

# FERNWOOD PRIMARY AND NURSERY SCHOOL

## Food Policy

September 2020

Fernwood Primary and Nursery School is dedicated to providing an environment which promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

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

### FOOD POLICY AIMS

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To ensure children have a suitable lunchtime meal which sustains and prepares them for their afternoon learning.
- To provide a safe, healthy and pleasurable eating environment for pupils having a school dinner and for those who bring packed lunches.
- To support parents and carers in providing healthy snacks and packed lunches.

### 1. EQUAL OPPORTUNITIES

In healthy eating, 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.

### 2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage. For example, food types and the importance of eating a balanced diet is part of the Science curriculum; the preparation and cooking of food is integral to the Design and Technology curriculum and must be included at least once in each year group's planning; food links to culture and religion are an essential part of the RE and PSHE curriculum (this is further developed through the British Values thread within our overall curriculum). The coverage of these areas of the curriculum may involve the children simply learning about such matters; sometimes it may include food tasting and sharing food from different cultures.

Other opportunities for children to gain knowledge and skills in relation to the preparation and tasting of food may be provided through our curriculum weeks, such as Green Week, International Week or a French day at KS2. KS1 children have been involved in making and tasting soups and salads as part of the Harvest celebrations.

Additionally, we celebrate as many of the religious festivals within our community that are possible and practical. For example, most years include Eid, Divali and Christmas celebrations for all. The provision of food appropriate to these festivals is an essential part of the celebrations.

Food consumed by the children in the curriculum detailed above is provided either by the school or by our families. Where necessary, it is kept refrigerated and all children's needs are considered in relation to allergies. All children have a choice whether or not to participate in any food tasting.

### **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

#### **a. Breakfast Club, After School Club and Nursery Food**

Food provided before and after the normal school hours will be balanced and nutritious. After School Club tea is a generous snack prior to tea at home.

##### **We will achieve this by:**

- Offering toast, cereal and juice at Breakfast Club ensuring products are low in sugar and salt.
- Designing weekly menus at After School Club to give children a varied and balanced diet (for example, one afternoon may be pasta, another may be salad).
- Ensuring all food offered to children within this provision adheres to food hygiene and safety standards.
- Regularly training key staff to ensure that the correct measures are taken

At lunchtime at Nursery the children bring their own healthy packed lunch.

(Occasionally, there may be a celebration breakfast or treat, eg at Easter time).

#### **b. Break time fruit**

All children receive fruit as a break time snack. In KS2 the parents pay a nominal fee towards this provision.

Occasionally, a cake sale is organised by the children, all proceeds of which are donated to charitable organisations.

#### **c. School Dinners**

A nutritious and tasty meal will be available to pupils and staff at lunchtimes in a pleasant environment.

##### **We will achieve this by:**

- Ensuring our school meals, prepared in both kitchens, are nutritious, balanced meals and adhere to all necessary food standards and requirements.
- Providing a hot meal every day.

- Ensuring that special dietary requirements are catered for by providing a vegetarian option every day and a Halal option once a week.
- Providing a salad bar option every day in the Junior dining area.
- Serving food on flight trays for the Infant children and separate plates on a tray for Junior children.
- Providing appropriate space in the dining area for children to enjoy their food in a sociable and pleasant environment.
- Providing midday supervisors with tabards so they are easily visible.
- Ensuring fresh drinking water is available at all times.

#### **d. Packed lunches**

When children bring in packed lunches, they need to meet the same standards as food provided in school dinners and follow current Government guidelines.

##### **We will achieve this by:**

- Regularly monitoring the contents of lunch boxes and issuing reward stickers for good examples of a healthy lunchbox.
- Providing parents and carers with regular advice and suggestions on what could be included in a healthy lunch box , for example:
  - A good portion of starchy food (eg bread, crackers, pasta or rice)
  - At least one portion of fruit and vegetables
  - A portion of dairy food (eg yoghurt)
  - One small biscuit
  - It should not include chocolate bars, sweets, fizzy drinks or hot food.
- Encouraging children to think about what a healthy lunch box would look like through a whole school competition.
- Involve the Pupil Council team in encouraging children to make healthy choices.

#### **e. Food allergies and intolerance**

On our new intake admission forms we ask for information in regard to allergies/food needs. We ask for medical evidence to ensure clarity here.

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.

## **4. FOOD AND DRINK PROVISION OUTSIDE OF SCHOOL**

Occasionally, pupils take part in educational visits off the school premises. These could take the form of a day trip or a residential involving one or more nights. If it is necessary for pupils to bring a packed lunch or snack, they are encouraged to follow the healthy

guidelines promoted within the school. Where food is provided for children, staff will ensure that it is in accordance with the guidelines detailed in this Policy. It is recognised that residential trips in particular are very busy days and pupils can get very tired and hungry. Therefore, occasionally, a biscuit may be provided as a snack to motivate children to get through a morning or afternoon of activities.

## **5. EXTRA-CURRICULAR ACTIVITIES**

### **a. Discos**

There is one annual disco at the end of Year 2 where children are provided with a bag of crisps, an ice pop and 'no added sugar' cordial.

At KS2, pupils can choose to attend discos every year. They can purchase 'no added sugar' cordial, a hot dog and an ice pop.

It is recognised that discos are treats and therefore it is considered acceptable, on these occasions, for pupils to be allowed a little indulgence.

### **b. School Rewards**

Most school rewards are those included in our Behaviour Policy, ie stickers, 100 squares, certificates and merit badges. Some teachers offer prizes which usually include stationery items or small toys. On occasion, particularly at Christmas and Easter times, a small treat may be offered.

## **6. REVIEW**

We regularly review our practice to ensure we answer the principles of our policy.

..... Chair of Governors

..... Executive Head Teacher

**September 2020**