



MARSHBROOK FIRST SCHOOL AND MARSHMALLOWS FOOD AND DRINK POLICY October 2014

Statement of intent

This school regards snack and meal times as an important part of the school's day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Context

Marshbrook is one of three first schools which serves the market town of Penkridge, with a few pupils travelling in from the surrounding area. There are approximately 130 pupils on roll, of mixed gender and aged 3 to 9. The proportion of pupils eligible for free school meals is below average, reflecting the higher than average socio-economic indicators for the area. School dinners are cooked on the premises. Children may choose whether to have a school lunch on a day to day basis. Menus comply with the government's 'Food Standards for School Meals'. Almost all pupils are White British, with a few of mixed heritage. Nearly all of pupils speak English as their home language. Men and women in the locality experience lower life expectancy than the national average. Using GP disease registers the largest rates recorded are for hypertension, obesity and asthma, although childhood obesity is not a significant problem.

Policy Development and Consultation

Lead Person: Mrs. Sarah Green

Consulted: Staff, governors, parents, pupils, school meals supervisors.

Governors and staff were consulted by draft in October 2014. Parents were informed via the school newsletter and given the opportunity to respond. Pupils have responded via the school council. The school Catering Supervisor also provides open events for parents and pupils to attend, to see food choices offered on the school menu, make comments and find out what constitutes a healthy lunchbox. Consultation with the Catering supervisor was carried out also carried out. Children are provided with school menus to make informed choices in advance. The teachers and the school nurse also promote healthy eating to the pupils.

Prior to attending school, we find out from parents their child's dietary needs, including any allergies.

We record information about each child's dietary needs in his/her registration record and parents sign the record to verify that it is correct.

We annually consult with parents to ensure that our records of their child's dietary needs, including any allergies, are up to date. Parents sign the updated record to verify that it is correct.

We keep current information about individual children's dietary needs in the office and on our SIMS computer system and display any allergies on information sheet in the classroom so that all staff, students and volunteers are fully informed about them.

Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of Ofsted's Care Standards on Food and Drink.

Methods

Before and After School Care

Children are offered breakfast during the morning session and a snack during the afternoon, which comply with the School Food Standards. Children may order a packed lunch for their evening meal, which is prepared in our school kitchen.

Nursery

Children are provided with a mid-morning and mid-afternoon snack. Those children who stay all day are able to purchase a school hot lunch or bring a packed lunch from home. Food provided by Nursery complies with The Voluntary Food and Drink Guidelines for Early Years Settings in England.

Lunches

School lunches are cooked on site and comply with the Food Standards. Induction packs and menus are sent out and parents are invited into school to sample the school meals menu with their child prior to starting school. Parents and grandparents from each class are also invited into school throughout the year to eat a hot meal with their child in the school dining hall.

A welcoming eating environment is provided with colourful displays which include the school menu for a healthy balanced diet. Both staff and pupils contribute to these displays. School lunch menus comply with 'The School Trust' and government guidelines and are analysed for suitability in terms of low quantities of fat, sugar, salt, artificial additives, preservatives and colourings. These standards are currently fully met at Marshbrook.

Monitoring and evaluation of menus is carried out and findings are used to inform future menu choices.

Pupils are praised and awarded with stickers for eating all their lunch and using their manners appropriately in the dining hall.

The introduction of universal free school meals for KS1 has shown a significant rise in uptake of hot lunches.

We include foods from different cultural backgrounds, providing children with familiar foods and introducing them to new ones.

Packed Lunches

We encourage parents to allow their children to have school meals, as on average, children bringing packed lunches consume more foods like meat pies and pasties, sugary drinks and snacks high in fat and salt at lunchtime than pupils having school meals.

However, if parents would rather send a packed lunch, we ask that they do not send fizzy drinks, sweets or chocolate bars and that they try and include at least one portion of fruit or veg and limit the number of high fat/sugar snacks , such as biscuits, pies or cakes to one.

Drinks and Snacks.

