

Food



Swansfield Park Primary School is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

This food policy was produced in consultation with the entire school community, LA representatives, community dietician, oral health promotion and local Healthy School Standards representative. This document is freely available to the entire school community. It has also been made available via the school website to all parents and governors.

The policy is referred to in the school prospectus and is available to the entire school community on the school website. Everyone involved with the teaching/serving/cooking of food/drink in school during the day and all partners that share our school premises adhere to the policy.

Standards for school food throughout the school day are in place and are in line with the latest advice from the DfE

www.gov.uk/government/publications/standards-for-school-food-in-england

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1 Food Policy Co-Ordinator

This school food policy and healthy eating strategy is co-ordinated by **Jenny Smith**.

Rachel Milburn is the named governor with responsibility for our school food policy.

2 Rationale

Our healthy eating policy will encourage, reflect, inform and build upon the values outlined in the National Curriculum, DfE guidance, The School Food Plan and those in the schools' mission statement. It is based on the advice and guidance from the Food in Schools materials and supported by the Northumberland Healthy School Programme. Current research indicates that

health issues related to diet are a major factor in ill health and mortality issues.

Schools share the responsibility with parents and the wider community (e.g. nurses, oral health team) to educate pupils in all aspects of food and nutrition so enabling them to make healthy, informed choices through increasing knowledge, challenging attitudes and practising skills.

School Food In Schools, Departmental Advice for Governing Bodies,
January 2015, DfE

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/551813/School_food_in_England.pdf

3 Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Aims:

- To ensure that all aspects of food and nutrition on the school site promote the health and wellbeing of pupils, staff and visitors to our school at all times.
- To enable pupils to make informed choices about healthy eating through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food and drink choices throughout the school day and ensure food brought into school is healthy too
- To ensure that all food and drink in school promote the health and well-being of pupils, staff and visitors to our school
- To provide current information, support and guidance on healthy eating for the whole school community.
- To provide age appropriate knowledge and skills in order to make healthy choices.
- To provide an environment that promotes a healthy, happy, pleasurable eating experience.
- To encourage positive oral health through food & drink options.
- To promote dietary choices that impact positively upon a child's learning, concentration, sleep and behaviour.

Objectives:

- To review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- To work with the school kitchen staff to encourage pupils to make healthier choices.
- To ensure that staff with responsibility for food have basic food hygiene training.
- To work in partnership with parents and pupils to raise the awareness of healthy eating.
- To contribute to reduction in dental caries.
- To provide free access to palatable drinking water.
- To reduce the intake of salty and sugary foods.
- To ensure that practical work is carried out as hygienically and safely as possible.
- To promote the enjoyment of preparing and cooking food.
- To encourage experimentation with unfamiliar foods.
- To discourage unhealthy food products including high sugar items as a reward
- To celebrate special weeks or events in school that promote healthy eating, oral health and drinking messages e.g. National Smile Week, Healthy Eating Week and Fruity Friday
- To ensure the safety and wellbeing of children with food allergies.

These aims and objectives will be addressed through the following areas:

4 Curriculum

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects including science, design technology, PSHE, PE and that it remains consistent with the whole school food policy. Food and nutrition is taught at an appropriate level throughout each key stage.

There are ample opportunities in the curriculum for pupils to explain accurately and confidently how to keep themselves healthy.

We have planned and deliver food based topics within each key stage, amending recipes to reduce the fat, salt and sugar content to link to the new School Food

Plan, devising a cooking and nutrition scheme of work from September 2014 and delivering oral health sessions.

All cooking and nutrition work refers to the “eatwell plate” and children take part in classroom based investigation lessons and practical sessions. We follow the BNF “Food, a Fact of Life” scheme which has been amended to deliver age appropriate challenge for our children.

5 Food and Drink Provision throughout the School Day

Breakfast Club

Breakfast is an important meal that should provide 25% of a child’s energy requirement and contribute significantly to their vitamin and mineral requirements.

The Tic Toc Club operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards. Children are given toast, cereal, fruit and milk.

A breakfast table is available each morning for children who come to school without breakfast. Cereal, toast, fruit and yoghurts are provided free.

