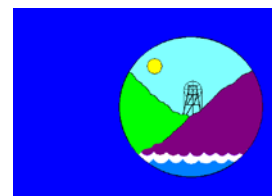


Lingdale Primary School



And

Lingdale Primary School Two Year Old Provision

School Food Policy 2014 - 2016

Named personnel with designated responsibility for School Food

Academic year	Designated Senior person	Deputy Designated Senior person	Chair of Governors
2012/2014	Nichola Oxtoby	Carolyn Gallagher	Mrs K Longstaff

Reviewed by Curriculum and Achievement Committee – May 2012

Signed: (Chair)

Policy review date: May 2016

Rationale

The health of our nation's children is a key priority for all of us. However, there is mounting evidence that poorly balanced diets and an inactive lifestyle could jeopardise the health of our children. Diet is a contributing factor to the rapid rise in childhood obesity, and we have found that too many children's diets are too high in fat, salt and sugar, and too low in fruit and vegetables. Research indicates that poorly nourished children, especially those who are overweight or obese, experience social and psychological problems, which have a significant impact on behaviour and performance in schools.

At Lingdale Primary School, we believe that education about health issues is very important for the development of our children, both now and for the future. Eating a well-balanced diet in childhood can help protect against chronic diseases in later life. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues and help halt the year on year rise in obesity levels.

Through our commitment to the Healthy Schools programme, we aspire to improve the health of the social community by teaching ways to establish and maintain life long healthy eating habits. We recognise that it is important to send the right message out, therefore our message is:

"There is no such thing as bad foods, just bad diets. We need to eat more fruit and vegetables but some foods, like crisps and sweets, need to be eaten in moderation (not every day)"

Responsibilities

At Lingdale Primary School we recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. We also recognise the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices. Lingdale Primary School recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

Mission

The educational mission is to improve the health of the entire community by teaching children, parents/carers, staff and volunteers ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.

Aims

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- Make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

Objectives

To work towards ensuring that this policy is both accepted and embraced by

- Governors
- School leadership

- All staff that work in Lingdale Primary School
- Children and young people
- Parents
- The wider school community
- Creative Catering Services

To integrate these aims into all aspects of school life, in particular

- Food provision within the school
- The curriculum
- Pastoral and social activities

Methods

Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.

Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.

Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.

Promote healthy food options through Family Cookery Club, Cookery Club and Family Learning Days in school.

Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

Integrating an ethos of safe, tasty, nutritious and environmentally sustainable food into the curriculum

- Food topics covered within curriculum areas (sometimes through annual Health Week)
- Art, e.g. observation drawings of food, healthy eating poster design

- Personal Social and Health Education, e.g. menu planning, nutrition
- Design and Technology, e.g. cooking, designing tools
- English, e.g. food diaries, following instructions
- Geography, e.g. what food grows where, food miles, transporting food, waste
- History, e.g. past diets, discoveries
- Information Technology, e.g. recording results of a food survey, website review
- Maths, e.g. weights and measures
- Physical Education, e.g. links between healthy eating and exercise
- Science, e.g. effects of heat on food, plant growth, nutrition

Through topics such as:

May be covered during annual Health Week or through Enrichment projects weekly.

- Nutrition
- Dining
- Cooking (Enrichment Afternoons, both Key Stages)
- Menu planning skills
- Food hygiene (e.g. common food poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant, pests)
- Cultural diversity
- Food production, marketing and labelling
- Recycling
- How plants grow

Examples of activities that could support curriculum work:

This includes our annual Health Week, which embraces many of these.

- Relationships with local food businesses, e.g. farms, shops and restaurants (encourage food professionals such as chefs to come into the classroom, and arrange for pupils to visit their premises).
- Tasting sessions (integrate a range of eating experiences into classroom work, e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables)
- Cooking demonstrations – also Enrichment afternoons weekly
- Healthy eating drama activities
- Healthy eating projects – within Creative Curriculum
- School Learning Platform with pages on food issues and links to other related sites
- Debates / guest speakers
- Eating experiences integrated into the curriculum for all subjects.
- School gardens (give pupils the opportunity to plant, harvest, prepare, cook and eat the food they grow) – Enrichment afternoons.

Recommended Good practice

Healthy Eating is taught through a cross curricular approach. Every opportunity is taken to reinforce the messages of healthy eating through the curriculum, therefore ensuring that its coverage is broad and on going, not taught simply as a single unit of work. The main subjects through which Healthy Eating will be taught are Science, DT and PSHE. We do however recognise that lots of other subjects have their contributions to make, for example learning about past diets through History, exploring what foods grow where through Geography, looking at foods from other cultures through RE etc.

Other opportunities are taken to discuss health issues surrounding food during specific celebrations, for example Harvest, Pancake Day, Chinese New Year, and religious festivals.

The School Environment

Creating an environment conducive to the enjoyment of safe, tasty, nutritious and environmentally sustainable food is essential.

Religious, ethnic, vegetarian, medical and allergenic needs of pupils and staff are met rigorously through liaisons between Creative Catering Services and the School Cook. Where necessary planning menus for the individuals. Information for these requirements are taken from information from parents on entry to school.

