

OTLEY AND WITNESHAM FEDERATED PRIMARY SCHOOLS
Whole School Food Policy

Summary

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips.

Recommendation

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils. Governors are being asked to read and agree the policy.

Author	
Name	J Hubbard-Whitehead
Job title	Headteacher
Date Written	September 2017
Review Date	September 2019

Why is a policy needed?

At O&WFPS we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Application

This policy covers the areas of:

- Break time snacks including those brought from home.
- Milk
- Water
- School lunches including packed lunches.
- Curriculum
- Events and Celebrations.

This policy applies to all pupils within school.

Break time snacks

All Foundation Stage and Key Stage 1 children are provided with fruit or vegetables on a daily basis as part of the Government Scheme.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.). We have a number of children who have an allergy to nuts; this can cause a severe, life-threatening reaction if one of these children comes into contact directly or indirectly with nuts. With this in mind we request that you avoid sending any nuts or food containing nuts into school.

Milk

Our school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines. Parents are invited to register and pay for their children to participate in this scheme, which provides a carton (189ml or 1/3 of a pint) of semi skimmed milk every day for Foundation, Key Stage 1 and 2 children. Parents can specify if an alternative type of milk is required e.g. soya. Children up to their fifth birthday will receive free milk but this will need to be applied for by the parents. Similarly children who are in receipt of free school meals are eligible for free milk if their parents apply for it.

Water

Drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

No drinks other than water should be brought into school in water bottles, by pupils, unless recommended by a doctor for medical needs.

School lunches including packed lunches

At Otley and Winesham school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy schools, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment".

We will provide Universal Free School Meals for children in Foundation Stage and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch we will support parents to make informed choices for their children. As an accredited Healthy School we need to make every effort to ensure that all packed lunches have a balance of healthy contents. We do not wish to be overly prescriptive about this and trust that parents will use sensible judgement in this matter, but we do just stipulate that there are no 'solid' chocolate bars (e.g. Dairy Milk, Chocolate Buttons, Milky Bar etc.) or any sweets included in any packed lunch.

If packed lunches are provided for school trips as part of our Free School Meal provision, they comply with school standards. Any meals taken as part of on or off school site residential visits will provide a balanced and healthy approach to meals and where possible, we will look to use off site providers that comply with the National Food Standards.

Curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. We reinforce our delivery of the national curriculum by holding a healthy schools week bi-annually which enables us to focus on all aspects of well-being including healthy eating.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes or sweets.

If parents want to bring something in to celebrate birthdays we would ask that healthy foods such as fruit or non-food items such as stickers or a special book for the class are considered as alternatives. In school we celebrate children's birthdays during our celebration assembly at the end of the week.

At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

This policy will be reviewed bi-annually.

J Hubbard-Whitehead

September 2017

