

Park Walk Primary School

Food Policy
June 2017

Introduction

At Park Walk we strive to create a safe and secure learning environment where children feel valued and happy. Through our values of Creativity, Confidence, Independence, Collaboration and Respect, we equip children with the skills and tools to become life-long learners.

1 Aim

To outline and define our commitment to healthy food and nutrition, to enable our pupils to develop appropriate life skills and behaviours.

This will be achieved through:

- providing support to parents, teachers and pupils
- providing nutritious school meals in a relaxed and social environment
- ensuring healthy food / drink throughout the whole school day in line with the School Food Standards.

2 Rationale

It is important that we consider all elements of our work to ensure that we promote health awareness to all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

3 Objectives

- ensure consistent messages about food and health are given across the whole school day
- ensure pupils have access to nutritious food during the whole school day
- give our pupils the information they need to make healthy choices
- promote health awareness
- support all members of the whole school community to adapt to healthy lifestyles
- support teaching staff to increase their knowledge & confidence when delivering healthy eating/drinking messages to the whole school community

Park Walk Primary School

4 Key Food Areas

Food provision throughout the school day has been divided into the following key areas.

4.1 Breakfast club

The breakfast club operates on a daily basis in the school for all children. We actively encourage children who have little or no time for breakfast in the mornings at home, or who may have issues with attendance, by promoting the breakfast club directly to their parents. The food and drink offered is in line with the School Food Standards for “Food other than school Lunch”.

The food offered is healthy and it is consistent with a healthy balanced diet. We provide toast, spreads, and cereal with semi-skimmed milk, (including varieties of porridge oats, shredded wheat cereals). The children may choose water or semi-skimmed milk to drink.

4.2 Snacks

Children aged four to six attending a fully state-funded infant, primary or special school, are entitled to receive a free piece of fruit or vegetable each school day. Children are given responsibility for sharing and passing the fruit to others and for helping to clear away.

All nursery children are eligible for the government’s scheme for the provision of milk, free of charge, on a daily basis. The school is able to fund fruit for the nursery-aged children.

5 School lunches

5.1 All our school meals are provided by a contracted caterer, Caterlink and fully comply with the Government’s School Food Standards for School Meals. This is regularly monitored by the Local Education Authority Contracts Team to ensure meals are nutritionally balanced and presented in an appealing manner in appropriate portion sizes.

Halal meat and vegetarian options are offered. This school does not have pork on any of its menus.

5.2 The dining area offers a welcome environment where pupils can enjoy their lunch while socialising with friends. Pupils are supervised by at least one Teaching Assistant.

5.3 The school is committed to keeping parents and carers up to date regarding changes to the school lunch menu and nutritional content. This is done through the school newsletter, on the school notice board and from the school office upon request.

6 Packed Lunches

6.1 KS1 and KS2 pupils with packed lunches integrate with pupils who take school meals.

Packed Lunches are monitored on a daily basis by the Senior Midday Meal Supervisor.

A suggested Packed Lunch option can be seen in **Appendix i** of this policy.

If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Park Walk Primary School

7 Water for all

Water is freely available throughout the school day to all members of the school community. Every child is encouraged to bring in water bottles to store their water in, and to drink from them regularly during the school day. EYFS and KS 1 children are reminded to drink water at their snack time. Pupils are made aware that regular cleaning of water bottles is necessary to maintain hygiene.

8 Food across the Curriculum

In EYFS, KS 1 and KS 2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. The school uses the National Curriculum as the basis for its planning. Plans are based on National Curriculum Programmes of Study in Keys stages 1 and 2 and the Early Learning Goals in the Foundation Stage. Long and medium-term plans are prepared by the curriculum coordinator to ensure coverage of the National Curriculum, short-term plans are prepared by the class teachers according to the individual cohorts for each academic year. Cross-curricular opportunities are planned for whenever possible as part of the termly topics for the 'creative curriculum'.

9 Celebrations

- party bags - the school discourages cake in 'party bags' and states that any party bags that do contain food items are individually wrapped.
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- social fundraising events occur infrequently, therefore the school has decided they do not have to comply with the schools' healthy standards. However, the organisers will be encouraged to offer a range of healthy alternatives alongside others.

10 Managing Medical Conditions in Relation to Food and Nutrition

10.1 Parents/carers of children identified as above a healthy weight receive a letter for a referral to the dietician service in the borough..

10.2 Parents of children with allergies are asked to provide information before the beginning of autumn term so that Caterlink can produce the individual care plans required.

