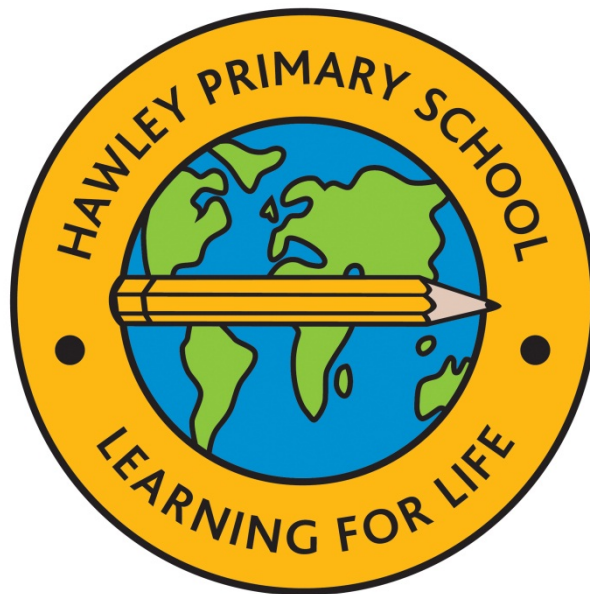


# **HAWLEY PRIMARY SCHOOL**



## **FOOD AND NUTRITION POLICY**

**AGREED BY GOVERNORS:** Spring 2021

**LATEST REVIEW:** Spring 2021

**NEXT REVIEW:** Spring 2024

# **HAWLEY PRIMARY SCHOOL**

## **Whole School Food and Nutrition Policy**

### **Introduction**

At Hawley Primary 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. We recognise the physical benefits to be gained from eating healthily and taking regular exercise. We also acknowledge the links between a healthy, balanced diet and a child's ability to learn and play effectively.

This policy should be read alongside the school's PSHE, Drugs and Alcohol and Sex and Relationship policies. The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

### **Rationale**

Hawley Primary School 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 endeavour to 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**

The aim of this policy is to ensure that the all members of our school community promotes consistent and positive messages about food, nutrition and health choices across all areas of the curriculum and throughout the school day. Within this aspect of the work we do we aim to recognise the individual, medical, cultural and ethical needs of our children and their families.

- To ensure that we are giving consistent messages about food, nutrition 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 encourage all children to take part in the '5 a day' campaign.

### **Aspects of the Food and Nutrition Policy within our School Day**

#### Breakfast and after school club

Children who attend breakfast club are offered a choice of cereal and/or toast in the mornings. After school club offers children a choice of savoury wraps and fruit.

#### Milk and Snacks

Subsidised milk is offered to children in Foundation Stage, Key Stage One and pupils entitled to Free School Meals across the school. Children in Foundation Stage and Key Stage One are entitled to free fruit and vegetables which are provided as part of the Government Fruit and Vegetables initiative each day for morning break time. In EYFS, fruit is openly available within the classroom throughout the morning, enabling children free choice of when they would like to have their snack. In KS1, fruit is provided for each class at break times. Children are given

responsibility for choosing their own piece of fruit and eating this whilst they are on the playground. No other snack is allowed during break.

Children in Key Stage Two are encouraged to bring their own fruit or vegetable snack for morning break time. The school kitchen, together with our Healthy Schools Officers, run a healthy Tuck Shop with other snack items available to Key Stage Two children and these are sold at morning break time.

### School Lunches and Packed Lunches

All our school meals are provided by a contracted caterer, HC3S, who has a Healthy Food Policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot meal option, with a cold option being provided in the summer term, both of which pay regard to nutritional balance and healthy options.

Foundation Stage and Key Stage One pupils are offered a Universal Free School Meal. The current take up out of those eligible for this option is 44%- January 2021.

Many Key Stage Two children bring a packed lunch to school. We regularly include newsletter items about the contents of lunchboxes and we do not allow sweets, chocolate bars or fizzy drinks. The contents of the children's lunchboxes are monitored by class teachers and lunch time supervisors to ensure all children are receiving a healthy, balanced lunch.

Our Lunchtime Supervisors take their responsibilities seriously and endeavour to ensure that children have eaten a sufficient amount to sustain them through the school day. Lunchtime staff aim to check lunches and encourage children to eat more where possible. If a child is seen to be leaving food on a regular basis this is reported to the child's Class Teacher. This will then be relayed to the child's parents.

Environmental Health Officers (EHO) make periodic visits to the school kitchens to ensure hygiene and food safety standards are adhered to. Through the procedures and staff training provided by HC3S it is ensured that food is not re-heated and storage temperatures are checked and adhered to in the kitchens and by suppliers.

### Water for All

The school recognises that children need to keep hydrated throughout the school day. This is essential to maintain good health and keep minds alert. At Hawley Primary School water is freely available throughout the school day to all members of the school community. Every child may also bring a bottle of water to school each day. Children may drink their water at any time except during the 15 minute assembly. During hot weather regular water breaks are built into the school day and curriculum by class teachers. The children are also reminded to drink water at their snack time and after physical activity.

Given the effects on dental health from the consumption of drinks containing sugars and the known effects on behaviour from the consumption of carbonated, flavoured drinks, only drinks bottles containing water are permitted.

