



Whole School Food Statement and guidance

Aims

At Red Oaks Primary School we recognise that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognise the importance of food-related skills in enriching children's social development and in celebrating, nurturing and increasing our appreciation of cultural diversity. We support the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

This document seeks to:

- Ensure that we are giving consistent messages about food and health and giving our pupils the information they need to make healthy choices
 - Maintain or improve the health of the whole school community through our cross-curricular teaching. To promote understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely
- Ensure that children are well nourished at school with every child having access to safe, tasty and nutritious food and water during the school day
- Increase children's knowledge of where their food comes from, food production, manufacturing , distribution and marketing
- Ensure that the food provision in school reflects the ethical, cultural and medical needs of the staff and pupils e.g. catering for the needs of religious groups, vegetarians, people with specific food-related allergies
- Meet the nationally agreed and locally accredited Healthy School Standard in Healthy Eating

The Headteacher is responsible for overseeing all aspects of food and drink in school. She holds regular meetings with the school's catering company, Sodexo, to discuss food issues in school. Opinions are taken from the pupils about healthy eating at school via the Helping Hands (School Council), and through PSHE circle times, particularly in Term 4. Healthy eating week is also promoted in July. The website also provides a suggestion box for pupils to voice their healthy eating ideas

Other linked documents

PSHE Policy
DT Statement and Guidance

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Inclusion

In Food teaching at Red Oaks, staff are aware of children's individual needs and how to best differentiate teaching and learning to enable access for all. This is done through adapting teaching to suit a variety of learning styles, often using a multisensory approach. Teachers consider classroom organisation and management strategies to ensure optimal access for all learners, including those with physical, sensory and/or learning needs. Teachers have access to specialist support for advice on strategies, target setting and assessment. All disabled pupils are included on the Red Oaks' Vulnerable Learner Database, and their progress is systematically recorded and monitored. Red Oaks is a Dyslexia Friendly School and all teachers are aware of the Dyslexia Friendly Schools guidelines.

Guidance and Procedures

Food in the Curriculum:

Within the PSHE curriculum healthy eating, DT and food safety and an understanding of where our food comes from, will be taught. Where possible this will be linked to other curriculum areas for example;

- Art – observational drawing of fruit, healthy eating posters
- DT – recipes, food preparation and cooking
- English – instructions – recipes
- Maths – weights and measures
- PE – healthy eating and exercise
- Science - healthy lifestyles, effects of heat on food, bacteria, how plants grow
- RE – the rich diversity of other cultures and times
- Geography - where food comes from, sustainability
- History – how people used to eat, Victorians - rich and poor

Opportunities to support and extend the curriculum will be made through:

- External visits e.g. to the local supermarket, farms
- Local initiatives
- Visitors e.g. local food producers, cooking demonstrations
- Healthy eating projects e.g. design a healthy school dinner competition
- Health Awareness weeks
- Cookery and gardening opportunities

Gardening:

Red Oaks have a few small gardening areas consisting of several raised beds. Children have the opportunity to plant vegetables and flowers, and then cook their own produce. The wider school community is informed about the gardening areas through assemblies, surveys and updates on the school website. Each of the KS2 Year groups are in charge of a designated plant pot on the main playground and Nursery – Y2 are responsible for planters on their playgrounds. As part of ELSA children are encouraged to take care of the raised beds in the main playground and around the shepherd's hut as part of their sessions.

Food and Drink at Break time:

Children in Key Stage 1 and the Foundation Stage will receive a free piece of fruit or vegetable for snack at playtime as part of the Government's scheme to promote healthy eating. Key Stage 2 children are encouraged to bring in fruit, peeled vegetables or dried fruit. No other food type such as biscuits, chocolate, sweets, crisps or nuts are permitted for break time. Milk is available for Key Stage 1 and Foundation Stage children at break time. Forms are available through the office but orders should be set up by parents or carers directly through the company providing the milk.

Lunch Time:

This is seen as a pleasurable time, a social occasion in which the children are encouraged to sit down together and to enjoy their meal. Our school meal providers are Sodexo and we continue to work closely with them to improve the quality and uptake of school meals. The weekly menu is sent home as part of the weekly school newsletter and is always available to be viewed on the school website. Sodexo are contracted to provide a range of appetising, nutritionally balanced food and drink to enable pupils and staff to have a choice which meets ethnic and dietary needs.

They have agreed to provide:

- A varied selection of food to meet the needs and preferences of age groups of children and adults within the school; including healthy eating options, special dietary requirements, vegetarian and ethnic meals as appropriate.
- Good quality, safe, wholesome meals and snacks in compliance with the requirements of food safety legislation and in accordance with the requirements of the contract.
- Sufficient facilities and resources to cope with the expected throughput of pupils both purchasing meals and bringing in their own in the timescale allowed by the school for lunch.

Packed Lunches:

Children may bring packed lunches to school and, although we accept that it is up to the parents what they put into their children's packed lunch box, we shall continue to emphasise the importance of a healthy lunch by promoting good practice. Children who eat packed lunches currently sit separately to the children eating hot lunch.

We politely request that no nuts or nut based products are brought in lunch boxes as we do have children at school with severe allergies.

To meet the National Nutritional standards, lunches for pupils at Red Oaks Primary School should contain at least one item from each of the following food groups:

- Starchy foods such as bread, potatoes, rice and pasta. Starchy food cooked in oil or fat should not be served more than three times a week

- Fruit and a vegetable must be available every day. Fruit based desserts must be available twice a week
- Milk and dairy foods
- Meat, fish and alternative sources of protein. Red meat must be served at least twice a week. Fish must be served at least once a week. Cheese may be included in the meat/fish protein group for primary children

Breakfast Club:

The Breakfast Club runs from 7.45am every day and the food offered for breakfast is healthy and consistent with a healthy diet. Breakfast consists of a wide range of sugar-free cereals each day and a choice of brown or white bread or toast with low-fat spreads, fruit jams, marmite etc.

Nursery:

The Nursery provides a healthy snack for children which varies every day. Children always have access to fresh water to drink.

Snacks are a combination of:

- Fruit provided by the government scheme
- Food baked by the children, providing it is reasonably healthy and not on a regular basis, otherwise these are taken home.

Water:

All children are encouraged to drink water throughout the school day. This is to promote healthy eating and to avoid sugary/fruity drinks spilling on books and children's work. Water bottles are available to buy from the school office. There are water fountains in each of the main corridors of the school which the children have access to. Chilled water is provided in jugs to all children at lunchtime.

Health and Safety:

It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating. Catering staff will hold the required food hygiene certificates. All staff and parents involved in preparation of food will be aware of food safety and hygiene issues and receive regular training. As a staff we will be aware of the apparently growing tendency for eating disorders in younger children and ensure that we know how to recognise and respond appropriately should the need arise.

Links with Home:

We recognise the need to work closely with parents and the wider community. We will endeavour to keep parents informed of what we are teaching the children and why, as well as keeping them up to date with national and local health information and initiatives, working closely with the school nurse and other members of the Primary Care Trust.

Role of the LAB:

LABs monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and Review:

Key stage managers and Curriculum Teams are responsible for the curriculum development of the food policy. The Headteacher, PSHE coordinator and DT coordinator are responsible for supporting colleagues in the delivery of the food policy. The Facilities Management Company, Sodexo, is responsible for ensuring the quality of the food offered as part of the contract. The School also has the Healthy Schools Award.

This document will be reviewed annually to take account of new developments.