldn't be in danger at work.

*Article 24 also says that children and young people have a right to information about their health. They should have a say in how they get this and be able to say what they like and dislike about the information they get.*

### **Character Development: Commitment to Equality and Diversity**

Our school is founded on a set of fundamental values designed to enable all children and adults connected with our community to flourish and succeed, regardless of background or circumstances. We are determined to be open to people, places, methods and ideas—and as such, equality and diversity are at the heart of everything we do. Our continued dedication to social justice and equality of opportunity is embodied in everything we do.

We seek to create an inclusive school community where:

- People are treated with dignity and respect
- Inequalities are challenged
- We anticipate, and respond positively to, different needs and circumstances so that everyone can achieve their potential
- We value diversity and we recognise that different people bring different perspectives, ideas, knowledge and culture, and that this difference brings great strength.
- We believe that discrimination or exclusion based on individual characteristics and circumstances, such as age; disability; caring or dependency responsibilities; gender or gender identity; marriage and civil partnership status; political opinion; pregnancy and maternity; race, colour, caste, nationality, ethnic or national origin; religion or belief; sexual orientation; socio-economic background; trade union membership status or other distinctions, represents a waste of talent and a denial of opportunity for self-fulfilment.
- We recognise that patterns of under achievement at any level and differences in outcomes can be challenged through positive intervention activities designed to bridge gaps.
- We respect the rights of individuals, including the right to hold different views and beliefs. We will not allow these differences to be manifested in a way that is hostile or degrading to others.
- We expect commitment and involvement from all our staff, children, partners and providers of goods and services in working towards the achievement of our vision.

## Whole School Food Policy

At Hampreston First School we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

### Our Rationale

- To provide an environment that promotes healthy eating and enables children to make informed choices about the food they eat.
- To provide a framework for supporting our stated aim of "thriving to achieve our best- together" by enabling opportunities for growth and excellence through the education of the whole person. In turn this promotes a climate which enables all children to flourish, regardless of ability or special needs, and supports our desired outcomes of developing "strong character" including aspects of resilience, self regulation and empathy.
- The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the School Food Standards guidelines that were updated by the Department for Education in July 2021, the Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) in the Eatwell Plate Model (Appendix 1). This policy supports Ofsted's commitments to assess children's knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

### Food Policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated by Mr Tim Williams (Headteacher)

### Purpose

- To enable children to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day •
- To review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date
- To review the provision of drinks provided by the school canteen and vending machines to ensure that the new standards are met
- To encourage children to eat more fresh fruit and vegetables through high quality food provision cooked onsite by the school's qualified cook
- To ensure that all teachers with responsibility for the formal food curriculum have basic food hygiene training
- To ensure that all catering staff are equipped with appropriate skills and knowledge to successfully implement the Government's National Criteria
- To ensure that all staff who work with food in school have the appropriate level of food hygiene training

### Application

This policy covers the areas of:

- Breaktime snacks including those brought from home
- Water
- School Lunches including packed lunches

- Curriculum
- Before and after school clubs
- Events and celebrations

The policy applies to all staff, pupils, parents/ carers, governors and partner agencies working within school.

### **Break time snacks**

Children in EYFS and Key Stage 1 are provided a piece of fruit or vegetable every day as part of the national Fruit and Veg scheme. Milk is also available to all children under 5 years old. Once a child reaches 5 years old, they can continue to order milk as part of their break time snack, payable to School Milk.

We encourage parents and carers to ensure that any snacks that are brought from home will be restricted to fruit and/ or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.). Cereal bars and similar products should not be given as a snack for break times.

### **Water**

Clean drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch.

Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

### **School lunches including packed lunches**

At Hampreston First School all school meals will be prepared by Forerunner, following the Department for Education's nutritional guidelines; "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment... especially for pupils with lower prior attainment".

We provide Universal Infant Free School Meals for all eligible children in EYFS and Key Stage 1, and encourage parents and carers to take up this offer.

We will provide Universal Free School Meals for all eligible children and encourage parents and carers to take up this offer. We are committed to providing food which is compliant with all national guidelines.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged to be independent during the meal and clear up after themselves at the end by tidying their plates and cutlery away.