Children have access to drinking water where they can refill their bottles during the school day.

### **Food and Nutrition across the Curriculum**

There are a number of opportunities provided at Hawley Primary School for our pupils to develop knowledge and understanding of health. These include work on healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

**Literacy** provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus or theme.

**Maths** can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

**Science** provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

**RE** provides the opportunity to discuss the role of certain foods in the major religions and cultures of the world. Children experience different foods associated with religious festivals.

**Computing** can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

**Food Technology** as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

**PSHE** encourages the children to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. favourite foods and food for different occasions.

**Music** can provide pupils with learn songs about food and where it comes from particularly at Harvest time.

**Geography** provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

**Physical Education** provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking. School visits provide pupils with activities to enhance their physical development, e.g. walks to the village and shops or local park areas.

**Out of hours learning** includes sports, dance, gardening and cooking clubs. School Council and our Healthy School Officers also regularly discuss healthy eating issues for the benefit of the whole school.

### **Partnership with Parents and Carers**

The partnership between home and school is critical in shaping how children and young people behave, particularly in relation to health and we believe each must reinforce the other. This presents challenges, however our school strongly leads by example.

Parents and Carers are regularly updated on our water and packed lunch policies through school and class newsletters. We ask Parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, e.g. school parties or picnics etc., the school will encourage Parents and Carers to consider the Food and Nutrition Policy in relation to the range of refreshments offered for sale to the children.

## **The 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.

## **Health and Safety**

### Food Safety in the Classroom

Children are regularly taught about the importance of food hygiene, including the importance of hand washing, during any lessons involving practical experience in the production of food and cooking. At the start of the academic year, parents are encouraged to provide a £2 cooking contribution to the school which can be used to cover the cost of ingredients for any cooking and food related activities that take place in their child's class during the school year. Parents notify the school if their child is allergic, or potentially, allergic to particular ingredients at the start of their school career or as soon as the medical diagnosis is made. A list of the children with specific allergies in our school is displayed in four key areas around the school building: the main school kitchen, the staff room, the medical room and in a confidential folder at the front reception desk. Alongside each medical condition or allergy is a photo of each child to ensure all staff members can identify these children if needed. Each individual class teacher will also receive a copy of the allergies within their classrooms for them to display where appropriate. All staff members are appropriately trained to ensure they are able to deal with an allergy related incident, including the use of EpiPens. Class teachers will adapt any practical lessons involving food to ensure that the allergies within their class are appropriately catered for.

### Food Safety in the Food Tech Area

Our school offers a Breakfast and After School Club who meet daily in the school's Food Tech Area. The clubs provide children with a choice of cereal or toast for breakfast before school and a choice of savoury wraps and fruit after school. All food is prepared by 'Premier Sports' leaders with the help of the children, ensuring that children do not come into contact with any sharp implements. Children are reminded of the importance of washing hands before and after the consumption of food.

Our school also offers a Cooking Club after school on a Tuesday. The club meet in the school's Food Tech Area. Parents give permission for their child to take part and to notify the school if they are allergic or potentially allergic, to any of the ingredients which may be used. Children are reminded of the importance of washing their hands both before and after handling food. Children are also guided/supervised when handling food or any utensils during the session. The supervising teacher is first aid trained and able to deal with any minor injuries which could occur during the session.

### Food Allergies

Special diets, for example dairy free, wheat free, gluten free, egg and nut free, can be catered for by the school caterer. All pupils and staff are prohibited from sharing their food or drinks with other pupils in order to minimize the risk of an allergic reaction for pupils with an allergy. To minimize the risk of an allergic reaction to nuts, all parents are asked to enter a voluntary agreement to refrain from nuts as a snack or in lunchboxes and any food items containing nuts including peanut butter in sandwiches.

**N.B.** All staff, including the school caterer, are made aware of children who have food allergies - photographs of the children with their names and details of their allergy are posted in the Medical Room and Staff Room. Children are also required to wear a red band when lining up for their lunch. This is given to the catering staff to ensure the correct 'allergy free' meal is given.

## **Staff Training and Development**

New members of staff are made aware of the Food and Nutrition Policy through the Staff Induction process and are asked to ensure compliance at all times. The school will access regular training

opportunities and relevant support materials, as available, to enhance the quality of teaching in the delivery of education relating to food: food sources; methods of production; fair trade; foods from other countries; healthy eating; food safety; food hygiene etc.

All staff members are specifically trained to deal with adverse allergic reactions to food including how to use an EpiPen. This training is updated annually.

### **Monitoring and Review**

All Subject Coordinators are responsible for the development of the Food and Nutrition Policy within their subject area as appropriate. The Headteacher, members of the Senior Leadership Team and the PSHE/DT Subject Leader are responsible for supporting colleagues in the delivery of the Food and Nutrition Policy.

The LA is responsible for assuring the quality of the food offered as part of the contract with the school's caterer, HC3S.

Each Teacher is responsible for monitoring and evaluating class-based activities and opportunities across the curriculum with their own class.

This policy will be reviewed every three years to take account of national initiatives and curriculum developments.