

# **Gretton Primary School**

## **Food Policy**

### **Contents**

- 1. Rationale**
- 2. Aims**
- 3. Objectives**
- 4. Strategies and procedures**
  - 4.1 Curriculum**
  - 4.2 Shared Eating**
    - 4.2.1 Break Time**
    - 4.2.2 Lunch Time**
  - 4.3 Water**
  - 4.4 Food on Special Occasions**
  - 4.5 Health & Safety**
- 5. Roles**
- 6. Links**
- 7. Monitoring & Evaluating**
- 8. Review period and next review date**
- 9. Other relevant documents**
- 10. Resources**

## **1. Rationale**

At Gretton Primary School we recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognise the importance of food related skills in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity. We are continually aware of and working towards the Healthy Eating strand of the Gloucestershire Healthy Living and Learning Award.

## **2. Aims**

Our aims will be met in lessons through a cross-curricular approach, through shared eating times and through social and pastoral activities.

## **3. Objectives**

Through our food policy we will endeavour to:

- maintain or improve the health of the whole school community through education - increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely.
- ensure that children are well nourished at school, with every child having access to safe, tasty and nutritious food and water during the school day. To also practise what we preach!
- increase children's knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and the environment.
- ensure that the food provision in school reflects the ethical and medical needs of the staff and pupils e.g. catering for the needs of religious groups, vegetarians, people with specific food-related allergies.
- encourage children and parents to make healthy food choices.
- provide guidance to meet the agreed and accredited Gloucestershire Healthy Living and Learning Award.

## **4. Strategies and procedures**

### **4.1 Curriculum**

Staff and governors will ensure that the curriculum plan highlights opportunities to promote healthy eating and its links to healthy lifestyle.

The school will strive to offer extra curricular activities and enrichment activities such as Gardening Club and Cookery Club. Within the Science, DT and PSHE curriculum healthy eating, food safety and an understanding of where our food comes from, will be taught.

Where possible this will be linked to other curriculum areas for example;

Art - observational drawing of fruit, healthy eating posters  
English - instructions - recipes  
Maths - weights and measures  
PE - healthy eating and exercise  
RE - the rich diversity of other cultures and times  
Geography - where food comes from, sustainability  
History - how people used to eat.

Opportunities to support and extend the curriculum will be made through

- external visits e.g. to the local supermarket
- local initiatives e.g. Harvest Festival
- visitors e.g. local food producers, cooking demonstrations,
- healthy eating projects
- Health Awareness weeks and special days,

## **4.2 Shared Eating**

### **4.2.1 Breakfast Club**

In line with this policy, a healthy breakfast is offered during our 'Before School' provision, which regularly consists of cereals, toast and juice - and sometimes yoghurt. We also hold a Whole School Breakfast three times a year.

### **4.2.2 Break time**

It has been agreed that the only break time snacks that children can bring to school are fruit and vegetables. This helps to reduce litter and ensures children still have an appetite for their lunch.

In Foundation Stage and Key Stage 1 there will be a time allocated daily to sharing the government funded fruit or vegetables alongside their own snacks. Children will be encouraged to participate fully and the opportunity will be made to talk about what they are eating, how it is prepared and why they are eating it. Opportunities will also be made for the children to be involved in collecting, preparing and handing out the fruit.

Key Stage 2 children will continue to be encouraged to bring fruit/vegetable snacks.

The school has opted into the Cool Milk scheme enabling parents to purchase milk at a subsidised rate for their children. Milk monitors hand out the milk with the help of a responsible teaching assistant. The milk is stored in a fridge.

### **4.2.3 Lunch time**

This is seen as a pleasurable time, a social occasion in which the children are encouraged to sit down together and to enjoy their meal. Our school meal providers are the School Dinner Company and we continue to work closely with them to improve the quality and uptake of school meals. Children may bring packed lunches to school and, although we accept that parents have responsibility for the contents, we shall continue to emphasise the importance of a healthy lunch by promoting good practice and providing guidance. We discourage confectionary and fizzy drinks in packed lunchboxes.

To meet the National Nutritional Standards, hot lunches bought by pupils at Gretton Primary School will follow guidelines for the following food groups that have to be provided.

- bread - bread with no added fat or oil must be provided on a daily basis
- fruit and a vegetables - Not less than two portions per day per pupil must be provided; at least one should be vegetables or salad and at least one should be fruit.
- meat products - a meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight across the school day, providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal:
  - Group 1: Burger, hamburger, chopped meat, corned meat;
  - Group 2: Sausage, sausage meat, link, chipolata, luncheon meat;
  - Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll;
  - Group 4: Any other shaped or coated meat product
- oily fish - oily fish such as mackerel or salmon must be provided at least once every three weeks

What do national nutritional standards apply to?

- all lunches provided for pupils during term time, whether they are free or lunches which pupils pay for.
- hot and cold food, including packed lunches provided by the school for pupils on school trips.

### **4.3 Water**

Children are encouraged to drink water regularly at school particularly after PE, active play and in hot weather. Water is provided via the water fountain however the children are also encouraged to bring water into school to drink during the day. Water should preferably be brought to school in a clear, named, plastic bottle. Bottles will be kept in the classroom and children will have access to them throughout the school day.

Any liquid other than water is not permitted in the classroom and must be drunk only at break times and lunchtime. To ensure good hygiene, all bottles should be taken home each day to be washed. Bottles can be refilled with water at appropriate times during the school day. While children will have free access to their water bottles throughout the school day, out of politeness, children should not drink while listening to an adult or one of their peers in the classroom.

#### **4.4 Food on special occasions**

On occasion, staff may wish to reward children for particular effort. Equally, food may be provided at extra-curricular clubs or as a part of an off-site activity. This will include fundraising activities associated with the school such as fetes. At all times on such occasions the school will strive to ensure that a variety of options are provided for the children and that they are encouraged to exercise balance and moderation in their food choices.

We recognise, also, that some children like to bring confectionery in for their friends when they return from holiday, or on a special occasion such as their birthday, for example. Not wanting to discourage such acts of kindness, such treats will be distributed at the end of the day for the children to take home with them.

#### **4.5 Health & Safety**

It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating, emphasis will be placed on doing this correctly.

Food will be stored in appropriate places and parents will be reminded that the packed lunches have to be stored in the classroom and be encouraged to use insulated packed lunch boxes.

### **5. Roles**

Catering staff and Breakfast Supervisory staff will hold the required food hygiene certificates.

All staff and parents involved in preparation of food will be aware of food safety and hygiene issues and behave accordingly. As a staff we will be aware of the apparently growing tendency for eating disorders in younger children and ensure that we know how to recognise and respond appropriately should the need arise.

### **6. Links**

We recognise the need to work closely with parents and the wider community. We will endeavour to keep parents informed of what we are teaching the children and why, as well as keeping them up to date with national and local

health information and initiatives, working closely with the school nurse and other members of the Primary Care Trust.

**7. Monitoring and Evaluating**

We will continue to monitor and annually review this policy. We will create opportunities for discussion with the children, staff, parents and governors through the school newsletter and questionnaires.

**8. Review period and next review date**

Last reviewed Summer 2013 Next review Summer 2014

**9. Other relevant documents**

PSHE and Citizenship Policy

Health and Safety

Science Policy

DT Policy