

# Hollydale Primary School



# Food Policy

***Respect***

***Responsibility***

***Relationships***

***Resilience***

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## 1. Introduction

Hollydale Primary School is a Healthy Zone, dedicated to providing an environment that ensures the healthy choice is the easy choice. We promote healthy eating and enable pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, all elements of the school day are brought together to create an environment that supports a healthy lifestyle. We can be valuable role models to pupils and their families regarding food and drink choices and healthy living.

## 2. Food policy champions

To ensure our food policy is an embedded element of our school community we completed the following activities to help formulate the policy. We worked with the charity School Food Matters on the Healthy Zones project, caterers and our school governors. Teachers and pupils provided ideas and suggestions that informed the policy and a working party created this policy. Parents were invited to attend a coffee morning to discuss and influence this policy and their views have been taken into account.

## 3. Food policy aims and objectives

Our school food policy aims to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff, and visitors at our school.

The objectives of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
- To ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils.
- To educate children about healthy eating and living.
- To ensure that the healthy choice, is the easy choice for the pupils in the school.

## 4. Food and drink provision throughout the school day

All staff who serve food across the school day are trained in food safety and hygiene. Our kitchen's environmental health score is 5.

### 4.1 Breakfast club

Breakfast club is available to provide childcare for parents and a healthy breakfast option. Children participated in tasting sessions and reviewed their breakfast menu. There are a small group of breakfast club monitors, who are responsible for encouraging healthy eating within the club. The club serves nutritious, school food standard compliant meals to support children's health and concentration ensuring they have fuel for learning.

## 4.2 School lunch

### Food served:

- Chartwells (an external company) provide the school lunches.
- The school menu changes on a 3-week rotation.
- Chartwells recipes & menus are developed in line with current UK healthy eating guidelines and closely follow the principles set out within the Eatwell Guide, which was released in March 2016.
- The Food for Life catering mark provides independent endorsement that Chartwells are meeting the School Food Standards and serving food prepared from fresh, sustainable and locally sourced ingredients.
- Our food is halal and nut free. We celebrate different festivals eg: Chinese new year, Christmas and Eid and hold themed days to help educate children about food from a range of cultures.
- We have vegetarian options every day and provide a vegan menu for children where this is required.
- We provide adjusted menus to cater for children with medical allergies.

### Dining environment:

- The children eat in an inviting canteen dining area.
- We have a team of supervisors who are responsible for lunchtime supervision.
- The lunchtime supervisors have rules in the dining area that the children follow. They line up sensibly and are expected to treat each other and the environment respectfully. They are encouraged to interact and engage in polite conversation.
- Staff are encouraged to eat with the children during key themed days when they are invited to have a free lunch. Staff regularly eat school lunches in the staff room. Lunch costs £2.95 for staff and can be booked on an ad hoc basis in the morning.
- We provide additional support for some children with significant SEN children at lunchtime.

**Free School Meals:** Southwark Local Authority provides all children from Reception to year 6 with a free healthy school lunch.

## 4.3 Packed lunch

Packed lunches are lunches brought from home as well as those provided by the school and by parents for trips.

- We encourage children to opt for a hot healthy school meal rather than a packed lunch.
- When children attend school trips the school will provide a free healthy school packed lunch.

### **They should aim to include:**

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- Fruit and vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel

**Packed lunches should not include:**

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes, or yoghurts/desserts
- If a child's packed lunch does not meet these criteria, we will contact parents to request they ensure the packed lunch in future does meet our healthy food expectations.
- We will provide parents with additional advice to support them to meet these expectations.

## 4.4 Afterschool club

- The club provide after school childcare for parents.
- Children attending the club receive a healthy snack.
- The food served complies with the School Food Standards for 'Food other than lunch'.

## 4.5 Food brought in

Food brought in covers many different times throughout the school journey, mainly food provided at breaktime. Children across the school are provided with a piece of healthy fruit. This varies from day to day and can include apples, bananas, pears, tangerines, carrots and tomatoes. This may also include raisins.

