

Knebworth

Primary & Nursery School



Food and Packed Lunch Guidance

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Responsibility:

Full Governing Body

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Public

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1 Introduction

Knebworth 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.

The policy was formulated through various consultation methods between members of staff, governors, parents, FOKS, pupils, and our school nurse.

We have also taken account of updated attitudes to nutrition.

2 Food Policy Aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.

- To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

- Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

- Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage within Knebworth School. This is addressed through:

- Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. The way this is done is decided at teachers' planning meetings.

- Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, staff meetings are conducted to keep all members of staff up to date with changes or additions to Healthy Eating guidelines. General discussions also take place to ensure that a healthy approach to eating is consistent.

- Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own

philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

- Resources

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum.

Resources for the teaching of healthy eating in Personal, Social and Health Education (PSHE) have been selected to complement the delivery of the curriculum in other subject areas. These are stored in each child's classroom and also in the resources room which is accessible to all members of staff.

Samples from some of these resources are displayed in the PSHE folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the Head Teacher. Books are also available for pupils in the library.

Evaluation of Pupils' Learning

Primary

The healthy eating aspects of the National Curriculum are assessed through teacher assessment.

Other aspects of healthy eating work are evaluated through activities which have been built into the programme as part of the planning process.

Part of teacher assessment in this area includes observation of the pupils' attitude and awareness.

3 Food and Drink provision throughout the School Day

Food-based Standards exist covering all aspects of school food. (Full details and the document relating to this are available from the Children's Food Trust.) <http://www.childrensfoodtrust.org.uk/>

Breakfast and After School Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

A private provider operates a Breakfast and After School Club with a food policy which is in line with Ofsted guidance and is available on request.

National Nutritional Standards for School Lunches

National Nutritional Standards for school Lunches became compulsory in April 2001 and are regularly updated.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. We use the Healthy Schools menu which is in place in Hertfordshire – this follows a three week rotational plan. The plan ensures a well-balanced diet for the children.

Snacking

Knebworth School understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

All children in the nursery up to the end of Key Stage 1 receive free fruit on a daily basis. The children are encouraged to have this fruit for their snack at break.

Parents are also encouraged to give their children a healthy snack for break times. Parents have been asked to give their child either fruit, vegetables or a healthy cereal bar that does not contain nuts. Knebworth School discourages the consumption of snacks high in fat and sugar at break-time. **In order to safeguard our children who have allergies or anaphylaxis we do not allow nuts or those foods described as nuts or containing nuts of any kind to be brought into school.**

Use of Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils free of charge all day.

The school agrees with this recommendation and provides a free supply of drinking water. There are water fountains located in various points of the school, all of which are accessible to the children. There are also areas where children and staff can refill their water bottles,

Packed Lunches

The school encourages parents and carers to provide children with packed lunches that complement our standards. This is achieved by promoting healthy packed lunch options.

Letters and verbal advice are given to parents when bringing in packed lunches. This information is also sent out in school newsletters.

4 Special Dietary Requirements

Special Diets - Religious and Ethnic Groups

The school is able to provide food in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and Vegans

School caterers offer a vegetarian option at lunch every day. When necessary the school is also able to provide a vegan option.

Special Diets - Medical

Individual care plans are created for pupils with special dietary needs/ requirements. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are immediately made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

5 Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; food handlers undergo appropriate food hygiene training; and suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Monitoring and Evaluation

Staff are all made aware of the whole school healthy eating policy and the implications it has on the school and the staff. Governors will review the policy every 2 years.