

Food & Healthy Eating Policy

It is the aim of this policy to ensure that all aspects of food and nutrition in our school promote the health and wellbeing of its pupils, staff and visitors. We aim to ensure pupils develop a strong understanding of food groups, nutrition and basic cooking techniques, along with budgeting skills to be able to purchase healthy food affordably by the time they leave us in year 6.

EDUCATION

- Healthy eating messages should be promoted on a daily basis by: setting an example, role modelling, displays and through curriculum related activities such as: Science, PSHE, PE, Literacy, and Numeracy.
- Parents will be informed about food in school and expectations for healthy packed lunches in our school prospectus.
- Healthy eating should be promoted frequently through lessons, assemblies, healthy schools initiatives and breakfast and afterschool clubs.
- Competitions/ events/ assemblies are organised to promote healthy lunchboxes/ choices at lunch times.
- The school nurse will visit regularly to teach sessions about healthy living.
- The community dietician will be contacted to advice and support nutrition and to comment on the suitability of content of nutrition related presentations made by outside agencies to ensure that consistent healthy eating messages are given throughout the school.

SNACKS

- We actively discourage pupils from bringing unhealthy snacks/drinks to school.
- All pupils under the age of 7 receive a whole piece of fresh fruit every day.
- We do not have any vending machines or run a tuck shop.
- Key stage 2 children are only allowed to bring fruit as a break time snack.
- Any fruit left over from Key Stage 1 is made available for Key Stage 2.

DRINKS

- Water is available to all pupils, staff and visitors. We have water fountains in the toilet Areas and children are allowed water bottles in class which they may fill.
- Staff are expected to encourage and remind pupils to take regular water breaks, particularly during hot weather and during physical exercise. We use the slogan drink to think.
- Children are offered water at lunchtimes and parents are encouraged to take part in our cool milk scheme where parents subscribe to the scheme allowing their child to have milk at lunchtime.

- We actively discourage the consumption of sugary, fizzy drinks on the school premises or on a school trip at any time.

LUNCH

Hot Dinners

- Hot school meals meet nutritional standards.
- From September 2014 all children in KS1 will be offered hot meals at lunchtime free of charge.
- 12% of children receive free school dinners (Pupil Premium children).
- School lunches are provided by City Caterers from Eyres Monsell Primary School which meet the National Nutritional Standards for School Lunches.
- The lunch time staff will support the pupils in making good food choices.
- Bread, rice and pasta are regularly provided as an alternative to potatoes, and chips appear on the menu infrequently. Deserts provide children with the energy they need to maintain concentration during afternoon school. A choice of a hot pudding, fresh fruit, yogurt or a homemade cake/biscuit is provided. Drinking water is provided.
- When an individual child has special dietary requirements a referral is made to City Caterers, who will provide a workable solution.
- Children should be consulted about food choices with surveys and questionnaires and results should be shared with City Caterers.
- Children who are fussy eaters will be encouraged to eat the food they have taken.
- Food waste is monitored and a 'Clean plate initiative' should be delivered to ensure children are not wasting food unnecessarily.
- Children who receive free school meals (Pupil premium children) no longer make contributions to school trips as an initiative to increase our free school meal uptake.
- Dining supervisors will receive training to create a calm and relaxed dining atmosphere, to help encourage healthy eating choices and to lead active games in the playground.

Packed Lunches

- Pupils are expected to bring non-fizzy drinks in their packed lunches.
- Granby has a 'no nut' policy for lunchboxes including chocolate bars containing nuts.
- Parents are made aware of expectations for lunchboxes in the School's prospectus.
- Pupils without a drink may help themselves to water.
- Lunch box contents are to be monitored by lunchtime staff to ensure children are bringing appropriate food in lunch boxes (ie. no nuts, chocolate spread, or chocolate and nut chocolate bars.)
- Children receive stickers for healthy lunchboxes and eating all the food on their plate.
- Parents will be encouraged to consider healthier snack options for lunch boxes with displays and tasting sessions at parents' evenings.

- Children are encouraged to consider healthy lunchbox choices in lesson time, through activities in class, sessions with the school nurse and nutritionist.

STAFF

- staff are encouraged to eat lunch with the pupils modelling healthy choices, good eating skills and proper table manners.
- Staff encouraged to eat a piece of fruit at the same time as the pupils have their “Free Fruit”.
- We have members of staff with catering qualifications and food hygiene certificates.

PRIZES, REWARDS AND BIRTHDAYS

- Sweets/biscuits are not provided as prizes or rewards but may be given as a particular treat EG. Christmas Parties (Once a year). Healthy treats can also be provided such as popcorn which counts as one of children’s ‘5 a day’. This ensures children receive a message that treats are acceptable in moderation on special occasions and that treats can be healthy too.
- Children can bring in small treats for the other children if it is their birthday. These treats are taken home and consumed off the school premises. Parents are aware these need to be nut free and this is monitored by class teachers before they are distributed.
- Occasionally children make treats to bring in to school for classmates. These treats must be returned to the giver to ensure we do not unwittingly allow contaminants which may cause reactions in children to be circulated.
- Selected parents will be invited to take part in after school cooking or food activities. This should be used as a means to reach hard to reach families. The preparation, cooking and eating at food events should have a positive impact on the families who have taken part, with the aim of getting new parents joining our school as volunteers beyond the food activity.

COOKING

- All staff must read and adhere to the food safety risk assessment procedures during cooking activities. This is provided and updated by Mrs Naidoo.
- Each child in each class will complete 2 theory based cooking and nutrition lessons and will also cook a meal from scratch each term. The recipes and foods chosen will build on children’s repertoire of basic cooking skills and techniques. We view this as a crucial life skill that will carry children forward to be able to provide meals for themselves and their family in adult life.
- Cooking ingredients will be purchased on the morning of the session to ensure freshness.