Children attending After-School clubs organised by the school e.g. sports clubs, art club and music clubs are allowed to bring a healthy snack into school- vegetable chips are permitted. Unhealthy sugary snacks such as sweets, cakes, crisps and fizzy drinks or juices are not permitted.

All food brought into the school should comply with the School Food Standards. This applies to the following occasions:

- Breaktimes- Children should bring in bottled water only at break time unless there is a medical exception or agreement in school for a child to bring a snack in. This will usually require a doctor's note to confirm the reasons for the exception, e.g. if a child has diabetes.
- Parents evenings- children should not be eating snacks in school when parents are meeting with teachers.
- Sports days/events- children should bring water for sports day events. The children are given a break slot when they are provided with water and a fruit snack.
- School council meetings- snacks are not consumed at these events unless there is a specific reason to do so, e.g. tasting healthy snacks to make choices for menus etc.
- Exam or test days/weeks- Children taking year 6 SATS will be invited into school early where they will receive a healthy breakfast. They should bring bottled water into school.
- School trips- we will provide all children with a free healthy packed lunch so there is no need for a child to bring a packed lunch from home. If parents do send children in with a home packed lunch it must meet the healthy school food standards.

Birthdays -children are not permitted to bring in sugary snacks such as sweets and cakes to give out to mark children's birthdays. We will permit healthy snacks such as fruit or raisins. Children will be able to wear a birthday badge, sash or crown on their birthday.

- End of term- we will make an exception and permit a mixture of party food for special celebration events at the end of the term. All food types will be in moderation and party food will also include fruit and salad and healthy sandwiches.

We also strive to ensure that healthy food and drink options are available at the following school events and celebrations:

- Fund-raising events
- Seasonal celebrations [Christmas, Easter, Eid etc.]
- Summer and winter fair
- International events/Cultural week
- Charity weeks: E.g. Hello Yellow,

## 4.6 Water only

The school is a water only school, Southwark council enforces a whole borough water only policy in schools.

- Water is the best and quickest way for children to hydrate which helps ensure brain function for learning. It also reduces the sugar children consume protecting their teeth, general health and wellbeing.
- This applies across the school day including after school clubs.
- Children are invited to bring in a refillable water bottle currently. These bottles can then be topped up throughout the day. Children are also given a cup of water at lunch time. Water fountains will be available for children to fill bottles.
- We ask staff to ensure that they are positive role models and drink water when with the children in classrooms.
- Children with additional needs or medical conditions may need exceptions to be made with regards to this school food policy. E.g., a diabetic child will be permitted to have sweets in school when it is medically required for the child to do so. This will be set out in an individual health care plan and these children may have individualised food menus for lunch time. The reasons for these differences will be explained to other children.

## 4.7 Meat free Monday

- The children across the school voted to have a Meat Free day. This is held on Mondays although there is always a vegetarian offer available for children. There are many advantages of a meat free day. Eating less meat is known to be a healthy option for everyone. The vegetarian food is nutritious and healthy. It can widen the range of food children will eat. It is also environmentally friendly and sustainable.
- We discuss sustainability and the impact of what we eat within the curriculum and particularly during Healthy Living fortnight.
- We encourage parents to send children in with a meat free option on Mondays too.

## 4.8 Dessert

At a population level too, much sugar is being consumed, particularly amongst children. High levels of sugar intake increase the risk of tooth decay, with approximately one in six 5-year-olds affected in Southwark. A high sugar intake is linked to excessive energy intake, which may increase the risk of being overweight and of becoming obese. 25% of children in Southwark are already overweight or obese by the time they start school in Reception, which increases to 40% of children in Year Six.

Data from the National Diet and Nutrition Survey shows that 'sugar, preserves and confectionery' contribute the most sugar to children's diets. However, desserts containing a higher proportion of fruit, milk and cereals (such as rice or oats) can be included as part of a healthy, balanced diet for young children and can contain essential nutrients such as calcium and iron.

