

Keston Primary School



Whole School Food Policy

Description of School

Keston Primary is a two form entry local community primary school with a nursery unit attached; the nursery also provides sessional day care.

Our school meals are provided by the LA.'s catering service. We have a kitchen on site and all the meals are cooked daily. We have a breakfast club which the school provides the catering for. We do not have a separate dining room; both of the school halls are used at lunchtime, one for the school dinners and one for the packed lunches. Because of the numbers of children we do two lunchtime sittings; one for the older children and one for the younger.

Policy Statement

Having a Whole School Food Policy that promotes the health and well-being of pupils, staff and visitors is part of the environment and community that we aim to create at Keston Primary. We aim to promote healthy lifestyles for both pupils and staff; food choices and preparation are a part of this. The children learn through direct curriculum input but also from adult role models and the general approach to food issues that they experience throughout the school.

Member of SLT responsible for school food

The deputy head teacher – currently Mr Abrahams

People with key responsibilities

Breakfast club – Mrs Etheridge and Mrs Panayi

Lunchtime Supervisor – Mrs Turner

School fruit co-ordinator – Miss Bartholomew

Governors – Mrs J. Montgomery and Mrs H. Westergard-Belcher

Aims

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to the school.
- To equip the children with some basic practical skills, relating to the handling of food and food preparation.
- To educate the children in the areas of food and healthy eating; to enable them to make considered, sensible and positive choices for themselves.

Objectives of the Whole School Food Policy

Nutrition in the curriculum

The curriculum relates to food and nutrition in different subject areas; looking at different food groups and which types of food are healthier to eat forms part of the Science and PSHCE schemes of work.

- Opportunities are provided for pupils to prepare and cook fresh ingredients.
- The Foundation Stage curriculum provides plenty of opportunity for the children to taste new and different foods; and to develop the social skills necessary when eating as part of a group.
- The Nursery and Reception children also do a lot of practical cooking; looking at different ingredients, learning to use simple tools and observing how heat/cold can change food.
- Some cookery is done at the start of Year One, and their focus for the first half term is all on food.
- The junior quad has been turned into a vegetable garden where key stage 2 children grow their own food which is then cooked and eaten.
- Pupils are given the opportunity to learn about available food types, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise; with Year five doing work on 'healthy living'.

All pupils are encouraged to take responsibility for their own health and well-being, to develop a healthy lifestyle and to learn about different types of food in the context of a balanced diet.

The eating environment

The school aims to provide a calm, relaxed and welcoming environment in which the children can eat their lunch in an appropriate, social situation with their peers.

In order to help the youngest children settle into eating with a large group the Foundation Stage come into lunch first, so that the hall is not so crowded and noisy and they have time to choose their lunch and find their place before the more confident children come in.

To encourage the social side of eating with their peer group; the Nursery and Reception children are given extra time in which to eat their lunch. The children in KS1 and KS2 have about half an hour to eat their food; with the older children eating first followed by the younger ones.

In order to provide a more 'home like' dining experience and to encourage the children to begin to use both their knife and fork to eat appropriately; the school has requested that the catering service provide plates and bowls for the school dinners, instead of meal trays. We aim that all children having school dinners will be able to use both their knife and fork correctly; and so both the Foundation stage staff and the dinner ladies are available to support children who have had little experience of using cutlery before coming to school. The children also have their drink out of cups, so opposed to bottles at lunchtime.

Tables are arranged in lines across the halls; with the children sitting in class groups, so that they can socialise with their peers.

Year six children help with the infants at the second lunch sitting in both the school dinner and packed lunch halls. This is a social occasion for the infants to interact with the older children and the resulting relationships can be very positive for both the younger and older child.

In FS and KS1 every class has its own dinner lady to care for the children at lunchtime; if possible this stays the same for the whole year, so the children build up good relationships with their dinner lady and the dinner lady gets to really know all the children in her care.

School food and drink provision

The school dinners are provided by the LA contractor. Menus for the children to take home are provided several times a year by the contractor. All the meals are cooked on site; although the school itself is not responsible for either the kitchen staff or the menu. A salad cart is provided to accompany the school dinners. The kitchen staff have set the salad cart up in front of the hatch for hot meals; so that all the children have to go passed the salad first and this seems to encourage them to all choose some.

