



# ROMAN ROAD

# Policy for Whole School Food Policy

Date: November 2017

Review Date: November 2020

## **Rationale**

At Roman Road Primary School we recognise the importance of a healthy life-style and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning. Our school aims include: Provide a calm and positive environment, where children and staff are safe, healthy, happy, confident and motivated.

## **Aims and Objectives**

At Roman Road Primary we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically;
- To give our children, parents and staff the information they need to make healthy choices;
- To ensure that we are giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet;
- To ensure that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience;
- To build the confidence of parents in the school meal service;
- To support the provision of healthy packed lunches and snacks;

■To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, e.g. catering for religious groups and vegetarians and people with food-related allergies.

### **Food across the Curriculum**

Opportunities to reinforce healthy food and lifestyle choices occur throughout the curriculum. However, we provide focussed opportunities for children to learn about healthy eating patterns and the practical skills needed to understand where food comes from, such as shopping, preparing and cooking food.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

In RE children have the opportunity to discuss the role of certain foods in the major religions of the world. Children can experience different foods associated with religious festivals.

Food Technology as part of our Design & Technology programme provides the opportunity to learn about where food comes from. The healthy eating message is reinforced through practical work with food, including preparation and cooking.

The PSCHE curriculum encourages children to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.

Geography provides a focus on the natural world and offers the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

Our PE curriculum, which now extends to two hours each week for each child, provides opportunities to develop physically and reinforce the healthy lifestyle message of the practical impact of sport, exercise and other physical activities.

### ***Extra-Curricular Events***

During out of school events such as discos, school bazaars, international food day, we try to consider the Food Policy in the range of refreshments/foods offered for sale to the parents, children and other people in the community.

### ***Our Partnership with Parents***

The partnership between school and parents is crucial in shaping the way our children behave, especially regarding health matters. Consequently we send out regular reminders about our morning snack and packed lunch policy and monitor both periods of the day regularly. We talk sensitively with any parents who may be unsure of what to send for their children on these occasions.

Theme weeks, reward schemes and assemblies will also be used to explore health and food-related issues.

### **The Dining Environment**

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.

It is also committed to the following:

- Help for children (particularly young children) who find the physical process of school dinners or packed lunch difficult – for example, carrying trays, opening tubs or packets;
- Encouraging all children to eat the food they have been provided with;
- Provision of water jugs, containing clean water and beakers;
- Encouraging the labelling of food served to encourage a balanced, healthy diet;
- Encouraging children to wash their hands before eating.

## **School Meal Provision and Packed Lunches**

Children have the choice of having a free school's meal or bringing a packed lunch from home. Staff at Roman Road Primary School has the choice of purchasing a school meal or bringing a packed lunch from home.

The school works to create a sociable dining environment and to encourage the development of good table manners. Children all eat together in the school hall and are encouraged to take their time to eat their dinner and to eat as much of it as possible.

The school is dedicated to providing a balanced menu of school dinners. The head, has the responsibility for ensuring that the school's meals providers offer a wide range of nutritious and attractive meals to children that meet the Government nutritional standards for school lunches and to ensure children with individual dietary needs, due to medical, cultural or religious reasons are catered for appropriately.

Feedback will be sought from parents and children, to monitor and evaluate the food provision.

Parents are encouraged to support the school's healthy eating policy by providing a healthy, balanced packed lunch. The school actively discourages some packed lunch foods and snacks. These include the following – crisps, sweets, chocolate bars, squash with added sugar and/or sweeteners and fizzy drinks.

## **Provision of food and drink during the school day**

### ***Breakfast Club***

Breakfast Club takes place daily for our children. The food offered is healthy and consistent with a healthy diet. We provide a range of healthy option

cereals, bread or toast (white or brown), low fat spread, fruit jam, yoghurt, fruit and cheese. Children choose water or juice to drink.

A 15 minute physical activity session is planned into the daily programme for the children who attend.

### ***Mid-Morning Snacks***

Throughout Key Stage 1 the children are encouraged to choose from the fruit or vegetables provided, or they may bring their own snack from home. This should consist of fresh or dried fruit, healthy food bars or plain biscuits. Children are not permitted to bring biscuits coated in chocolate.

In Key Stage 2 children's snacks should similarly consist of fresh or dried fruit, healthy food bars or plain biscuits. They are not permitted to bring biscuits coated in chocolate.

In the Nursery our children choose from juice or milk and a snack of cut and washed fresh fruit or vegetables which are organised by the Nursery teacher.

We do not currently have a tuck shop or use vending machines in our school, however, if we decide to do so in the future, the food policy will be applied to all items sold.

After-school care is currently provided by members of staff and they also follow the school food policy.

### ***Water for all***

Everyone has a right to access clean drinking water. We encourage children and staff to drink water at school. There is a chilled water dispenser in the staff room and fresh drinking water from taps and from outdoor fountains in the playgrounds, to enable children to have free access to water. Each child has been provided with a free bottle to store their water in.

### **Rewards**

The school recognises that pupil achievement should be celebrated and rewarded when appropriate, and that food can play a role in such celebration.

Food given, as a reward for achievement, will be very limited and form part of a balanced, healthy diet. Staff will be discouraged from giving foods or drinks high in sugar, such as sweets or squash, as rewards.

### **Food Hygiene**

Children are always reminded about the importance of hand washing before eating or handling food.

Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

### **Monitoring**

The healthy schools coordinator, the head-teacher, classroom staff and lunchtime staff monitor this policy on a day-to-day basis.

Evaluation of the progress, made by the school in implementing and sustaining the aims and objectives of this policy, will be made by the governor with responsibility for healthy schools and the head teacher.