



## Whole School Food Policy

### Introduction

Hampstead Parochial CE School is dedicated to providing an environment that promotes healthy eating and enables 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 food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

### Why a policy is needed?

We recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve.

We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

### Our approach to improving pupils' health through healthy eating

We aim to

- Increase knowledge and awareness of a healthy diet
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

We have been recognised as a Camden healthy school and our food policy reflects this.

### Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices .

Senior Members of staff lead on the development and monitoring of the WSFP and liaise with the lunchtime meals supervisor, cook, kitchen staff, food contractor (where relevant).

The PSHE lead is responsible for what is taught about healthy eating and practical food education in the curriculum.

The lead governor on health and wellbeing ensures the policy is implemented.

Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment

### Key contacts:

PSHE and Citizenship Subject Leader: Melanie Holmes  
Science Subject Leader: Leonard Sarkis  
Healthy School Co-ordinator: Melanie Holmes  
Senior Leadership Team Member with responsibility for food in schools:  
Catering contact: Caterlink

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

Behaviour	We use non-food related rewards for positive behaviour
PSHE	Healthy food and choices and practical food education is included in the curriculum
Science	Healthy eating and nutrition is part of the science curriculum
Design and Technology (Cooking and Nutrition)	We teach the Cooking and Nutrition curriculum to Key Stage 1 and 2, which includes practical cooking opportunities.
Equality	We take account of the needs of all our children, including those with disabilities and allergies

### Development of the policy

This policy was drafted by the Deputy Head and PSHE lead, following advice from Camden Schools Lead Partnership and discussed at a staff INSET.

We have taken account of national guidance produced by the School Food Plan, Children's Food Trust, Change4life and information from the Department of Health and NHS to develop this policy.

### Teaching about healthy eating and cooking in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through topic, science, PSHE, PE and design and technology. We ensure that pupils are taught cooking every year up to Year 6, in line with the new national curriculum and emphasise safety issues. We link teaching about healthy food choices with the school lunch menus.

### Training staff to deliver practical cooking lessons

Staff routinely involved in food preparation and cookery lessons attend training to up-date their skills, knowledge and understanding in food related issues including food hygiene. All food preparation is healthy. Staff teaching aspects of food with no formal training are supported by those who have. We are working towards having all staff trained in basic food hygiene.

### School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards and has achieved a Silver Food for Life Partnership award. A copy of the weekly menu is communicated to parents/carers via the school website and discussed with children. A copy is also on display in the dining area, reception area and staff room. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. We have lunchtime buddies that help younger children and encourage eating fruit, vegetables and salad.

Staff monitor food choices and encourage pupils to try new foods. The school council regularly gathers the views of pupils and gives feedback to the cook.

Parents and governors are invited to sample the school lunches.

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

Class teachers join their pupils periodically for meals and use this to monitor and encourage healthy eating as well as develop their personal and social skills.

### Packed Lunches

Appendix A: Packed lunch policy

### Snacks

All FS and KS1 classes include a morning break time snack of fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Children are

given responsibility for passing the fruit to others and for helping to clear it away. We share the fruit with Key Stage 2 children where possible who are asked to bring fruit for playtime.

All food provided by the school at break times is in line with the School Food Plan guidelines for “food other than lunches”. See attached.

### **Breakfast club and after school clubs**

The Breakfast club is offered to all pupils and we actively encourage pupils who are more vulnerable to attend. The food offered at breakfast and after school clubs is healthy and is consistent with the School Food Plan ‘Food Standards for food other than lunches’ (list food provided). We request that any food brought onto the school premises by pupils to afterschool clubs is consistent with the guidance given in the packed lunch policy and conforms to the school food standards for food other than lunches.

### **Nut allergies**

As much as possible we are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

### **Partnership with parents and carers**

We inform and involve parents and carers about healthy eating through parent forums, school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water or milk may be consumed during the school day.

During out of school events, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu being displayed on the parent’s board.

Parents are given information about the annual national weight measurement programme that children in reception and Year 6 take part in and we give information to parents about Camden’s weight management services where applicable.

We offer Families for Life, a family learning workshops on healthy eating, physical activity and cooking and promote healthy eating workshops for parents with children under 5, through the Children’s Centres.

Parents are made aware of that we are a healthy school through the prospectus and regular newsletters and how our approach to healthy eating is in keeping with this.

### **Rewards**

We reward children for healthy eating with non-food rewards such as stickers. We do not give children use food such as sweets or chocolate as rewards.

### **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt foods children eat, we ask that parents and carers do not send in birthday cakes or foods that do not comply with our food policy. If parents want to bring something in to celebrate birthdays we ask that healthy foods such as fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternative options, instead of cakes or sweets. We celebrate birthdays in class and in our weekly achievement assemblies to help make children feel special on their birthday.

We have a number of fundraising opportunities throughout the year and limit cake sales to no more than one per half term. A healthy alternative is provided at all cake sales. We have alternative ways to fundraise such as selling food produce, selling children’s art work and sponsoring children’s activities.

### **Water for all**

We are a water only school and therefore only water and milk are allowed to be consumed outside of meal times. During school meal times only drinks which comply with the School Food Plan guidelines may be consumed including water, pure fruit juice and milk. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the food policy.

We have water fountains at various locations throughout the school grounds and children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room.

### **Curriculum assessment and monitoring**

Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and Cooking and Nutrition. A review of what is taught includes feedback from staff and pupils.

### **Monitoring food provision**

Camden is responsible for ensuring the quality of the food offered for school meals, as part of the contract with the Caterlink. We consult annually with pupils, parents and carers and staff and involve them in reviewing the school meals. The results are used to evaluate the impact of the food policy and to further improve the school meals.

We will monitor food waste when appropriate and take relevant measures to reduce food waste.

### **Disseminating the policy**

Key information from this policy will be incorporated into the following documents

- School Handbook / Prospectus
- Staff Handbook
- Governor Handbook
- School website

A full copy of this policy is freely available to parents on request and a summary is on the Parent's notice board. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

### **Appendix A: Packed lunch Policy**

#### **Aim**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards.

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

#### **Why was this policy formulated?**

- To make a positive contribution to children's health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by schools which must adhere to national food standards set by the government.

#### **Packed lunches 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
- Fish at least once a week and oily fish, such as salmon, trout, mackerel and sardines, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day. Aim for wholegrain varieties.
- Dairy food such as milk, cheese, yoghurt, fromage frais, soya products everyday
- Only water, (pure fruit juice, semi-skimmed or skimmed milk, smoothies, low fat, low sugar 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 or tinned fruit with yoghurt or custard, fruity rice puddings (eg. Muller Rice), fruit smoothies and fruit based crumbles
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food

**Packed lunches should not include:**

- Salted snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks, including Capri Sun, Fruit Shoot and Ribena.

**Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

**Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

**Monitoring packed lunches**

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

Reviewed by Governing Body	Autumn Term 2016		
Next Revision ( Please highlight as appropriate)	Annual	Bi-annual	Tri- annual
To be reviewed	Autumn Term 2018		