- Skills should be delivered via lessons in line with our cooking skills whole school plan. This ensures children build on existing skills and constantly increase their repertoire of food skills. Skills learned will be recorded in a skills chart for each child.
- Skills records will follow the children through school but shall be kept in the Camelot room. This will ensure children's evidence is collected and can be reviewed regularly.
- Children will be rewarded with a certificate for achievements so that children have evidence of achievements.
- All meals cooked as part as our curriculum should fit the Eatwell plate model with a balance of carbohydrates, vegetables and protein.
- Children will be taught by doing. Lessons involving cooking and food preparation techniques are hands on and practical with children actively practicing techniques.
- Teaching methods – practical food preparation sessions. Visual dietary stimulus used such as the Eatwell plate and the food groups pyramid, interactive games and footage of farming and food preparation.
- Food hygiene and safe practices are also promoted and modelled.
- Cooking lessons should be taught in the Camelot room in an afternoon session from 1.30pm to 3pm.
- 10 children will participate in each cooking session accompanied by 2 TAs familiar with the age/class.
- Children will work in pairs to share equipment and cook their own meal.
- Recipes, planning and resources will be provided by Mrs Naidoo.
- The TA leading the session will have ultimate responsibility for returning all cooking utensils clean and dry at the end of each session.
- Hygiene and health and safety procedures are always followed and are highlighted to children as part of the lesson.
- Permission slips are obtained if the children are to eat any food, made or purchased, within the classroom.
- Safe storage of food will be included as part of the curriculum.

BEFORE AND AFTER SCHOOL CLUBS

The school clubs which run before and after school must offer a selection of healthy snacks which vary on a daily basis. There should always be fruit and yogurts available as well as a selection of healthy cereals, semi-skimmed milk, white bread, toast and fruit juices in the morning. In the evening light snacks should be prepared such as soup, beans on toast, hot dogs and pizza. Fruit must also be offered as a snack in the evening.

All staff working in the school clubs who are responsible for ordering and preparing food must have a copy of the DCSF school food standards, The Education Food Regulations 2007 and the Whole School Food Policy.

RESIDENTIALS

The residential trip to Beaumanor takes place in year 6. On the first day children will take their own packed lunch. On the subsequent 4 days lunches will be made by staff in the morning with children choosing from white and brown bread rolls with fillings of cheese, egg, tuna, ham and salad. Fruit juices and squash are available to drink. At breakfast the children will be offered a selection of healthy cereals, fruit juices, milk, tea, brown and white toast, low fat spread, jam and marmalade. The evening meals are catered by Beaumanor Hall. Children are offered a low fat hot chocolate and one biscuit as a treat before bedtime.

FOOD ALLERGIES

Information about pupils with allergies will be kept in the office and in the staff room, along with an up to date photograph of each child affected. These must be updated annually.

Epipens are kept in boxes in the office with children's names and photographs on the lids.

Training for the delivery of medication via Epipens should be repeated annually so that staff are ready and qualified should the need arise to deliver medication to an effected child.

FOOD RELATED ILLNESS

Children requiring medical treatment for diabetes are carefully managed by the office staff, the class teacher, the class TA and the child's parents. Individual care plans should be put into place so that the method of treatment for each child suits them, their families and their needs.

MONITORING

- Planning and delivery of food and nutrition is monitored by SMT and the food and nutrition coordinator to ensure that healthy eating messages are delivered in the relevant curriculum areas across the school.
- The quality of school lunches is monitored by Mrs Naidoo and feedback provided to our catering team.
- The quality of the fruit is monitored and poor quality is reported to the supplier.
- School food waste will be monitored by Mrs Naidoo and actions taken where necessary to reduce food waste.

Nut Free School

Some children and adults in our school have severe nut allergies which can be life-threatening. We expect parents to let us know if their children have nut or other food allergies so that we can provide

appropriate care as and when needed. We have taken advice from health authorities, education authorities and the parents of some of our nut allergy sufferers in drawing up these instructions. Nut allergies can differ for different people. The allergy could be activated by eating nuts, or just by touching nuts. For some nut allergy sufferers, the allergy is airborne which means that the sufferer doesn't have to touch or eat the nuts for a lethal reaction to occur.

GRANBY IS A NUT FREE SCHOOL. This means that we do not have any nuts, or food containing nuts, on school premises. The only snack brought into school should be fruit. Lunch boxes should not contain chocolate, sweets, peanut butter or chocolate spread because these items tend to contain high concentrations of nuts and nut oils. Lunch boxes should not contain chocolate or sweets as these are treats that should be saved for when children are at home. If biscuits, cakes, cereal bars and such like are included in lunch boxes please check the ingredients to make sure that these items do not contain nuts. **DO NOT SEND ANY FOOD INTO SCHOOL WHICH CONTAINS NUTS.** Our children are naturally generous and want to share. However, we hope you will join us in discussing the importance of **NOT** sharing the food they bring into school. Our message is, "Your food is for you; it has been especially chosen, bought and packed, just for you. Food that is safe for you, might not be safe for someone else." **WE DO NOT SHARE FOOD AT GRANBY.**

In addition to asking parents for their support in this way, we will be working with all children to raise awareness of the dangers, educate them about food allergies, and support them to monitor and manage risky situations. We know that Granby parents will want to take this issue very seriously and help us to make sure that all children are kept safe whilst at school.

REVIEW

The Whole School Food Policy will be reviewed annually or as and when any new legislation dictates. It is the responsibility of Tanya Naidoo to review the whole school food policy. Overseen by Mr Fowler and Mr Lewis and SMT.