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, our packed lunch guidance supports parents to make informed choices to create it healthily. Support and advice is provided through parent and carer information meetings at the start of the Autumn term, in September.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards. Any meals taken as part of on (or off) school site residentials will provide a balanced and

healthy approach to meals and we will only use off site providers that comply with the National Food Standards.

**At Hampreston First School, we are a nut and seed free school.**

**Please can we ask you to ensure that no nuts or seeds are brought into school as some children may be allergic to these food products.**

### **Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design Technology. We reinforce our delivery of the national curriculum in the children's SCARF unit entitled 'Healthy Me', delivered in KS1 and KS2 during the spring, and by holding healthy schools events annually which enables us to focus on all aspects of well-being including healthy eating.

### **Before and after school club**

Food is not currently provided by JSC during before and/or after school clubs. Children may bring a health snack in line with this policies guidelines if they wish.

### **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but, to promote healthy eating choices we would ask that parents and carers **do not send in sweets**. If parents and carers want to bring something in to celebrate birthdays, we would ask that healthy foods, such as fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives.

In school we celebrate children's birthdays in weekly Celebration Collective Worship.

At Christmas, and at the end of the school year, classes may have a class party in which food is brought in by parents and carers. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

### **Monitoring**

We work closely with the school caterer Forerunner to consult annually with key stakeholders, including pupils and carers, children and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meal provision.

### **Summary of Guidelines**

1. Water is available, freely accessible and free of charge to all children where they are having lunch.
2. The school manager will monitor on a monthly basis the provision of fruit and vegetables to ensure that quality is maintained
3. Food and nutrition is taught at an appropriate level throughout each key stage in Design and Technology, Science and our PSHE SCARF programme.

The Eatwell Guide is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

4. Rewards: The school does not support the idea of food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school, including Class Dojo points, postcards, letters home, stickers and badges etc.

5. Special dietary requirements- The school will endeavour wherever possible to accommodate children's specialist dietary requirements including allergies, intolerances, religious or cultural practices.
6. The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of children.
7. To promote staff well-being, staff are encouraged to eat a free school lunch to enjoy as they sit with children in the dining hall.
8. Extra-curricular cookery clubs – a range of extra-curricular food clubs may be offered to children as part of the school's extra-curricular programme.
9. Continual professional development (CPD) – all staff responsible for managing or handling food have CPD to ensure that they attain a recognised level 2 award in Food Safety.

*Please note that for some social or fund-raising activities organised by the school exceptions may be made to the general guidance noted above*

# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Check the label on packaged foods

Each serving (100g) contains

Energy	3.0g	1.3g	34g	0.5g
Carbohydrate	LOW	HIGH	MED	LOW
Fat	4.5%	7%	38%	15%

Typical values (as sold per 100g: 487kJ/ 116kcal) of an adult's reference intake

Choose foods lower in fat, salt and sugars



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland. © Crown copyright 2018

### **National Criteria**

*Children have the confidence, skills and understanding to make healthy food choices.*

*Healthy and nutritious food and drink is available across the school day.*

#### **A Healthy School:**

- has identified a member of the SLT to oversee all aspects of food in schools
  - ensures provision of training in practical food education, including diet, nutrition, food safety and hygiene for staff
  - has a whole school food policy – developed through wide consultation, implemented, monitored and evaluated for impact
  - involves children and parents and carers in guiding food policy and practice within the school, and enables them to contribute to healthy eating and acts on their feedback
  - has a welcoming eating environment that encourages the positive social interaction of children (see Food in Schools guidance)
  - ensures healthier food and drink options are available and promoted at break, lunchtimes and in breakfast clubs as outlined by Food in Schools guidance
  - has meals, vending machines and tuck shop facilities (where applicable) that are nutritious and healthy (see Food in Schools guidance) and meet or exceed National Standards and is working towards the latest DfES guidance on improving school meals service monitors children's menus and food choices to inform policy development and provision.
  - ensures that children have opportunities to learn about different types of food in the context of a balanced diet and how to plan, budget, prepare and cook meals. Understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables.
  - has easy access to free, clean and palatable drinking water, using the Food in Schools guidance
  - consults children about food choices throughout the school day using school councils, healthy school task group or other representative student bodies
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