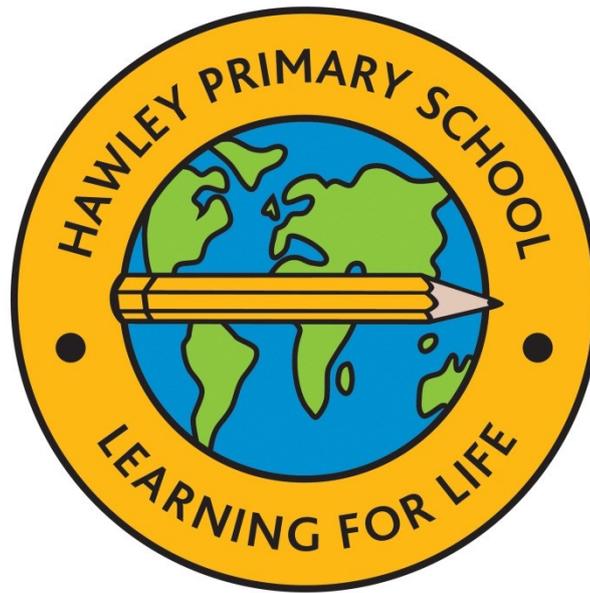


HAWLEY PRIMARY SCHOOL



FOOD AND NUTRITION POLICY

AGREED BY HEADTEACHER: SUMMER 2024

LATEST REVIEW: SUMMER 2024

NEXT REVIEW: SUMMER 2027

Introduction

At Hawley Primary School we are committed to giving our children consistent messages about all aspects of health to help them understand the impact of positive behaviours and encourage them to take responsibility for the choices they make. We recognise the physical benefits gained from eating healthily and taking regular exercise. Additionally, we 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 and Sex and Relationship, PE, Science and Food Technology policies.

The Statutory School Food Standards apply to all schools. Its aim is to ensure that children have access to a wide variety of healthy and nutritious foods, to protect those who are nutritionally vulnerable and promote good eating behaviour. These regulations set out the requirements for school lunches (provided to registered children on and off site and to any other person on the school premises). They also apply to food and drink other than lunch and up until 6.00pm (including breakfast clubs, tuck shops, mid-morning break and after school clubs). The School Food Standards, updated in February 2023, stating that children should eat:

- one or more portions of fruit and vegetables every day
- one or more portions of starchy food, such as bread or pasta every day
- a portion of food containing milk or dairy every day
- a portion of meat or poultry on 3 or more days each week
- oily fish once or more every 3 weeks

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 children and their families regarding 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 all members of our school community promote 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 will recognise the individual, medical, cultural and ethical needs of our children and their families by:

- giving consistent messages about food, nutrition and health.
- provide information children need to make healthy choices.
- promote health awareness.
- contribute to the healthy physical development of all members of our school community.
- 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 – In partnership with Premier Education

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 Early Years, Key Stage One and children entitled to Free School Meals across the school. Children in Early Years 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 HSC3. 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.

Early Years and Key Stage One children are offered a Universal Free School Meal.

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 staff take their responsibilities seriously and endeavour to ensure that children have eaten enough to sustain them through the school day. Lunches are checked and staff 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 Hampshire County Council Catering 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 many opportunities for our children 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.

Our 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. Parents and Carers are regularly updated on our water and packed lunch policies through school 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 enrichment activities, we will encourage Parents and Carers to consider the Food and Nutrition Policy.

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 has allergies, or potentially, allergic to 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 can deal with an allergy related incident, including the use of EpiPens or other medication. 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 Education leaders. Children are reminded of the importance of washing hands before and after the consumption of food. Children are reminded of the importance of washing their hands both before and after handling food. Children are supervised when handling food or any utensils whilst cooking. 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 children and staff are prohibited from sharing their food or drinks with other children to minimise the risk of an allergic reaction for children with an allergy. To minimise 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. Hawley Primary school is a 'nut free' school, this includes areas such as the staff room. 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. 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

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/D&T Subject Leader are responsible for supporting colleagues in the delivery of the Food and Nutrition Policy. The Local Authority is responsible for assuring the quality of the food offered as part of the contract with the school's caterer, Hampshire County Council Catering. 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.