10.3 Children (and their parents) with **diagnosed** allergies, intolerances or medical conditions will meet the School Nurse and appropriate staff member(s), and a representative from Caterlink to develop a care plan.

10.4 See **Appendix ii** for nut allergy information.

11 Extra Curriculum Activities:

- Cookery Club
- Gardening Club

Pupils are encouraged to participate in a range of extra-curricular activities, to broaden both their knowledge and experiences. The school operates out-of-hours cookery and gardening clubs from time to time where the children will experience an understanding of where foods come from and their preparation.

Park Walk Primary School

12 Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are updated on school-meal menus, as well as our water and packed-lunch procedures through school and class newsletters. They are available upon request from the school office.

This policy will be reviewed every 3 years.

Reviewer – Senior Leadership Team

Date: June 2017

Review Date: June 2020

Appendix i

For a balanced packed lunch select these healthier food and drinks

	Fruit and Vegetables	Include at least one portion of fruit and one portion of vegetables or salad every day. This includes all fresh, dried (without added sugar and fat), tinned fruit and vegetables.	✓
	Meat and Alternatives	Include every day. Includes cooked meats, fish, eggs or another source of non-dairy protein. Non dairy sources of protein include lentils, kidney beans. (please DO NOT use chickpeas or hummus as we have some children onsite with allergies to these products)	✓
	Starchy Foods	A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.	✓
	Milk and Dairy	Include a dairy food such as milk, calcium fortified soya milk, cheese, yoghurts, fromage frais, rice puddings or custard everyday.	✓
	Healthy Drink	Water only is allowed in packed lunches. Free, fresh drinking water will be available to all children having packed lunches.	✓
Avoid including these foods in packed lunches			
	Crisps and Salted Snacks	Snacks such as crisps and flavoured rice or corn crackers should not be included. Instead include vegetables and fruit (with no added sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice. Other suitable alternatives include fruit buns, crumpets, fruit bagels, currant bun/tea cakes.	X
	Confectionery	Confectionery such as chocolate and chocolate coated products, sweets, cereal bars, sweet pastries and yoghurts with confectionery corners should not be included. A small piece of cake or a biscuit are allowed but please ensure portions are within reason.	X
	Sugary Drinks	Juice drinks and fizzy drinks are not allowed in packed lunches.	X
	Meat products	Meat products such as pepperami sticks and salami should not be included in packed lunches. Breaded products, sausage rolls, and sausages should be included only occasionally	X

† Be aware of nut allergies. Refer to the school policy on nuts or visit www.allergyinschools.co.uk for more information

Appendix ii

NUT ALLERGIES

Important Information

As I'm sure you will know some children and adults, in our Park Walk community, have an allergic reaction to Nuts, hence we always asked that when bringing food onto Park Walk site our community is mindful of this.

The term **NUT** also covers some other food-types that we might not at first include in this category. Please see below for some clarification.

What is a NUT?

Peanuts and Tree Nuts

The peanut is a legume and in a different botanical category to tree nuts. The term "tree nuts" refers to a **variety of nuts** including **almonds, walnuts, Brazil nuts** and **cashew** nuts.

However, despite the botanical difference, many people with peanut allergy react to tree nuts and vice versa.

Some children and adults who attend Park Walk also have an allergic reaction to **sesame seeds** and **chick peas**.

Consequently, I would like to request that when bringing food onto the school site you consider the above information **IN BOLD** for the safety of our school community.

Many thanks for your support

Family responsibilities

Notify the school of Child's allergies. Ensure the information is clear and can be easily understood.

Provide written medical documentation, instructions and medications as directed by a doctor.

Replace medications after use or upon expiry.

Work with the school to develop a plan that accommodates the child's needs throughout the school including in the classroom, in dining areas, in after-school programmes, during school sponsored activities and while outside school on organized curriculum activities (trips). Ask your doctor, allergy specialist or paediatrician for support with this.

Educate the child in allergy self-management, including what foods are safe and unsafe, strategies for avoiding allergens, how to spot symptoms of allergy, how and when to tell an adult of any reaction, and how to read food labels.

School's responsibilities

Review health records submitted by parents.

Ensure the staff have received high-quality training in managing severe allergies in schools, including how to use an adrenaline auto injector.

Ensure all staff can recognise symptoms; know what to do in an emergency, and work to eliminate the use of allergens in the allergic pupil's meals, educational tools, arts and crafts projects.

Ensure that medications are appropriately stored, and easily accessible in a secure location (but not locked away) central to designated staff members.

Ensure that catering supervisors are aware of an allergic child's requirements.

Include food-allergic children in school activities. Pupils should not be excluded based on their allergy.

Review procedures regularly

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