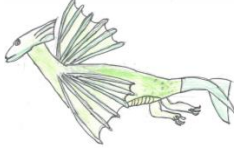


BOREHAM PRIMARY SCHOOL
A Friendship School

'Daring to aim high, scale new heights, spread our wings and fly far'



FOOD POLICY

JANUARY 2020

Staff Consulted: 24.1.20

Approved by Governing Body: 20.1.20

Next Review Date: January 2022

Boreham Primary School

Food Policy

Introduction

Research has shown that good food is vital to children's health, development, concentration and academic achievement. Recent figures have indicated that obesity doubles between Reception and Year 6 and that one third of children are leaving primary school overweight or obese. It has also been found that one third of children have tooth decay. Good eating habits established in childhood are more likely to be maintained in adulthood. The benefits of good eating habits on health in the short term will be to ensure healthy weight and good dental health. In the long term however it helps protect against type 2 diabetes, heart disease and cancer.

This policy has been reviewed to take into account the following documents:

- The School Food Plan (DfE 2013): this set out to improve school food and schoolchildren's diets. The food standards contained within became mandatory from January 2015
- School Food in England: Departmental advice for governing bodies (DfE, July 2016). In this document, governing bodies are strongly encouraged to work with the senior leadership team to develop a whole school food policy; setting out the school's approach to its provision of food, food education (including practical cooking), the role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches. Nutritional standards contained within this guidance outline what can and cannot be provided during the extended school day (between the hours of 8 am and 6 pm), ensure a wide variety of foods are served across the school week for a good balance of nutrients
- The Eat Well Guide (Public Health England, 2016): this showed the proportions in which different groups of food are needed in order to have a well-balanced and healthy diet.

As a health promoting school, Boreham Primary is committed to encouraging and developing positive attitudes towards food and a healthy diet. Encouraging a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what they eat.

As a school we know that a balanced diet is fundamental to the quality of a child's life, not just in providing essential nutrition, but also in communicating and sharing positive values, attitudes and experiences.

We believe that adults (staff, governors, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

Aims

The main aims of our food policy are:

- To provide a range of health food choices throughout the school day and in line with the mandatory School Food Standards.
- To ensure that all aspects of food and nutrition promote the health and wellbeing of the whole school.
- To ensure that all members of our school community are able to make informed food choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.
- To make every reasonable effort to ensure that food provision in our school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members (including non-teaching staff e.g. mid-day assistants) are aware of these.
- To ensure that the EU Food Information for Consumers Regulation No.1169/2011 requirement for food providers to make information available about allergenic ingredients used in any food and drink served is being met.
- To make every reasonable effort to involve all members of our school community in aspects of food in schools.
- To make healthier choices quicker, easier and better value for money.
- To ensure that all food and drinks consumed as snacks are healthy for teeth.
- To ensure all staff and volunteers involved in food preparation, other than school lunches, e.g. fund raising events and cooking in the classroom, demonstrate good food safety practices.
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.
- To raise awareness and promote the eligibility criteria in relation to free school meals for parents and carers, as well as increasing the uptake of school meals.

Responsibilities

Governors

Governing bodies have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos. The governing body is responsible for ensuring that the National School Food Standards are met. All food and drink provided in applicable schools must meet the national school food standards. Where food is provided by outside caterers, compliance with the school food standards should be specified within the catering contract or service level agreement and the caterer should provide the governing body with evidence of compliance with the standards. If the school provides food it should evaluate the food and drink provision against the standards, and produce evidence of compliance.

There should be a process in place to ensure that catering services are co-ordinated across all school food and drink outlets to ensure that compliance with the school food standards is maintained.

The governing body should ensure that it receives regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

Staff

It is the responsibility of all staff, including teaching, support staff and catering staff to implement the food policy and to act as role models, demonstrating positive attitudes to healthy eating and developing pupils' awareness and understanding of how to make healthy food choices. Senior members of staff lead on the development and monitoring of the Whole School Food Policy and liaise with the catering manager and senior midday assistant. Senior members of staff liaise with the caterer to ensure that the food and drinks served, consistently comply with the National School Food Standards (SFS) at breakfast clubs, afterschool clubs, break, lunch and special events (school food standards).

The PSHE and Science Subject Leaders are responsible for what is taught about healthy eating and the DT Subject Leader is responsible for the cooking and nutrition curriculum.

Catering staff are responsible for providing high quality food, promoting healthy eating and contributing to a welcoming and positive environment.