Free fruit and vegetables are available to Foundation and Key Stage 1 children through a government scheme on a daily basis. Foundation Stage children are also offered a small afternoon snack. Any surplus fruit and vegetables are offered to our Key Stage 2 children. Children in Years 1-4 may bring in their own snacks from home for break. Through the consultation parents and children expressed agreement that sweets, crisps and chocolate bars should not be allowed, but they wanted freedom of choice regarding exactly what snack they should send.

We have fresh drinking water constantly available for the children from a water machine. The children are given a water bottle when they start school and these can be replaced at a small charge. They are kept in the classroom and filled with fresh water daily and children can ask for water at any time during the day.

Milk is available at morning break at a charge for Years 1 to 4 and free to Early Years and Pupil Premium children. Fizzy drinks, sweets and chocolate bars are not allowed in school.

Children may bring sweet treats in for their friends on their birthday, but are encouraged to donate a book instead.

Food In The Curriculum

The learning outcomes within the Developing a healthy, safer lifestyle strand of the PHSE curriculum are covered through discreet PHSE lessons in the form of SEAL materials.

Healthy eating is taught in school through the following curriculum areas:

1. In **Science** children have a visit from the school nurse to discuss a healthy lunchbox. Pupils do fruit tasting and learn about food groups and a balanced diet.
2. In **Design & Technology** children learn how to create a healthy meal and find out about food hygiene. They have opportunities to work with students and staff from other schools in the community and to learn about the food environment in catering.
3. **Through Multicultural & Creative Arts days** pupils learn about food from different cultures and have the opportunity to taste a variety of foods from around the world.

Extra-curricular activities are provided such as gardening and cooking club which enable children to find out more about how food is grown and prepared. Where possible the children prepare and eat the food grown in gardening club.

Teaching and Learning

To facilitate pupils learning ...

- ✓ The purpose of each lesson is made clear
- ✓ Appropriate learning experiences are planned and meet the needs of all the pupils in the class
- ✓ Learning experiences draw on pupils existing knowledge or own experiences and provide a range of opportunities for pupils to learn, practice and demonstrate skills, explore attitudes and increase their knowledge and understanding
- ✓ Time is given for pupils to reflect, consolidate and apply their learning
- ✓ Pupils are encouraged to take responsibility for their own learning and to record their progress
- ✓ Attention is given to developing a safe and secure classroom climate
- ✓ Staff training needs are met
- ✓ Adults other than teachers may participate in some food related activities, for example, the school nurse regularly visits school to talk to children about health issues, parent helpers support groups of children with gardening projects etc.

Continued Professional Development of Staff

Each member of staff has their own performance management and CPD file. Each staff member is given the opportunity to identify any CPD they require during their annual performance management consultation. Staff training is identified and recorded by the CPD co-ordinator. All the kitchen staff are trained in basic food hygiene along with at least one of our teaching assistants. Mrs. Henaughan has a level 4 in food safety (formally advanced food hygiene) qualifications in healthier food and special diets and a professional cookery qualification our catering supervisor, attends termly training/update sessions run by Entrust Catering Services disseminates information and manages training for the kitchen staff.

Health and Safety

Support for special nutritional needs and eating disorders is available. As stated earlier in the food policy parents are asked to fill in a questionnaire identifying any allergies or special requirements as part of the induction process. Medical conditions are regularly updated and passed on to the child's teacher at the beginning of each academic year. Entrust Catering Service has a policy of not using nut products. Should there be a child in school with a serious nut allergy, children will be asked not to bring products to school that contain nuts. In case of allergies children are told not to share their snacks. Parental permission is gained before children are allowed to work with food in school. The teacher in charge of the class will ensure that any adults working with food are aware of basic hygiene practices.

The Pupils' Progress and Attitudes are Evaluated

Pupils are encouraged to evaluate their own achievements. Food products and processes carried out through Design and Technology will be evaluated at the end of the unit. Pupil attitudes to healthy eating will be monitored by talking to pupils.

Links to other Policies

Policies which support the food policy include the PSHE/SMSC Policy, the Science Policy and the Design and Technology Policy.

Communication/Dissemination of the Policy

The policy will be disseminated in the following ways:

All staff will have access to the policy. The policy will be communicated to Pupils, Parents, Governors and the wider school community through the school newsletter and website. This policy will be reviewed at least every three years.