

White Court School



Food Policy
March 2019

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

Cooking and Nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key stage 1

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

Key stage 2

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Enhanced Healthy Schools Status

Through our Enhanced 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. Enhanced 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 compete in local, outside competitions, which provides them with an opportunity for G and T children to extend their skills further.

The classroom

Through our D.T. 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 ban chocolate, sweets and fizzy drinks. 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 in Foundation Stage and Year 1 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 available to view on Parent Pay, 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 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 school have recently introduced the use of red trays to identify any children with allergies across the school. All children with allergies are highlighted to all members of staff.

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 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 7:45 – 8:45am and an afterschool club from 3:15- 6:00 pm. This helps to promote the importance of eating a healthy breakfast, snack and dinner as well as providing a facility for parents to extend the school day.

Useful links

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 ratified at the Full Governing Body Meeting Spring 2019

Policy due for review Spring 2022

Health and Safety - Primary School Technology

This standard supercedes previous guidance included in the Codes of Practice 25 and 33

General Safety

- Pupils must be aware of the hazards associated with cooking and that there is a need for special care
- Pupils must not carry bowls or other containers of hot water
- Personal possessions other than those necessary for the activities should be kept clear of food preparation areas
- Dry oven gloves must be used when moving hot tins, dishes etc. Oven gloves in need of repair should not be used
- When lifting lids from boiling pans, kettles etc. care should be taken to avoid contact with the steam
- Saucepan handles should be positioned safely, so not to be knocked.
- Teachers/supervisors must know how to isolate the gas and electrical supplies.
- There must be a number of appropriate staff to ensure children are closely supervised at all times.

Use of Cookers

The cooker should be located in an area on its own away from other equipment, doors, passageways etc. The area around it should be uncluttered and the floor should be kept clean.

The main hazard is fire. The area around the cooker must be free from flammable materials; there should be no wall displays, pin boards etc. in the vicinity. Pupils should be discouraged from wearing loose clothing. A fire blanket should be kept in the area and staff should be aware of how to use it. Portable cooker trolleys should have a fire blanket. Staff should be aware of means of exit from the cooker area. Frying should not be carried out in a primary school.

Food Hygiene

- Warm water, soap and towels (preferably disposable) must be available
- Staff and pupils must wash hands before handling food
- All food must be stored in suitable containers in clean cupboards suitably protected against vermin, flies etc.
- Food waste should be disposed of in bins which must be emptied immediately after cookery sessions
- Food preparation surfaces must be cleaned before and after use. If possible, specific tables should be kept solely for food use
- Pupils should wear clean aprons and tie back hair.