Parents

Boreham Primary School will work closely with parents to ensure that the messages about food and drink given in the school are reinforced and supported at home. Boreham Primary School expects all parents who send their children to the school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

The Curriculum

Boreham Primary School does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food, as part of the formal curriculum policy. For example,

- In design technology children learn about the preparation and cooking of healthy food in classes.
- In geography children learn where food comes from and how it reaches the shops.
- In science children learn about nutrition, requirements for plant growth, the food chain and the needs of a healthy body.
- In mathematics children learn how to measure and calculate size and weight.
- In English children have the opportunity to discuss, read and write about health-related issues, such as GM foods and why some parts of the world have a surplus of food while other parts have famine.
- In religious education children learn how food is valued in different societies and the part food plays in religious custom and practice.
- In physical education, children learn how the body reacts to exercise and the importance of food and drink to participation in sport and dance.
- In PSHE children have the opportunity to reflect on food-related issues such as how food is advertised, and how treats can be enjoyed without damaging our bodies.

Boreham Primary School will also promote healthy eating through the informal curriculum. For example, the school will:

- Promote healthy eating regularly in assemblies.
- Encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle.
- Organise school visits for children to explore the natural world.
- Fully exploit the school's site in the interest of the children's physical and emotional development through playground and field activities.

By ensuring appropriate schemes of work for all key stages within the curriculum and fostering a whole school approach to healthy eating, Boreham Primary School aims:

- To enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- To educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.

This policy will contribute towards other policies in the following way:

Behaviour	The school uses non-food related rewards for positive behaviour
PSHE	Healthy food and making healthy choices is included in the curriculum
Design & Technology	Statutory cooking and nutrition curriculum is taught to KS1 and KS2 which includes practical cooking opportunities.
Equality	The school takes account of the needs of all children, including those with disabilities, dietary needs and allergies

Food Provision at Boreham Primary School

Boreham Primary School has successfully worked towards the National Enhanced Healthy School's Standard. Our whole policy on food is designed to contribute a vital element to our strategy of promoting healthy eating and creating a school environment in which children can thrive and prosper.

In keeping with our Enhanced Healthy School's Status the school

- Will not allow children to bring sweets or chocolates into school.
- Will not allow food to be used as prizes or rewards for good behaviour or achievement in the school other than Hot Chocolate Friday.
- Will not have vending machines on the premises that dispense sweets or chocolates.
- Will encourage children to drink plenty of water by asking them to bring the water bottle provided by the school for use at any time, by providing access to cooled water, and by providing regular opportunities to drink water throughout the day.

Food Safety

The Head Teacher has the responsibility to ensure that all food produced, prepared or served on the premises is safe. Staff routinely involved in food preparation and cookery lessons attend training to update their skills, knowledge and understanding in food related issues including food hygiene. Staff preparing and serving food have Level 2 Food Safety.

Nurturing Healthy Eaters

There are times when some children may appear to be a 'fussy eater' and can be selective about what they eat, or how they eat. In order to encourage healthy eating, it is important that the approach towards fussy eating behaviour is consistent and essential that all those involved at mealtimes agree and follow the same strategies. For this reason we ensure we discuss all issues with parents/carers and come up with joint solutions, to ensure that there is a consistent approach at home and in school.

Sometimes we will consider sitting "fussy" eaters with "good" eaters, using praise and non-food rewards for good eating behaviour and not commenting on fussy eating behaviours, allowing children to serve themselves where possible, and staff sitting and eating with children at lunch times.

Drinks

Health benefits of drinking water are widely acknowledged. In line with the School Food Standards, the whole school community should have access to free fresh drinking water throughout the school day. The school provides every child with a named school **water** bottle so they can have access to water throughout the day. Two water dispensers are located within the school so that children can refill their bottles regularly. **Water is only permitted** in classrooms and on the playground.

For those children who are unable to drink water only due to a specific medical reason, then the school would expect appropriate documentation from a paediatrician or doctor to support this.

Break Time

After consultation with pupils and staff, Boreham Primary School has adopted the following policy of a healthy snack, preferably fruit or vegetable, for morning break times. **Crisps, sweets, and chocolates will not be allowed at break time. This applies to all children across the school.**

All children in the early Years and Key Stage 1 benefit from the National School Fruit and Vegetable scheme which entitles them to one free piece of fruit or vegetable a day.

As part of our healthy eating ethos, pupils are permitted to bring only healthy snacks low in fat, sugar and salt to school and on school trips.

School Lunch Times - The Environment

Boreham Primary School aims to promote a positive lunchtime experience for its pupils and staff so that enjoying food and eating meals with others contributes to a happy lifestyle. Our aim will be to provide pupils with the opportunity to eat a healthy, balanced meal, taking into account any health needs and religious and ethnic preferences. We encourage 'portion control' and no child is made to finish all the food they are offered because we know appetites vary from person to person. However, we do actively encourage the children to 'try a little bit more' to ensure they are not hungry later in the day. Should the school have any concerns about individual children and their eating habits then the school's policy is to contact parents immediately.