Children are provided with the option of seasonal fruit and yoghurt every day. 1 day per week they are offered cheese and crackers/biscuits, 1 day per week they are offered fruit with a small portion of dairy ice cream and 1 day per week they are offered fruit with either a crumble, shortbread, or cake like pudding (at least 50% of this pudding is fruit based).

No confectionary, chocolate or chocolate coated products are permitted or served.

This policy also applies to pupils who bring in a packed lunch and we feel this is important to reduce sugar consumption and enable our pupils to have a more balanced, nutritious diet.

## 4.9 Reward culture

- The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school that are described in the school behaviour policy. There may be an exception to this for key events such as Easter Bonnet parade where the prize will be to receive an Easter Egg.
- Teachers use a range of rewards across the school. These include positive praise, celebration assemblies and certificates (Achievement Awards) Head teacher awards, Dojo points).
- Staff are recognised in briefing 'shout outs' to mark and celebrate achievement.

## 5. Allergies and special diets

- Individualised menus are created by Chartwells for children with food allergies or intolerances. Catering staff are provided with pictures and information posters to ensure that they are aware when serving which children have food allergies and intolerances. Midday meal supervisors have a key chain that includes pictures of children with such requirements.
- Pictures of children who have additional medical needs are also displayed in the school office and in the staff room.
- All staff within a year group are provided with information about food allergies and other medical conditions.
- Most teaching assistants have completed paediatric first aid training which includes awareness on how to manage allergies and intolerances. Staff who support year groups with a child who has for example an allergy will have additional yearly update training regarding management of these conditions. This includes how to administer an epi- pen.
- All staff have completed a certificate in food allergy awareness and anaphylaxis.
- Children have been made aware of a range of medical issues through assemblies and sometimes nurses have provided training for classes as a workshop approach.
- Some children may be permitted not to follow the school food standards due to a medical condition for example a child with diabetes may be permitted sugary drinks to help manage and stabilise insulin levels or a child with autism who has a restricted diet may be permitted to eat the food that they will tolerate in school.

## 6. Food education

Cooking and nutrition is a compulsory subject within the Design & Technology curriculum. This is taught at an appropriate level throughout each key stage. There are opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance and practical skills such as designing, preparing, and cooking predominantly savoury food.

- Our new school building has a practical room to enable cooking lessons to take place. Cooking has been timetabled across the school to be taught in the summer term in line with our DT curriculum.
- In the **early years**, children are encouraged to identify their own needs, such as when they are hungry and thirsty and the changes in their body when they exercise. A snack area offering a range of fruit and vegetables, water and milk is on offer throughout the session. Cooking is a core activity, and a group of children cook each week. The cooking activities include a range of foods that reflect the many different cultures represented in the school. Lessons emphasize which foods we should eat lots of and which foods we should eat less of. Role play areas often include a healthy food focus.
- In **key stage one and two**, we recognise that food has a great potential for cross - curricular work and we exploit opportunities within the current curriculum to discuss and work with food. Additional to DT, there are topics in the PSHCE, PE and Science curriculum which develop children's understanding of nutrition, food and health related issues. For example, children had a focus related to growing during science week and Healthy Living week will contain opportunities for children to taste a range of new foods to create simple recipes. Children are taught how healthy food supports physical activity and a healthy mind.
- The school has previously grown and sold its own food produce.

## 7. Equal opportunities

Where food and drink are provided in school, and throughout all food education, we recognise the importance of all pupils, staff and visitors access to equal opportunities and ensure all are catered for, feel valued and included.

## 8. Staff and visitors

All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes about food and drink, so it is important that they are positive and healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition. Staff are encouraged to eat healthy food in school but make their own food choices. They eat this food within the staff room separately from children. Staff should not eat unhealthy snacks in front of children.

## 9. Monitoring and evaluation

At each annual review, we will identify what areas we need to improve on to ensure a healthy approach to food & drink and continue to be a Healthy Zone school.