School Lunches

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches

www.schoolfoodplan.com/actions/school-food-standards/

- As a school, we encourage pupils to have a school lunch provided by our catering service and free school meals are provided to all those pupils who are entitled to them. Advice on eligibility and how to apply for free school meals are available on the NCC website:

https://online.northumberland.gov.uk/citizenportal/form.aspx?form=Free_School_Meals

or over the telephone on FSM **01670 623592**

or by completing a paper application form which is available from any school or FSM Office, Northumberland County Council, County Hall, Morpeth NE61 2EF

- Healthy options are promoted at lunchtime. Children and their families are consulted about food choices, the weekly menu is displayed on the yellow banana in the foyer and the three weekly overview is available on the website
- Family lunches, family learning projects and special themed days occur regularly to encourage take up of school meals.
- The school kitchen work to increase the consumption of fruit and vegetables by including tasters at the table, vegetarian options and more plentiful salads.
- Providing access to drinking water
- The school kitchen is a nut and sesame free environment.

Packed Lunches

- The school encourages parents and carers to provide children with packed lunches that complement the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'eatwell plate'. This will ensure children having packed lunches have a healthy balanced meal. We provide advice on food brought in from home including snacks, rewards and packed lunches and give parents appropriate information on healthy food choices.
- Food safety issues around packed lunches will be conveyed to parents.

Special Dietary Requirements

Parents are requested to contact school if your child has any special dietary requirements as listed below:

- The school will provide food in accordance with pupils' religious beliefs and cultural practices as required.
- The menu offers a vegetarian option at lunch every day.
- Parents are given a Medical Diet School Meal Request Form if they have a child who follows a special diet and requires a school meal, available from the relevant medical professional
- We recognise that some pupils may require special diets that do not allow our food policy to be exactly met. In this case, parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an

emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

6 Food Safety

All staff working in the school kitchen have their basic food hygiene certificate and members of the teaching staff are required to access this training before teaching cooking lessons.

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include:

- ensuring that adequate storage and washing facilities are available;
- that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available.
- Any food safety hazards are identified and controlled.
- Information is cascaded to everyone who is involved with food related activities in school.

7 Additional Activities

- We link in with national food awareness weeks and events such as National School Food Week, Fruity Friday, National Smile Week, Farm to Fork, Fair Trade Fortnight and Healthy Eating Week: we access support and funding from local supermarkets, farms and businesses.
- We run an extra-curricular Let's Get Cooking group to encourage children to cook healthy recipes.

After School Club

The food and drink provision at our after school club is in line with the overall whole school food policy and complies with standards for all school food other than lunches.

Using Food As A Reward/Birthdays

The school does not encourage the eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour/academic or other achievements. Other methods of positive reinforcement are used in school.

Fund Raising Events

Special events such as charity fund raisers and events organised by the Friends of Swansfield Park are exempt from this food policy.

7 Monitoring and Evaluation

The school will monitor and evaluate objectives by

- The school council monitoring this policy and suggesting improvements
- Named Governor leading on areas related to healthy eating and food standards plus reporting to full governing body annually
- Auditing the formal curriculum by monitoring planning and evaluating teaching and learning through lesson observations and book scrutinies
- Monitoring and Evaluation of School Food Policy annually
- Breakfast club provision: manager to report on the number of pupils using the service. Ask pupils, parents and teachers their thoughts about the club and the range of food provided demonstrating evidence of consultation and outcomes
- Celebration weeks: Head teacher to present certificates or equivalent in school assembly. Display of photographs and pupil work. Pupil and parents evaluations and anecdotal evidence.
- Extra-curricular: Club recipe book produced and reports including photographs posted on school web-site/newsletter. Evaluations from users.
- CPD: Teacher in charge of food disseminates materials at a training day with other teachers and school staff
- School meal take up using data analysis
- Optional impact Data– numbers of overweight pupils

This policy has been formally adopted by the governing body.




VERSION HISTORY

VERSION	DATE	DESCRIPTION
Initially adopted	November 2015	Adapted into Swansfield Park First School
Review	1 September 2016	Adapted into Swansfield Park Primary School
Review	28 January 2019	Updates for nut-free school environment
This Review	28 December 2019	Updates

ACRONYMS

LA	Local Authority
DfE	Department For Education
PSHE	Personal, Social, Health and Economic (PSHE) education
BNF	British Nutritional Foundation

APPROVAL AND AUTHORISATION

	NAME	JOB TITLE	SIGNATURE	DATE
Approved by	Jenny Smith	Head Teacher		
Approved by	Angela Jefferies	Chair of Governors		
 DATE OF NEXT REVIEW			Autumn 2022	