

# FLITWICK LOWER SCHOOL

## Policy

### Whole School Food Policy



Flitwick Lower is a two form entry lower school in a small town. We have Healthy Schools Status.

#### **Where, When and to Whom This Policy Applies:**

To the whole school site and to all pupils between 8am and 6pm during off site school activities.

#### **Aim:**

To ensure all aspects of food and drink in school promote the health and well-being, both now and in the future, of everyone who interacts with the school.

This policy also links into the Healthy Schools Programme (located in the staffroom) and Healthy Schools Policy.

#### **Objectives:**

- To give our pupils, parents and staff the information they need to make healthy choices in and out of school and an understanding of why these choices are important.
- To increase opportunities for all members of the school community to experience healthy food choices.
- To ensure that the school community are aware of the link between a healthy, safe diet with an active lifestyle and physical and mental well-being, behaviour and performance at school.
- To ensure that we are giving consistent messages 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 schools.
- To provide guidance so that food brought into school is consistent with the regulations for the food provided in school.
- To develop the policy through consultation with the whole school community in order to optimise support, acceptance and effectiveness.

#### **Monitoring and Evaluation:**

- Lunch box audits
- Reported changes in behaviour e.g. after lunch, after break, incident slips
- Student voice group - School Ambassadors
- Monitoring and Evaluation of the Action Plan
- Uptake of schools meals
- Uptake of water
- Food provided at events
- Food provided at out-of-school provision, school meals etc.

#### **Settings for Food Policy**

##### **Beehive Out of School Club**

Beehive Out of School Club operates on a daily basis in the school and is open to all children. The food on offer is consistent with a healthy diet and follows the guidelines set down by Central Bedfordshire for the provision of After School Care snacks and meals. Toast, a range of bread, low fat spread, fruit jam, marmite, yogurt, low salt/low sugar fortified cereals (occasionally including Cocopops/Sugarpuffs as a choice), slices of fresh fruit, cheese is provided. Children choose from water, orange juice and apple juice to drink at snack times and water is available from the water fountain outside the room at all times. The sink next to Beehive's room is used solely for the preparation of food and drinks.

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### Breaktime Snack

All children in FS and KS1 are provided with a portion of fruit or vegetable during the morning through a Government initiative. In FS this is shared in a family setting where children are given the responsibility of passing the fruit to others and for helping to clear away. KS1 children eat their fruit or vegetable during morning break and KS2 children are encouraged to bring in their own fruit or vegetables or healthy savoury snacks of for morning break. No chocolate, sweets or sweet biscuits are allowed.

### Water for All

Water is available throughout the day to all members of the school community. No water fountains are located inside toilet blocks. Every child is encouraged to bring in a clearly named water bottle to store water in. Children are then able to drink from and refill these bottles during the day. FS and KS1 children are also reminded to drink water at snack time.

### Milk

Milk is available for all children on a daily basis, through the 'Cool Milk' scheme. Parents can register their children on the scheme at <https://www.coolmilk.com/>. Milk is free to all children under 5.

### School Lunches and Packed Lunches

School meals are provided by Luton Borough Council and are cooked on the premises. Healthy and vegetarian options are always available and vegan and dietary requirements due to health and religious needs can be catered for after consultation with the school kitchen. LBC follow stringent safety measures as per cross contamination and all food items are checked for nut allergy.

Children are able to bring a packed lunch from home if desired and are encouraged to bring in healthy options. Fizzy drinks are not allowed but juice or squash may be drunk as part of a packed lunch.

### Food across the Curriculum

Food and nutrition are taught at an appropriate level throughout each key stage as part of the spiral curriculum and are integrated into the curriculum at every available opportunity.

### 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. These decisions are made at teachers' planning meetings.

### Staff Training

At least one member of staff will hold a current Food Hygiene Certificate.

### Food Allergies

Forms giving details of food allergies and dietary requirements are completed by parents/carers when a child starts school and are updated as part of the annual pupil data check.

### 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 and academic achievements. Other methods of positive reinforcement such as extra playtime, Golden Time, or small prizes can be used.

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#### Food Safety

Cookery and food preparation are regular activities through the school and at Beehive Out of School Club. Foods used for these activities are stored appropriately and foods that may pose a storage or contamination hazard such as uncooked meat, dairy produce and nuts are not used. During food preparation we ensure that children wash their hands and that surfaces, equipment and protective clothing are clean and hygienic. The sink next to Beehive's room is used solely for the preparation of food.

#### Nuts

We take every precaution possible to be a nut free school. There is information on the school website to remind parents that the school is a nut free zone, which means all lunch boxes must be nut free. We currently have several children with severe nut allergies, so every effort needs to be made to keep all food in school free of nuts. This also relates to junk modelling materials sent in for craft resources. A separate peanut allergy risk assessment can be found on the school's learning platform, staff are advised to use this when taking part in a range of activities, such as going on school trips, cookery, junk modelling or school parties.

#### Partnership with Parents and Carers

Helping children to make healthy choices is a partnership between home and school. We keep parents informed of our water and packed lunch policies through the school newsletter. Although the giving of sweets, chocolates and cakes is allowed, parents are encouraged to send in alternatives such as pencils or other small non food items.

During out of school events, e.g. school discos and football festivals, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

#### Role of Governors

Governors monitor and check that the school policy is upheld.

#### Monitoring and Review

The Beehive Out of School Committee is responsible for ensuring that the food served is in accordance with this policy. The staff are responsible for the curriculum development of the Food Policy.

The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy.

The Policy will be reviewed annually to take account new developments.

Policy Agreed by staff:	S.Giles C.Mulligan Y.Barber A Crittenden L.Bullen
Policy Agreed by Governors:	Lydia Misson
Last Review Date:	January 2017
Next Review date:	
Signed:	