Children who do not wish to have school dinners can choose to bring a packed lunch. Lunchboxes are stored in the cloakroom areas of each infant class; with most classes having a cupboard with squared recesses where the children can place their boxes. In the juniors the children store their lunchboxes in the general cloakroom areas. The school does not have any refrigerated storage for children's lunchboxes; and parents are made aware of this fact when they initially join the school. The children are not allowed to bring sweets and crisps as part of their packed lunch.

At lunchtime all children may have as much tap water to drink as they wish. They are allowed to bring in a bottle (purchased from the school) filled with tap water to have with them in the classroom. The school also has a number of drinking fountains, both inside and outside (some in the playgrounds and some by the field) that are available to the children.

The school has a 'breakfast club'; in order to accommodate parents who require an extended school day. This also provides the opportunity of ensuring that the children who attend are given a

nutritious breakfast. The breakfast club is also available to any members of staff who wish to be included.

The school is part of the national fruit and vegetable scheme, with the Foundation stage and Key Stage 1 having a daily piece of fruit. The juniors are allowed to bring in a piece of fruit from home to eat at playtime if they want to.

Rewards and special occasions

Food is not used as part of any reward scheme.

Although the school does not actively encourage the eating of unhealthy food it is felt that on a few occasions a small treat is still acceptable. When it is a child's birthday and they go to see the head teacher and they receive a box of raisins. The children are allowed to bring in a treat to share with the rest of the class when it is their birthday. At the request of parents these treats are usually given out at home time rather than eaten in school; then it is up to the parent to decide if they want their child to consume the treat or not.

The school has a party at Christmas, for which the parents provide the food and again they are actively encouraged to provide healthier snacks. Examples of healthy dishes are provided on the newsletter, and parents have proved to be keen to support the school as much as they can. Sweets and crisps are not permitted at the party – the same as for lunchtimes.

The lunchtime restrictions also apply when the children go on school trips and everyone has to bring a packed lunch. They have to provide their own drinks on outings; but only bottles of water or cartons with a straw are allowed, cans of fizzy drink are not permitted.

Refreshments are sometimes provided for sports matches and these are only to include pieces of fruit and drinks of water.

At the moment the PTA still serve crisps at their end of term discos; as this is seen as part of a celebration and a treat. The school may consider revising this in the future.

Communication

Parents were consulted over whether or not they would make use of a 'Breakfast club', if the school was to make one available. They were also asked their opinion on what price they would expect to pay and what sort of breakfast would be provided for that price. As a result the parents can pay one price to include breakfast; and a lower price just to have their child looked after before school without any breakfast.

The school provides some suggestions to parents as to different types of food that might be included in a healthy packed lunchbox.

School dinner menus are circulated to parents and they can arrange to come into school to sample the food. There are opportunities during the year for parents to come into school to eat with the children.

Quality assurance

At the moment the school has two members of teaching staff that have a basic food hygiene certificate (due for renewal in 2010). Kitchen staff employed by the LA contractor have the required food hygiene qualifications.

Outside visitors are made aware of the policy and ethos of the school towards healthy eating before planning their sessions.

Teaching staff and classroom assistants are to be offered some very basic nutrition training carried out in a staff meeting.