Creative Catering Services use NUTMEG software which is linked to the Schools Food Trust guidelines. This ensures that meals are all nutritionally balanced and represented on a graph to show each aspect of nutrition (vitamins, iron, calcium, protein etc) are covered.

Environment

Our dining area is safe, pleasant, comfortable, attractive and clean.

There are sufficient dining room supervisors who are trained to provide advice on hygiene

Dining arrangements are cafeteria style, encouraging children to speak to the cooks, and develop independence too.

In the dining room, we encourage all children to foster good manners and respect for fellow students and also their lunchtime supervisors. This is in compliance with the Behaviour Policy.

Recommended Good practice

We aim to create an environment which is conducive to the enjoyment of safe, tasty nutritious food.

- Children and young people are encouraged to use cutlery.
- Encourage the eating of healthier foods at break-times and lunchtime.

- All children are provided with a school water bottle, which is refilled at the start of each day. The messages about the importance of drinking water are reinforced on a regular basis. **Parents and children are responsible for ensuring that the water bottle is washed and returned daily.**
- We are involved in the School Fruit and Vegetable Scheme. Every child in KS1 is encouraged to have an extra piece of fruit each day. This is eaten in an atmosphere conducive to social eating.
- Each child in Nursery and Reception has a carton of milk each day.
- Children in Key Stage 2 are invited to bring a piece of fruit to eat at breaktime.

Raising Awareness of environmentally sustainable food production methods and socially responsible food marketing practices

- Creative Catering Services use locally grown produce wherever possible, and tender for products to use. Our milk supplier is local, and the fruit and vegetables come from Preston.
- Menu planning is linked to seasonal produce and availability. Creative Catering Services take this into account when menu planning.
- Through the catering specification, Creative Catering Services have no potentially harmful food additives such as bovine growth hormones, irradiation, and genetically modified foods.
- Products grown on site from Enrichment gardening sessions are eaten by the children within school, and the school cook also uses certain items for the school dinners.

Public Policy and School Campaigns

We at Lingdale Primary School, aim to ensure maximum uptake of meals and that all pupils entitled to a free meal receive one. This is done through parental information / communication, meals promotions and procedures to protect identity of free meal claimants. Office Staff monitor uptake in school meals.

Recommended Good Practice

We recognise the importance of having parental support and, as such, have developed this policy in consultation with Governors, parents, children and young people.

Send home information on a regular basis in regards to healthy eating issues.

Information about healthy packed lunches and snacks is discussed at meetings with parents as children transfer year groups. We as a school can recommend what constitutes a healthy packed lunchbox – see Packed Lunch Guidance produced by the Children of Lingdale Primary School. (See Packed Lunch Policy)

School menus are sent home every three weeks, so parents can see what their children are eating for school dinners, and discuss food choices with their children.

Food Hygiene

Requirement on all school meal providers

- All the staff employed in food preparation hold a basic food hygiene certificate.
- Staff are supervised by our Head Cook who holds an advanced food hygiene certificate or equivalent.
- A 'Hazard Analysis Critical Control Points' system is in operation and observed at all times. A copy of this is available for inspection.
- All Government /European Union regulations appertaining to food hygiene are complied with.
- There are rigorous unit checks each term by Redcar and Cleveland Catering Services Area Managers.
- There is a cleaning and disinfectant schedule.
- There is 3 yearly training for all kitchen staff on Health/Hygiene.

Pupils

- Pupils are reminded to wash their hands every time they go to the toilet
- Staff always encourage and sometimes supervise pupils washing their hands before they eat food.
- Posters and other attractive literature around school help promote this.

Food Poisoning

In the event of an outbreak, Creative Catering Services and the school Headteacher would be contacted immediately and advice sought as to the next step taken.

Food in the Classroom

Whenever children are to sample or handle food in the classroom, there are a number of rules which should be followed:

Clean all work surfaces to be used with anti-bacterial spray and a new cloth

If necessary, cover work surfaces with disposable/plastic tablecloths before starting the task.

Ensure all utensils have been thoroughly cleaned beforehand.

Always wash hands using soap before any preparation/sampling tasks.

Ensure sleeves are rolled up" and disposable plastic aprons are worn for all food preparation.

Keep the group/s manageable and use support assistants where necessary.

When sampling always let individuals have their own spoon/cup etc.

Allow plenty of space to work, with all classroom items away from food and utensils.

Encourage thorough washing up after the tasks and return utensils to their homes.

Dispose of finished/unwanted food after the task.

Remove disposable items and wash down tables etc. thoroughly.

It is important that staff attending any training on issues relevant to their curriculum area. Healthy eating falls into a number of different areas and therefore it is vital that information from training sessions is passed on to other members of staff to ensure that healthy eating objectives and priorities can be achieved and developed. Any information relevant from training is always cascaded through to staff via e-mails, or staff meetings etc.

Further detailed information on School Meals and School Meal Standards can be found at:

www.schoolfoodtrust.org.uk/