We have a whole school dining hall code of conduct, which was agreed by pupils in a healthy school buddy assembly led by our Deputy Head Teacher. The code of conduct promotes developing good eating habits, table manners and independence and this is reviewed annually.

Children who consistently follow and exemplify our dining room code of conduct are invited to attend our 'Top Table of the Week', school initiative on a Friday.

The tables and chairs within the dining hall are organised so that pupils are able to sit in friendship groups within their classes, promoting the idea that lunchtimes are a happy, social occasion.

The dining area is well-staffed with midday supervisors and Year 6 prefects who assist the children in a variety of ways, such as opening yogurt lids, getting drinks and helping the younger children at the salad bar.

School Meals

Our catering provision is provided and managed by Edwards & Blake and all of our school meals are prepared in the kitchen by Edwards & Blake staff in full compliance with the National School Food Standards.

For children in Key Stage 2 the cost per day of a school meal is £2.30 and this includes a hot meal, vegetarian option or jacket potato, salad, dessert and water or alternatively "grab and go" which provides the children with a choice of a baguette, fresh fruit, water and yoghurt. We have summer and autumn menus and each menu rotates termly on a 3 week cycle. Menus are sent out to parents via parentmail and promoted on an ongoing basis. We also offer special themed-day menus to encourage uptake and to celebrate special times of the year and charitable events.

We work with families who are eligible for free school meals to encourage them to take this up.

Halal Provision and Dietary Requirements

Halal meat is not provided but there is always a suitable vegetarian option available. The vegetarian option ensures that a pupil will not be nutritionally disadvantaged. Children with specific food allergies have personalised menus specifically devised to cater for their needs.

Universal Infant Free School Meals

From September 2014, the Government introduced free school meals for all infant aged children. With the introduction of this initiative any infant parent who was previously eligible for free school meals, no longer has to make a separate application for financial support for school meals. However, to ensure the school continues to receive Pupil Premium funding for any pupil that is either currently eligible or has been in the past 6 years for free school meals, parents will be asked to complete a short form within the child's confidential information booklet upon joining the school.

Parents of pupils in years 3 - 6 who are in receipt of certain benefits, such as Income Support or Jobseekers Allowance, are encouraged by the school to apply for free school meals where necessary.

Packed Lunches

It is a common misconception that a packed lunch brought from home is healthier than a school meal. The new standards for school food do not cover a packed lunch however studies have shown that packed lunches often contain high levels of salt, fat and sugar.

Parents of children at Boreham Primary School who bring packed lunches will be made aware of our whole school approach to healthy eating, and will be given clear guidance about what should be included in a healthy packed lunch. Guidance recommends that a healthy packed lunch should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day.
- A portion of starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (aim for wholegrain varieties)
- A portion of dairy such as semi-skimmed milk, low fat cheese, low fat and sugar yoghurt, fromage frais, soya products every day.
- Only water, (pure fruit juice containing no added sugar, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted).
- If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive, examples are fruit salads with yoghurt or custard, fruity rice puddings, fruit smoothies and fruit based crumbles.

Recommendations suggest that the following items should be avoided or limited.

- Salted snacks such as crisps.

- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas.

The following items **are not permitted** in school.

- Fizzy, energy or sugary drinks.
- Confectionery such as chocolate bars, sweets and chewing gum.
- Any food item containing nuts.

The school recognises that some pupils may require special diets that do not allow for the National School Food Standards to be fully met. In this case parents/carers are asked to be responsible for ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Packed lunches will be stored safely within classrooms to avoid food safety risks. Parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Foods are at risk of harmful bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

To promote healthy eating staff will regularly monitor the content of packed lunches. We will talk to parents/carers where necessary and offer advice and guidance on providing healthy packed lunches. If pupils consistently bring packed lunches that do not meet these guidelines then the school will contact parents directly.

After School Clubs

Food and drink provided by after school clubs or brought in by pupils needs to be consistent with the Academy's healthy eating messages, meet the National School Food Standards for "food other than school lunches".

School Events, Celebrations, Cake Sales and Rewards

The National School Food Standards do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events. However, consideration should be given as to how the food and prizes supplied at school events is consistent with the school's ethos with regard to food.

We have a number of fundraising opportunities throughout the year and limit cake sales to no more than one per term. We have alternative ways of fundraising such as selling children's art work and sponsoring children's activities.

We do not reward children with food, instead we use praise and non-food rewards such as stickers, certificates and house points.

