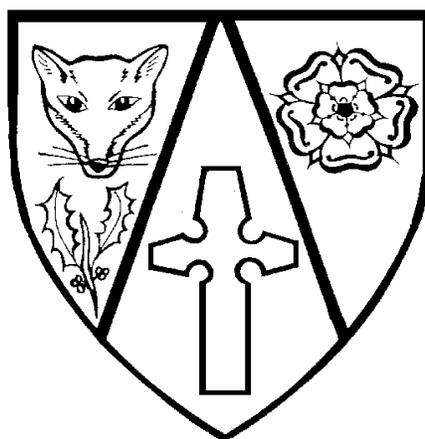


Deanery C.E. Primary School



Whole School Food Policy

Background and Ethos

At Deanery C E Primary School we know what children eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking within school.

We acknowledge the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. We also acknowledge that we, as a school, can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

We recognise 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

We aim to

- Ensure that all aspects of food and nutrition promote and support the health and well-being of pupils and staff and meet the mandatory standards for school lunches and food served throughout the school day.
- To equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives.
- To ensure equal access for all to healthy food and drink and appropriate nutritional education.

Objectives

We will meet our aims through the following objectives:

- Ensuring that the requirements of this policy are in the School Development Plan as necessary.
- Reviewing and documenting the curriculum, ensuring that information relating to food and nutrition in different lesson areas is delivered in a consistent and up to date format.
- Ensuring that a wide menu is available for the children in order for them to make informed choices.
- Ensuring that pupils are well nourished at school and that every one has access to safe, tasty and nutritious food served in an enjoyable environment.
- Ensuring that all children have access to free drinking water within school.
- To ensure that food provision in school reflects the ethical and medical requirements of the school community.
- Working in partnership with parents and carers to promote the aims of the food policy including all foods brought into school by children.
- Ensuring that members of staff who work with food within the school curriculum have basic food hygiene training/knowledge and continue to update their skills, knowledge and understanding of food related issues. These members of staff will then disseminate the information to other colleagues. The Head Teacher will ensure that trained staff are spread across the school (HSS 2.2).

Policy Development

This policy has been put together by all the key stakeholders in the school who are involved with any aspect of food in school through a series of consultative meetings. This policy will be reviewed yearly.

To support us with developing this policy we have used guidance from the DfES and Birmingham LEA Guidelines

- Mandatory nutritional standards for school lunches and for other food
- National Healthy School Standard
- Every Child Matters
- Food in Schools (Food in Schools – Tool Kit).

Catering Service Standards

- Menus will be clearly displayed in both Halls, available from the school office and posted on the website.
- Menus will adhere to statutory food based standards
- Menus will reflect preferences, cultural, religious and special dietary needs.
- Feedback will be encouraged and where possible, changes made to increase satisfaction.
- The food served will take account of any relevant food issues.

Healthy Eating Statement

We are fully committed to following the Food Based Standards (September 2006) and to work towards the Food Based Standards coming into effecting September 2007 and the Nutrient Based Standards coming into effect in 2009.

As a school we share the desire to improve on the health and welfare of all children and see the school catering service as being an integral part of this development. Our objective is to actively provide healthy options. This is achieved by offering a wide range of choices and using subliminal cooking methods such as:

- Less fat in cooking
- Baking foods as opposed to frying
- Only use olive oil for roast vegetables
- Reducing sugar in recipes
- Not using salt in cooking processes
- Increased use of food items containing fibre
- Use of dry frying techniques.

We aim to ensure that the food products and meals supplied are nutritionally sound.

- Menus will comply with the statutory nutritional standards for food in school.
- Menus must include daily not less than two portions of fruit and vegetables.
- Fish must be on the menu at least twice a week and oily fish included once every two weeks.
- Red meat must be available at least three times a week.
- No chocolates, sweets or crisps to be sold in school.
- Drinks – only water (milk in the Nursery)

Good Practice Guidelines

- Actively encourage the school community to have a balanced diet
- Offer a wide variety of foods from the four main food groups
- Use cooking methods that lead to a minimum destruction of nutrients
- Maintain monitoring forms to demonstrate compliance with the nutritional standards for food in schools.

Food Hygiene Policy Statement

Our catering service objective is to provide its children with a high quality service and high quality food products and in doing so, carry out our food handling activities to the highest hygiene standards.

We accept we have a legal duty to comply with the Food Safety Act 1990 and the Food Safety General Food Hygiene Regulation 1995 and all other subordinate legislation. We expect all suppliers to also have such a philosophy.

Every member of staff in the kitchen will hold an appropriate accredited qualification in food hygiene.

Monitoring and Evaluation

Compliance with nutritional standards at lunchtime will be monitored by the analysis of menus by the catering team and reported to the Governors on an annual basis.

Compliance with nutritional standards at times other than lunch will be monitored by the member of the senior management team responsible for food and reported to the Governors as appropriate.

Children's menus and food choices are monitored and used to inform policy development and provision. Monitoring will occur via a variety of methods such as visual monitoring by lunchtime staff, monitoring by children themselves, surveys and the use of the school council as a consultative forum.

The senior management team will monitor nutritional education in the curriculum with the responsibility for the curriculum on an annual basis.

Welcome Eating Environment

The dining room offers a welcome eating environment, with displays to promote healthy eating. Queuing is minimised through a structured rota system and children are encouraged to eat their lunch with their friends in a positive, social environment. Lunchtime support staff and teachers help to make meal times for children as calm and sociable eating experience as possible.

Pricing Structure

We take into account the LEA recommended price for a school lunch when our prices are set each year. Price charges are reviewed each year by the Bursar and Head Teacher and in line with the LEA. Price charges are currently: £1.85 (January 2012)

Breakfast Club

A choice of low sugar cereals are offered or toast (wholemeal bread), plus yoghurt, fresh and dried fruit, water or milk.

'Special Menus' on a Friday include bagels, crumpets with Flora Light spread with Jam or Marmite.

Mid-Morning Snack

Nursery – Milk and fruit (provided by school)

Key Stage 1 - Fresh fruit and water (provided by school)

Key Stage 2 – Fruit (fresh or dried) and/or plain biscuits and water (from home)

Packed lunches and Trip lunches

We have provided guidelines to parents in order to support them towards providing healthy lunch boxes. Reminders are sent out regularly on school newsletters to reinforce this.

Water in School

Children are provided with a water bottle at the beginning of Reception and use the filtered water in every year group to refill them daily or teaching assistants fill them when necessary. Water bottles are allowed on desks at all times from KS1 for children drink freely. There are also water fountains in central areas across the school.

Food Across the Curriculum

Healthy eating and the importance of a balanced diet are taught through science and PSHE lessons. Food technology is also taught through design technology and through knowledge and understanding of the world in the early years curriculum.

National Fruit Scheme

Free fruit is provided under the Fruit Scheme to Nursery, Reception, Year 1 and Year 2 children. The fruit is collected from the school kitchen by fruit monitors and given out at break time.

Provision of Milk

Free milk is provided to Nursery children daily.

Partnership with parents and carers

Parents are regularly invited into school to eat with their child/children and sample the foods we offer. Healthy eating is a regular feature of the fortnightly newsletter and parents discuss menus with their child at home. In addition they sometimes complete slips of paper for that day's menu to show the choice for their child. Menus are freely available in school and on the website.

Tuck Shop

There is no Tuck Shop.

PTFA Disco

The children are encouraged to make healthy choices and we continue to increase these options. No fizzy drinks are allowed – fruit juice and water is provided.

Policy written by Sue Pawley (Catering Management Consultants) May 2007

Policy presented and accepted by Governors September 2007