

Endon Hall Primary School

'Learning together and having fun'



Food Policy

Policy in place: December 2016

Review date: December 2019

In writing this policy, the following links were helpful:

The Food in Schools Toolkit and website www.foodinschools.org

The School Food Trust www.childrensfoodtrust.org.uk

Entrust Catering Services (01785) 277932 www.entrust-ed.co.uk

The School Food Plan www.schoolfoodplan.com

Context

A large proportion of children attending Endon Hall Primary School live within the catchment area, or the area immediately surrounding it.

The proportion of children with Special Educational Needs and Disabilities (SEND) is well below national (7%), as is the proportion of children from Minority Ethnic groups (2%), those with English as an Additional Language (0.5%) or those eligible for Free School Meals (4.5%).

Individual care plans are in place for all children with food allergies. A special menu is created and discussed with parents to ensure it meets the child's dietary requirements.

Ethos

The school environment promotes healthy eating. There are positive balanced diet displays in the dining area, healthy options for snack, at lunch time, in breakfast/after school club and via correspondence to parents/carers to encourage healthy snacks at playtime. All year groups are taught about healthy eating through the Science, Physical Education (PE) and Personal Social Health Education (PSHE) curriculum, as well as via termly topic links where relevant. Classroom rewards are not food based and children are encouraged to donate a book to the school library to celebrate birthdays, rather than sharing sweets.

Aims

- To help our children acquire the skills and knowledge to make healthy choices
- To promote and set a good example of a healthy lifestyle by offering healthy food and drink, across the whole school day
- To work with County Catering (Schools Meals & Snacks providers) to meet the School Food Standards (Appendix 4)
- To ensure that all learning relating to food and nutrition in school promotes the health and wellbeing of children, staff and visitors
- To encourage members of the school community to make informed choices about their food habits and intake.

Objectives

The main objectives of our Food Policy are:

- To ensure that we are giving consistent messages about food and health.
- To document our planned curriculum and ensure it includes consistent information relating to food and nutrition across different lessons, as well as including opportunities to learn about different types of food, in the context of a balanced diet; incorporating how to plan, budget, prepare and cook meals; and why it is important to encourage consumption of fruit and vegetables whilst avoiding the consumption of foods high in salt, sugar and fat.
- To ensure a welcoming eating environment that encourages the positive, social interaction of children; incorporates appropriate display and labeling of food, promotes healthy eating, allows adequate time to purchase and eat food, and ensures children who are eligible for Free School Meals (FSM) are not stigmatised.
- To ensure that our school lunch service and our breakfast/snack service in Phoenix Club meets or exceeds Government nutritional standards and School Food Standards.
- To ensure there is easy access to free, clean and palatable drinking water, throughout the day.
- To provide opportunities for children to learn how to grow fresh fruit and vegetables.
- To promote healthy eating with parents/carers.

Food throughout the School Day

The school community has agreed to promote a balanced diet, in line with the “Eat Well” guide (Appendix 3), and through the following approach to food throughout the school day.

Breakfast/before/after school - Phoenix Club – healthy snacks made or provided

Snacks - kitchen service - healthy options available daily

School meals – healthy menu choices, vegetarian & allergy awareness

Packed lunches – no fizzy drinks

After school - Cookery club

Birthday treats – non food treats encouraged

School Trips/Visits – no fizzy drinks

Water – access at all times

Milk – lunch/snack time option

Fruit juice – lunch/snack time option

Squash - lunch/snack time option

Curriculum

KS1 use the basic principles of healthy and varied diet to prepare dishes and understand where food comes from.

KS2 understand and apply the principles of a healthy and varied diet. They prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. They understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed. These curriculum requirements are met when children explore, prepare and taste various foods, visit supermarkets and undertake topic based research.

Children are made aware of the healthy eating policy throughout the curriculum, but mainly within Science and Design & Technology.

In the Early Years, the curriculum areas 'Knowledge and Understanding of the World' and 'Physical Development', introduce children to the basics of healthy lifestyles, upon which the statutory National Curriculum builds.

The Science curriculum links to our Food Policy are:

KS1:

Year 2

- Describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food.
- Find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

KS2:

Year 3

- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- Identify that humans and some other animals have skeletons and muscles for support, protection and movement.

Year 4

- Describe the simple functions of the basic parts of the digestive system in humans
- Identify the different types of teeth in humans and their simple functions

Year 6

- Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
- Describe the ways in which nutrients and water are transported within animals, including humans.

