

White Court School



Food Policy
October 2015

Responsibilities

At White Court School we recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve their potential. We also recognise the role a school can play as part of the larger community, to promote family health and sustainable food and farming practices.

The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships and inter-generational bonds.

Aims

Our aims, set out below, are achieved through food education and the learning of skills (such as growing, evaluating, preparing and cooking food), the food served in our school, and academic content in the classroom.

National Healthy Schools

Through our National Healthy Schools status, we are continuing to find ways to establish life-long healthy eating habits, which in turn, will improve the health of the entire community and maintain life-long healthy and environmentally sustainable eating habits.

We are working to improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.

As a whole school we participate in national events and initiatives, e.g. National Healthy Schools Standard. Key Stage 1 participate in The National School Fruit and Vegetable Scheme and Key Stage 2 are encouraged to bring fresh fruit into school for a mid-morning snack.

The curriculum

Opportunities are provided to learn about many aspects of healthy eating through the curriculum, including diet, nutrition, and hygienic food preparation. We provide experiences that promote eating as an enjoyable activity, as well as develop their ability to make informed choices. Cross curricular links are also made in the school through topic work, where children are able to make, taste and learn about food from different countries and cultural celebrations.

Year's 5 and 6 regularly compete in the local school 'Master Chef' competition, in association with Notley High School. This provides an opportunity for G and T children to extend their skills further.

The classroom

Through our DT curriculum children from Early Years to Year Six are taught skills of hygienic food preparation and are given an understanding of the benefits of healthy eating. As a school we promote the eating of fruit and vegetables as a snack at playtime, to give the children an energy boost. We also encourage children to bring in a healthy packed lunch and limit the amount of chocolate, sweets and fizzy drinks in their lunch boxes. Our school promotes the importance of drinking water, to both avoid dehydration and to increase concentration. Children have access to drinking water throughout the day and are also encouraged to bring water bottles into school.

Extra-curricular activities

As part of the curriculum and within extra-curricular activities, children use the garden in the school grounds to grow fruit and vegetables giving them a deeper understanding of seasonality and where a variety of ingredients are grown. They are involved in harvesting the food items which are then enjoyed as part of a school lunch. This enables pupils to understand the journey of the food from seed to plate.

The school kitchen

The school uses local suppliers and manages its own catering for lunches, and aims to provide healthy and enjoyable meals; therefore reinforcing the healthy eating messages taught in the curriculum. Our Governing body monitors the provision and cost of the catering in our school. The kitchen staff are fully trained in food hygiene and wear appropriate protective clothing. They ensure there is adequate storage and washing facilities to promote food safety.

A three-week rolling menu is offered, with a daily choice of meat-based and vegetarian options. There is a careful balance of food groups, to ensure a healthy balanced diet. The colourful salad bar is available each day, promoting the 5-a-Day initiative. This menu, devised by the Catering Manager, is sent home to parents on a weekly basis, to allow children to select their dinner choice for the following week and reduce any wastage. The menu is also included on the school website and displayed in school for the children. As well as this, a food allergen guidance can be viewed by parents on the school website. Key stage one are now provided with free school meals universally, as funded by the Government.

On occasions, the pupils are involved in offering suggestions for items to be included in the menu or there are themed menus. Products used are low in fat and have reduced sugar and salt. Salt is not added to any home produced meals. During the Open Evening, our Catering Staff offer parents the opportunity to try some of the items from the menu.

Nut allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual health care plan. Staff are trained to recognise and manage allergic reactions.

The dining room

The dining room environment encourages pupils to be independent, to conform to social expectations while eating, and helps them to make informed food choices complementing the healthy eating messages displayed around school. Social interaction is developed, with a mix of different-aged children sitting together on our new fold away seating units, as well as children with packed lunches eating alongside those eating school lunches.

Extended services

The school provides a breakfast club which operates on a daily basis from 8:00 – 8:45am. This helps to promote the importance of eating a healthy breakfast, as well as providing a facility for parents to drop children off early at school.

Useful links

www.activeplaces.com

www.food.gov.uk

www.nutrition.org.uk

Linked Policies

Design Technology Policy

PSHE Policy

Healthy School's Initiative

Review

This policy will be reviewed as part of the policy review cycle. It will also be monitored for its effect on different racial groups with reference to our Racial Equality Statement.

Policy discussed at the Meeting of the Curriculum Committee - Autumn Term 2015

Policy ratified at the Full Governing Body Meeting in Autumn 2015