

# Whole School Food Policy

Date: February 2013

Presented to Governors:

Date due for review: January 2015

Written by: V Messem

## Policy Information:

This policy was written using a range of national documents, including:

- Food in schools toolkit (*Department of Health*)
- Food policy in schools - a strategic policy framework for governing bodies (*National Governors' Council (NGC), 2005*).

## The whole-school food policy covers the areas of:

- Breakfast clubs
- Break time snacks brought from outside school
- KS1 Fruit and Vegetable Scheme
- School lunches
- Packed lunches
- Water
- Curriculum

## Overall aim of the policy:

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school.

We aim to:

- Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the whole school day.
- Integrate our aims into all aspects of school life, including food provision within the school and the curriculum.

### **Breakfast club:**

At Holbrook we offer children the opportunity to access a low cost healthy breakfast. Children are welcomed into the SEALs room from 7:30am to a selection of hot and cold balanced food choices. Children are encouraged to eat around the table together.

- 1 Only wholegrain cereals will be available.
- 2 Fresh fruit will be available.
- 3 Wholemeal bread will be used for toast.
- 4 A variety of low salt, low sugar, low fat spreads will be available.
- 5 The school will provide a pleasant environment in which to sit.

The adults running breakfast club have had training and hold food hygiene certificates.

### **Break time snacks brought from outside school:**

Children in KS2 are encouraged to bring a healthy snack into school for morning break time. Children are only permitted to bring in a fruit or vegetable snack. Children are not allowed to bring in seeds or nuts for snacks as there are a number of children with nut allergies at the school.

### **Break time snacks given at school:**

During KS1 children are provided with a daily fruit and vegetable snack such as apples, bananas, pears, carrots etc. If children would prefer they may bring their own fruit or vegetable snack.

### **School Dinners:**

Our school dinners are provided by Hampshire catering service HC3S. HC3S state that:

*"The main item can be a meat or non meat choice and comes with a carbohydrate (i.e. potatoes, rice, pasta). Each child has the daily option of vegetables and salad with their main item, and of fresh fruit for dessert."*

To see details of HC3S own whole school food policy see appendix A.

### Packed Lunches:

As a Healthy School, that prides itself on encouraging children to have a balanced diet, children at Holbrook are asked not to bring any food items including chocolate into school. These items are seen as 'treats' and should be saved for at home. We have also recently stated that children should only bring one packet of crisps.

At Holbrook we have a strict policy of no food swapping due to a number of allergies that are present.

### Water:

At Holbrook we encourage pupils to drink at frequent intervals throughout the day. Children are encouraged to bring in a water bottle to be kept in the classroom so they have access to water throughout the day.

- Free, fresh water will be available to all children throughout the day via the Eco water coolers situated in KS1 area and the hall.
- Children are encouraged to have a named, clear bottle of water in class.
- Water will be freely available at lunchtime.
- Hygiene - water bottles will be taken home daily to be washed or will be washed at school
- After physical activity and during hot weather, children will be encouraged to drink more water.
- The clear plastic bottles **must** contain only water - this should not be flavoured water.

### Curriculum:

The whole-school policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the personal, social and health education (PSHE), DT and science curriculum. Children will learn about the importance of a balanced diet and will complete activities designed to provide an understanding of what a balanced diet constitutes.

- Children will have opportunities to cook and prepare food through the DT curriculum.
- Pupils will be made aware of the healthy eating policy throughout the curriculum.
- Healthy eating messages will be taught as part of looking after yourself in PSHE.

- There will be consistent messages across the curriculum about healthy eating.
- Healthy foods will be actively promoted through regular tasting sessions.
- All children will learn and apply the principles of food hygiene through DT and PSHEE.
- Children will learn and apply the principles of a balanced diet and how diet affects health through Science and PE.

### **Staff and Training:**

- The DT manager will attend courses relating to food technology. Any information will be shared at staff meetings.
- Breakfast club staff have had food safety training and hold food hygiene certificates.
- The science manager may provide information regarding healthy eating in the curriculum.

### **Reviewing the policy:**

- This whole school food policy will be reviewed if any new initiatives come into force.
- The school will link with the school caterer, HC3S, to ensure high-quality cooked meals, which meet government nutritional standards, are available. Any changes to the service provided will be updated in the policy.

### **Consultation with School council:**

School Council are consulted about any issues with the whole school food policy. School Council are given opportunities to work with HC3S to provide theme days and to decide on menu changes. In the past votes have been held before menu changes.