Food Allergies

As part of our duty of care to all pupils we use guidance from Anaphylaxis Campaign (<https://www.anaphylaxis.org.uk/>) to take a whole school approach to allergy management. Further support and information can be found from Allergy UK (www.allergyuk.co.uk) and Food Standards Agency (<https://www.food.gov.uk/>).

In order to minimise the risk of an allergic reaction it is important a shared responsibility between the child (if age-appropriate), family of the child, the school, catering staff, GP and school nurse is taken. As part of this we have procedures in place to minimise the risk of a reaction occurring in a food-allergic child and these procedures are reviewed following the event of a reaction occurring. These include:

Communication:

- We ask that parents of a child diagnosed with a food allergy by a health professional make the school aware
- Where we know there is a risk of an allergic reaction to foods amongst the children we will seek advice and may consider asking parents not to put food products which may contain those substances in to packed lunches or any food that is brought in to school
- Parents / carers will be asked to meet with the catering manager to ensure they have the necessary information to cater for their child

Individual Healthcare Plan

- The school will work with parents to develop a management plan to accommodate their child's needs throughout the school day. The plan is communicated to all school staff and staff are aware of and look to minimise any potential triggers.
- The child's management plan is reviewed annually or following the event of a reaction occurring (whichever is first).
- All medication is clearly labelled with the drugs name, the child's name, date of birth and the expiry date.

Training

All staff are appropriately trained on minimising triggers and on the management of allergies, including the use of epi/jext pens.

We make pupils aware that some children suffer from allergies and educate on the health effects and impacts of allergies and how pupils can minimise triggers. This includes not allowing children to share or swap foods.

Sponsorship

Boreham Primary School will not take part in sporting events and other promotions sponsored by confectionary and fast food companies. This is as we believe that companies are doing this to create brand loyalty rather than to promote health.

Partnership with Parents and Carers

We inform and involve parents and carers about healthy eating, including the food policy, through the school website and newsletters. The home and school partnership is critical in shaping how children behave, particularly where health is concerned. Each helps to reinforce the other. As a school, we always aim to lead by example and thereby provide a consistent message around healthy eating and we encourage parents and carers to do so as well.

We ask that parents and carers follow the school's guidance for packed lunches both for school lunches and for school trips.

Parents and carers are also informed of the school meals on offer via Parentmail.

Parents and carers are given information about and encouraged to participate in the annual National Child Measurement Programme (NCMP) that measures the weight of children in Reception and Year 6. Where needed we give information to parents and carers about where they can get advice and support for achieving and maintaining a healthy weight and we make referrals to external support services in line with our referral system when necessary.

Parents and carers are made aware that we are a healthy school through the school brochure, school website and our weekly newsletter which also includes a 'Healthy Heroes' tip of the week.

Monitoring and Review

The school gathers feedback from pupils, parents/carers and staff about healthy eating and food wherever possible. We monitor food waste and when appropriate take relevant measures to reduce waste.

This policy will be reviewed every two years.

Links to other Policies

This policy is linked to the following policies:

- Policy on the Administration of Medicines
- Policy on Health, Safety and Wellbeing.

Resources

Key National Documents

The School Food Plan and School Food Standards

<http://www.schoolfoodplan.com/standards/>

School food in England: Departmental advice for governing bodies

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/551813/School_food_in_England.pdf

Information on food allergens

www.food.gov.uk/allergy

and food allergen poster

<http://www.food.gov.uk/sites/default/files/fsa-dfe-eu-fic-schools-posterv2.pdf>

Government Buying Standards for food and catering services

<https://www.gov.uk/government/collections/food-buying-standards-for-the-public-sector-the-plan-toolkit>

School Fruit and Vegetable Scheme fact file

<http://www.nhs.uk/Livewell/5ADAY/Documents/SFVS%20Factfile%20for%20Schools.pdf>

Safer Food Better Business Pack

<https://www.food.gov.uk/business-industry/sfbb>

Supporting Information

Change 4 Life School Zone

<https://campaignresources.phe.gov.uk/schools>

Children's Food Trust : understand your responsibilities and get expert help. Includes 'Let's Get Cooking', online learning, accreditation programme.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/>

Food Standards Agency

<http://www.food.gov.uk/>

Food - a fact of life

(provides a wealth of free resources about healthy eating, cooking, food and farming for children and young people aged 3 to 18 years).

<http://www.foodafactoflife.org.uk/>

British seasonal food chart

<http://www.whats-in-season.com/>

School Food Matters

Examples of best practice and fun ideas to get children cooking, growing and out onto a farm.

<http://www.schoolfoodmatters.com/>