Design & Technology links to our Food Policy through the core D&T skills; design, make and evaluate. Our yearly cycle (Appendix 1) documents the coverage of this content and how it links to each year group's topics.

Curriculum principles

To facilitate children's learning about food:

- The purpose of each lesson is made clear
- Appropriate learning experiences are planned that meet the needs of all the children in the class
- Learning experiences draw on children's existing knowledge or own experiences and provide a range of opportunities for children to learn, practise and demonstrate skills, explore attitudes and increase their knowledge and understanding
- Time is given for children to reflect, consolidate and apply their learning
- Children are encouraged to take responsibility for their own learning and to record their progress
- Attention is given to developing a safe and secure classroom climate
- Staff training needs are met

Learning opportunities across and beyond the curriculum

- Phoenix Club – range of cooking/food activities planned on a weekly basis (see Appendix 2 – Phoenix Club cooking activities)
- Art - observational drawings of food, healthy eating posters, designing a lunchbox

- PSHE - cultural diversity – food tasting, menu planning, healthy lifestyles
- D&T – understanding of healthy eating, cookery workshops, food hygiene
- English - food diaries, writing instructions and recipes
- Geography - what food grows where, transporting food, waste/recycling, sustainability
- History - past diets, discoveries
- ICT - recording results of a food survey, researching health and food online
- Maths - weights & measures, graphs, finance
- P.E. - links between healthy eating & exercise

Visitors

Outside visitors have a role to play in delivering our Food Policy. The school's Visitor Policy will be followed. Examples of external visitors linked to this area are:

- Kiddycook
- School Nurse

Continuing Professional Development of Staff

Staff have received appropriate training as follows:

Food Hygiene Training – Spring Term 2016

Level 1

L Dawson
L Sanzeri
H Meredith
S Simpson

Level 2

S Brown
K Harrison
N Knight
J Grange
S Fox
H Godwin
K Chapman
J Plant
S Taylor
J Leese
I Karir
J Walker
C Boustead

Specific Issues

Support will be given for special nutritional needs and eating disorders, with advice sought from the School Nurse and other relevant external agencies.

All members of staff are made aware of any medical/allergic conditions of individual children through staff meetings, discussion with medics and detailed care plans. Information relating to individual needs is discussed with parents/carers before their child's admission to school.

Monitoring and Evaluating

The Senior Leadership Team and Healthy Schools leader will monitor the effectiveness of this policy, ensuring training and resourcing is appropriate and up to date.

The subject leader will regularly evaluate and monitor the Healthy Schools policies and provision in different curriculum areas, collating a range of evidence and utilising it to ascertain impact and suggest improvements.

Links to other Policies

The following policies support the Food Policy:

- PSHE (Sex & Drugs Education) Policy
- Physical Activity Policy
- Medical Conditions Policy
- Visitors Policy

Communication/Dissemination of the Policy

This policy document is freely available on request (via the school office) to the entire school community. A copy of the policy can be found on the school website.

Endon Hall Primary School
Food Policy coverage map – yearly cycle



Year group		Autumn Term	Spring Term	Summer Term
1	Topic title:	A Mysterious & Magical World	Global Gardens	Exploring our Coast
	D&T link:	Design & make a Mad Hatter's healthy sandwich		Ice cream making
	Topic link:		Make healthy & balanced food plates	Lighthouse Keeper's picnic lunch
2	Topic title:	Space	This is Stoke-on-Trent	Jungles
	D&T link:		Preparing & making lobby	Tropical fruit tasting
	Topic link:	Making Space biscuits	Visit to an oatcake shop	
3	Topic title:	WW2	Invaders & Settlers	The UK
	D&T link:	Dig for Victory, planting vegetables		
	Topic link:	Victory in Europe party, food tasting & making soup		Healthy eating kebabs
4	Topic title:	Iron Age/Bronze Age/Stone Age	The Tudors	Who are our neighbours?/Europe
	D&T link:			Prepare & make pitta pizza & make tapas
	Topic link:		Medieval food tasting	European breakfast
5	Topic title:	Meet the Greeks!	The Mysterious Mayans/Space	River Deep & Mountain High
	D&T link:	Preparing & making a Greek salad		
	Topic link:	Greek food tasting	Mexican food tasting	
6	Topic title:	Ancient Egypt	The Victorians	N & S America
	D&T link:			Preparing & making burgers/fajitas
	Topic link:		Victorian food sampling	