People with key responsibilities for food in school

Head Teacher	<ul style="list-style-type: none">• Overall responsibility for food in school and policy development• Overall responsibility for ensuring providers of food on school premises are aware of the policy
Member of SLT	<ul style="list-style-type: none">• Liaison and support to head teacher in overseeing all aspects of food provision throughout the school day
Catering Company	<ul style="list-style-type: none">• menus,• nutritional analysis• selection and training of staff
School Cook	<ul style="list-style-type: none">• managing the kitchen staff team;• Preparation, cooking and serving of school lunches including meeting the needs of children with special dietary requirements.• Ensuring all hygiene standards for food provision are adhered to
Governors	<ul style="list-style-type: none">• Overseeing and coordinating food issues.• Annual review of policy and monitoring of implementation.
Healthy Schools Coordinator	<ul style="list-style-type: none">• overseeing and coordinating nutrition education for pupils and identifying and meeting training needs of teachers
Senior Lunchtime Supervisor	<ul style="list-style-type: none">• Assists with responsibilities for school meals and other related issues at lunchtime.
Breakfast and After School Club Manager	<ul style="list-style-type: none">• Ensuring that food offered at these clubs meets the government's food based and nutritional requirements and balances with the main lunchtime menu.
Curriculum Leaders (PSHE, DT & Science)	<ul style="list-style-type: none">• Ensuring the curriculum supports healthy eating and to monitor planning and observe lessons in support of this.
All teaching and non-teaching staff	<ul style="list-style-type: none">• To follow healthy eating guidelines in delivering the curriculum and in the provision of tuck and snacks.

Monitoring and Evaluation

Our computerised cashless accounting system enables the kitchen to monitor pupils' choices and incorporate this into menu planning. Observations of the food choices available are made by those with responsibility for overseeing food in school. Any modifications seen as necessary and any other relevant issues are discussed with the caterers, pupils, parents and teachers. This monitoring and evaluation is carried out termly.

The School Council discuss menus and school lunchtime procedures. They have met with the catering company and provided them with feedback from their classes. The children are also being asked to vote on their favourite lunchtime meals using happy and sad faces.

Lunchtime supervisors monitor what pupils are having in their packed lunches. If pupils are noted to consistently choose/bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.

The choices made by the children having breakfast at the breakfast club are also monitored; and the provision adjusted accordingly.

Pupils with special dietary requirements

The special dietary needs of individual children are discussed with the parents when their child joins school – this usually takes place at a ‘home visit’ when the child starts either in the Nursery or in Reception. It is the responsibility of the class teacher to ensure that all other people in the school who need to be aware of a child’s particular requirements are informed. If it is a specific medical condition the child may need a medical IEP and the Inclusion Manager will be involved. If a child’s food intake needs to be monitored or controlled throughout the day this usually becomes the responsibility of the classroom assistant. Any child with a condition that the whole staff need to be aware of has their photograph displayed in the staffroom; along with an explanation of their condition and details of any medical intervention that may be necessary and emergency telephone numbers. Any child with special dietary requirements either medical or cultural has their photograph and details displayed in the school kitchen, so that all the kitchen staff and dinner supervisors are aware of their needs. Children with particular dietary needs are also highlighted on the computer that monitors the school meals and the individual choices that the children make at lunchtime. Some children who need special diets choose to bring a packed lunch; so the parent controls what they eat.

When there are celebrations in school that involve food parents of children with special dietary requirements may provide their own food

The school is happy to accommodate dietary requirement and will work with the parents to cater for the needs of their particular child.

Involvement of parents and carers

At the Reception New Parents evening parents are asked to support the school’s efforts to encourage the children to choose more healthy foods. The school cook provides a selection of foods from the school dinner menu for the parents to sample.

Parents are always encouraged to help in the classrooms; and are often involved when the children are doing some cooking. Things made in school are also taken home to be shared with parents, who maybe are unable to come into school due to other commitments.

Parents from different cultures or religions are often invited into school as part of work on celebrations or festivals. This very often involves the parents working with the children to cook something specific linked to the celebration; or the parents bring in something they have prepared at home for the children to try.

Parents with particular culinary skills have been invited into school to work with the children in preparing some simple foods.

Links to other policies

- Science and PSHCE - looking at different food groups and which foods are good for us and why.
- Science – looking at the changes that occur when food is heated or cooled.
- Technology – learning some food preparation techniques and some simple cooking skills
- R.E. – learning about and tasting different foods that are part of religious celebrations.
- P.E. – looking at how our bodies need energy from food.
- PSE – encouraging appropriate dinning room behaviour and prompting the social side of eating and sharing food together.
- Behaviour and Rewards policy
- Health and Safety Policy
- Equal Opportunities and Inclusion
- PSHE policy

Copies of this policy can be obtained from the teachers Shared Folder on the school computer system.
Parents can obtain copies through the school website or on request from the school office.

Date of policy review: December 2011