

# **Atwood Primary School** **Whole School Food Policy**



## **Introduction**

Atwood Primary is a large primary school (OFSTED 2004) with 466 pupils, 42 of whom attend the nursery part-time. The majority of pupils are of white British heritage (81%). One of the pupils for whom English is an additional language is at an early stage of English language acquisition. The socio-economic backgrounds of pupils' families are average and above. 8.8% of the pupils have special educational needs, which is below average, but increasing. Two pupils have statements of special educational need. The special needs cover a spectrum of general and specific learning and physical difficulties, with a small number having social, emotional and behavioural difficulties. Attainment on entry is average overall (OFSTED 2004). Pupils are taught in two single-age classes in each year group. FSM is low - 5.5%, but slowly rising year on year.

The school is generally well supported by parents; there is a successful Parents' Association that holds termly fund-raising activities and social events. For each class there are one or two parent representatives who meet on a regular basis with the Head Teacher to discuss any areas of concern.

The school's dining hall is the main hall, which is also used for P.E. and assemblies. The kitchens were completely refurbished during the summer of 2003 in accordance with Health and Safety guidance.

## **Rationale**

Atwood is a healthy school.

Our basic intention is to help each child to realise his or her maximum potential – academically, physically, aesthetically and creatively.

Our aims are:

- to create a happy school environment in which pupils are valued irrespective of race, religion and gender,
- to help children to learn courtesy, good manners and consideration for others,
- to promote a school ethos and environment which encourages a healthy lifestyle.

## **Key responsibilities for food in school**

The member of staff responsible for school food is the Healthy Schools Co-ordinator.

The Head Teacher will oversee and coordinate food issues including physical resources and organisation. Our school cook will be responsible for the provision of school meals and meeting the needs of children with special dietary needs. Our Senior school meals supervisor will assist with responsibilities for school meals supervisors and other related issues at lunchtime.

## **Aim of the Whole School Food 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.

## Whole School Food Audit

The school's curriculum actively contributes to the whole school food policy by providing information about healthy eating, nutrition and exercise.

The school is part of the National Fruit Scheme and supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day.

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their contract. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options.

Some children bring a packed lunch to school, we do not allow sweets, crisps, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks.

Cooled water is freely available throughout the school day to all members of the school community. Children are encouraged to bring their own water bottles to school which they may drink at any time except during assembly and which may be refilled from the school's cooled water.

We do not use vending machines in our school nor do we run a tuck shop. Although a Breakfast Club was offered to parents, the numbers who expressed a firm interest were not sufficient to make it financially viable.

Pupils were invited to contribute their views and ideas. Parents and governors involved in the task group were also consulted.

## Objectives of the Whole School Food Policy

### Nutrition in the curriculum

This policy should be read alongside the school's PSHE Policy.

In FS, KS1 and KS2 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.

There are many cross-curricular links that can be made involving most subject areas that relate to food and healthy living.

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

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 young people to take their own responsibility for their own health and well being, teaches them 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. advertising and sustainable development.

## The eating environment

We aim to provide a welcoming eating environment that is appropriate to the children who use it.

Our lunchtime arrangements enable children having a school meal or a packed lunch to sit together. Our Year 5 pupils who volunteer to be 'buddies' may choose to help in the playground, the lunch hall or both. The 'lunch buddies' assist the school meal supervisors with serving water, helping other children and encouraging positive behaviour when leaving the lunch hall. Experience has shown that the optimum number of buddies is six – eight.

FS and KS1 generally use the dining hall before most of KS2 to enable them to have sufficient time to enjoy their meal and still have some time for outside activities.

## School food and drink provision

Our school meals provided by our caterers meet the standards set out by the School Food Trust.

Menus are made available at the beginning of each term to pupils and parents, the menus are also displayed for pupils to see.

KS2 lunch boxes are kept on shelving in the dining hall, FS and KS1 lunch boxes are kept on trolleys outside the classrooms, this is monitored regularly. We do not allow sweets, crisps, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks.

Parents and carers are regularly updated on our water and packed lunch policies through school newsletters.

During other school events e.g. outings, after school clubs etc. the school will also observe the Whole School Food Policy in the range of refreshments offered to the children.

## Rewards and special occasions

(This also links to our Behaviour policy)

Food will not be used as a reward. During out of school events e.g. school discos and seasonal celebrations the school will encourage parents and carers to consider the School Food Policy in the range of refreshments offered to children.

## Communication

The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Each must reinforce the other.

Consultation with parents is actively encouraged through the system of class representatives and the task group.

Consultation with pupils is actively encouraged through our School Council, PSHE and our 'Buddies' as well as through Circle Time and our suggestion box.

## Quality assurance

Those members of staff offering practical cookery skills sessions have had basic food hygiene training.

Members of staff teaching nutrition have received training to ensure a consistent approach and baseline knowledge of healthy eating.

Outside visitors will be made aware of our policy and ethos of the school towards healthy eating before planning any sessions.  
Expert advice will be sought for matters outside of basic healthy eating advice to ensure an evidence-based approach to nutrition within the school.

### Monitoring and evaluation

The school will monitor the food choices and incorporate this into menu planning with the caterers. Observations of the food choices available will be made and any modifications suggested as necessary.

The school will discuss this and any other relevant issues with the caterers, pupils, parents and teachers.

This monitoring and evaluation should be carried out termly.

### Meeting the needs of pupils with special dietary needs

The school, especially those members of staff responsible, will discuss the needs of particular pupils relating to medical, cultural or other issues with the parents and catering staff.

### Involvement of parents and carers

The views of parents will be sought about this policy and whenever it is reviewed. Parents will be offered an opportunity to express their opinions and to make suggestions.  
The possibility of parents not following our policy will be identified and negotiated.

### Links to other policies

Behaviour and rewards policy  
Physical activity policy  
Health and Safety policy  
Equal opportunities and inclusion  
PSHE  
Working with partner agencies

### Definitions and terminology

Healthy Eating is defined by the balance of good health.

Vegetarian is defined as someone who will not eat meat or fish, or associated products for cultural, religious or moral reasons.

Food allergy is defined as sensitivity towards specific food items.

Dissemination of this policy to the whole school community will be through inclusion within the school prospectus, on the school website, on school entry and annually thereafter.

Date of policy implementation:       **7<sup>th</sup> December 2006**

Approved by:                               **Governing Body**

Date of policy review:               **September 2008**