

Arnold View Primary School Food Policy

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Introduction

Arnold View Primary 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 a whole school approach to food and nutrition documented in this school food policy.

The policy was formulated through consultation between members of staff, governors and pupils.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 years olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK (Appendix 1), and the Balance of Good Health (BGH) (Appendix 2)

Food Policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated by Amanda Smeathers (Co-ordinator)

Food Policy Aims and Objectives

The main aims of our school food policy are:

- 1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.**
- 2. To provide healthy food choices throughout the school day.**

These aims will be addressed through the following areas:

1. Equal Opportunities

In food and nutrition education, 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, including pupils of different gender, culture, religion. Pupils in receipt of free school meals are always dealt with both anonymously and sensitively.

2. Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage as part of our science, PSHCE and DT subjects.

This is addressed through:

2.1 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 teacher's planning meetings.

2.2 Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupil's knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, it is planned that staff are given the opportunity to participate in a one-day healthy eating training session.

2.3 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. The school's code of practice for visiting speakers is adopted.

2.4 Resources

Resources for the teaching of nutrition education in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the PSHE and Citizenship Resource Files. The range of materials used is available in the PPA room and books are available for pupils in the library.

2.5 Evaluation of pupil's learning

Primary

The healthy eating aspects of the National Curriculum are assessed through Science SATS.

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

3. Food and Drink Provision Throughout the School Day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral intake. Children are encouraged to eat breakfast before they come to school and this is promoted through the curriculum work.

The Lime Trees Club provide a breakfast club in school for Arnold View pupils - this meets the healthy schools guidelines and staff have been on healthy eating courses. The Lime Trees Club also provide an afterschool club providing healthy snacks and light meals.

National nutritional standards for school lunches

The Government introduced compulsory national nutritional standards for school lunches in April 2001. These standards apply to all hot and cold midday meals prepared for pupils during term time, including packed lunches. The standards describe how many servings from each food group of the Balance of Good Health should be available at lunch.

Food prepared by the school catering team meets the national nutritional standards for school lunches and pupils look at healthy food options as part of the curriculum.

School fruit scheme

The school is participating in the National School Fruit Scheme, and provides all children aged between 4 and 7 with a free piece of fruit each school day.

Cookery sessions within school

All children have the opportunity to participate in cookery sessions throughout the school year. Children are taught about healthy eating, food hygiene, measuring ingredients, following a recipe and food preparation and different cooking skills.

Out of hours learning

The school offers pupils a number of out of hours learning opportunities including cookery club where they can learn more about healthy eating and healthy options.

Use of food as a reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat. It does not use any food as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school, such as Merit and Always children certificates, team points, spot ons, good behaviour slips, stickers and prize draws at lunch times and for those children who have achieved a behaviour slip.

Drinking water

The national nutritional standards for healthy school lunches recommend that drinking water should be available to all pupils, every day, and free of charge. The school agrees with this recommendation and provides a free supply of drinking water. Children bring in their own water bottles which are kept in their classroom, these can be refilled throughout the day.

4. Food and Drink Brought into School

Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Children can bring healthier options of fruit to schools as snacks. (fruit, vegetables or dried fruit).

Packed lunches brought to school by pupils

The school encourages parents and carers to provide children with healthy packed lunches. We do this by promoting healthy packed lunch options using the principles of the Balance of Good Health.

Lunchtime drinks brought to school by pupils

Following a pupil questionnaire children are now able to bring their own drinks to school for lunchtime only. These can either be flavoured water, fruit juice or diluted fruit squash. Healthy options are reinforced regularly on school newsletters.

5. Growing Food

The school believes that giving young people the opportunity to grow food and learn about how food is produced is an important part of a whole school approach to food and nutrition.

The school provides the opportunity for children to get involved in growing food, both through the curriculum and the school gardening club. This is used as an opportunity to discuss the issues about how and where food is produced, as well as the importance of fruit and vegetables as part of a healthy diet.

6. Special Dietary Requirements

Special diets for religious and ethnic groups

The school provides food in accordance with pupil's religious beliefs and cultural practices.

Vegetarians and vegans

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

Food allergy and food intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/ food intolerance and requests for special diets are submitted according to an agreed process. At Arnold View, we adopt a 'no nut' policy which to ensure that no nut products are consumed in school due to some children within school who have nut allergies.

7. 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; that refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training; and that 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 where necessary.

8. The Food and Eating Environment

The school hall provides an inviting eating environment for the pupils, new crockery has been purchased and display boards are now in place displaying The Golden Rules and children's work. A table of the week has been introduced as a reward for good behaviour and manners at lunchtime where the pupils on that table sit at the 'top table' with a table cloth, glasses and special crockery.

9. Monitoring and Evaluation

The healthy schools co-ordinator will work with the SLT to implement the whole school food policy. It is the responsibility of the healthy schools co-ordinator to monitor the teaching and learning of healthy eating through samples of planning, lesson observations and samples of children's work.

Date : October 2017

This policy will be reviewed : November 2018

Appendix 1 Nutritional Guidelines

National Diet and Nutrition Survey of 4 to 18 Year Olds

Young people require a varied and balanced diet to maintain health and promote proper growth and development. A good diet in childhood can also help prevent ill health in later life. The National Diet and Nutrition Survey of 4 to 18 years olds found that although the majority of young people in the UK are getting all the nutrients they require, they are not eating a balanced diet. White bread, savoury snacks (including crisps), chips, biscuits, potatoes (boiled, mashed, jacket) and chocolate were the most popular foods consumed. Soft drinks were consumed by 98% of participants. On average, sugar provided 16% of food energy, which exceeded the recommended average intake of 11%.

On average, children in the survey ate less than half the recommended amount of fruit and vegetables. Only 47% of boys and 59% of girls ate raw and salad vegetables (excluding tomatoes) and only 40% of boys and girls ate cooked leafy green vegetables. Citrus fruit consumption was particularly low, with 76% of boys and 72% of girls not eating any citrus fruits. Also the intake of saturated fats from pastries and cakes was higher than the recommended average intake.

These findings suggest that young people could benefit from consuming less food and drinks high in sugar and fat, and more fruit and vegetables and bread, other cereals and potatoes.

National Diet and Nutrition Survey: Young People Aged 4 - 18 years. MAFF/ Department of Health (2000) London The Stationary Office

Dietary Reference Values for Food Energy and Nutrients for the UK

These values described in the 1991 report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food Policy, are estimates of how much of individual nutrients people require including children.

The healthy eating principles which this policy uses, help to ensure that pupils are eating a diet that provides the recommended amount of the different nutrients required for health.

Dietary Reference Values for food energy and nutrients for the United Kingdom. Report of the Panel on Dietary Reference Values of the

*Committee on Medical Aspects of Food. Department of Health (1991)
London, HMSO.*

Appendix 2 The Balance of Good Health

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

