Upperwood Food Policy

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Upperwood Food Policy

1. Introduction

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

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4- to 18-year-olds; the 1991 Dietary Reference Values for Food Energy and nutrients for the UK, the Balance of Good Health (BGH) and guidance for children's centres.

2. Food Policy Co-ordinator

This school healthy eating policy is co-ordinated by a team of staff members.

3. Food Policy Aims

The main aims of our school food policy are:

- To enable pupils to make health food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

Equal Opportunities:

In food and nutrition education, 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.

Curriculum:

Food and nutrition are taught at an appropriate level throughout each key stage through schemes of work which are part of PSHE and science curriculum.

This involves a cross-curricular approach including Literacy, PE, History, Geography and Circle Time where appropriate.

4. Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play.

5. Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupil's knowledge, skills and attitudes about food so it is important that they are familiar with healthy eating guidelines.

6. Evaluation of pupil's learning

The healthy eating aspects of the National Curriculum are assessed through teacher assessment.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process where appropriate.

7. Food and Drink provision throughout the school day

7.1 Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral intake. Children are encouraged to eat breakfast before they come to school, and this is promoted through the curriculum work.

The school operates a breakfast club that provides a nutritious meal for pupils who choose to come before the school day. The breakfast will vary slightly but will usually include toast, breakfast cereal, fresh fruit and no added sugar fruit juice or milk. Spreading fats are used sparingly and breakfast cereals high in sugar are not provided. A hot breakfast may sometimes be available.

7.2 School Lunches

The Government introduced compulsory national nutritional standards for school lunches in April 2001. These standards apply to all hot and cold midday meals prepared for pupils during term time, including packed lunches. The standards described how many servings from each food group of the Balance of Good Health should be available at lunch.

When appropriate, the school suggests changes to the menu**.**

Our school meals are prepared by our catering contractor, Chartwells, and adhere to the government food standards for schools.

7.3 National School Fruit and Vegetable scheme

The school is participating in the National School Fruit Scheme and provides all children between 3 and 7 with a free piece of fruit each school day.

8. Use of Food as a reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat. We use methods of positive reinforcement to encourage children to eat as healthily as they can. For example, stickers and other small rewards are used to promote healthy choices made by the children, like choosing a piece of fruit. The responsibility of the staff on duty is to be present in the area for which they are responsible and only to leave that area in exceptional circumstances. In the event of an accident staff will take appropriate action.

9. Drinking Water

The national nutritional standards for healthy school lunches recommended that drinking water should be available to all pupils, every day and free of charge.

The school agrees with this and provides a free supply of drinking water. Pupils are also encouraged to bring their own pure water.

10. Food and Drink brought into school

Packed Lunches Brought to School by Pupils - The school encourages parents and carers to provide children with packed lunches that adhere to these standards. This is achieved by promoting healthy packed lunch options using the principles of the Balance of Good Health.

11. Growing Food

The school believes that giving young people the opportunity to grow food and learn about how food is produced is an important part of a whole school approach to food and nutrition and is developing an area to support this work.

The school aims to provide the opportunity for children to get involved in growing food in the classroom as part of topics on growing/plants and animals. This is used as an opportunity to discuss the issues about how and where food is produced, as well as the importance of fruit and vegetables as part of a healthy diet.

12. Special dietary requirements

12.1 Special Diets for Religious and Ethnic Groups

The school can provide food in accordance with pupil's religious beliefs and cultural practices.

12.2 Vegetarians and Vegans

School caterers offer a vegetarian option at lunch when this is requested. When necessary, the school also provides a vegan option.

12.3 Food Allergy and Food Intolerance

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 request for special diets are submitted according to an agreed process.

13. Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available; that refrigerators are used when necessary; that food handlers undergo appropriate food hygiene and allergy training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements where necessary.

14. Action Plan

- To consistently deliver a healthy, well-balanced service, with an emphasis on creating diverse and inspiring menus.

- To continue to provide a wide range of options for school meals eg baked potatoes, salad bowls etc.
- To cultivate a culture of health and well-being within the whole school, every day.
- To continue to consult with children, parents, staff regarding improvement in school meals and lunch boxes
- To continue the use of rewards, given by lunchtime supervisors in the dining hall, as means of encouragement of healthy eating.

15. Monitoring and Evaluation

There will be an annual review of the school food policy and the healthy eating approach where appropriate. Individual teachers monitor and evaluate in accordance with the school's assessment policy. The co-ordinators will also monitor work across the school through observation, planning, questioning and discussion with teachers where appropriate.