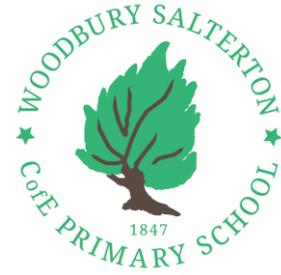




Pebblebed Heath Federation



Food Policy 2016-17

Mission Statement: Their minds and their futures are entrusted in our hands for a few brief years of childhood. We must do all in our power to serve them well.

Consultation Process

The following policy was written and developed following an initial consultation between pupils, parents, school staff, governors and representatives of Littleham CE Primary School and Woodbury Salterton CE Primary School.

Rationale

We believe that good food is vital to children's health and academic achievement, and to the broader life of the school. Many studies have shown that hunger affects concentration, and that well-nourished children fare better at school and this principle underlies our School Food Policy.

We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make;

Littleham C of E. Primary School and Woodbury Salterton are Healthy Schools and holds the Healthy Schools Awards. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to students by using a whole school approach to food that pervades the school ethos and curriculum. All school staff can bring together the elements of the school day to create an environment which supports a healthy life style.

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 healthy food and drink is provided at all times of the day that responds to statutory guidance in relation to nutrition
- meet the stipulated Food Standards detailed within the Requirements for School Food Regulation 2014
- be allergy aware and make ingredients within dishes known to pupils;
- work with our caterer to ensure minimum food quality standards for school meals as set out in the Food for Life award (see below)
- consult with pupils, parents and staff on food issues via our School Nutrition Action Group
- ensure that we are giving consistent messages about food and health to pupils
- Encourage staff to be positive role models to eat healthily where they can be observed by pupils.
- provide our pupils with the information they need to make healthy choices
- Contribute to the physical healthy development of all members of our school community.
- provide a calm, ordered dining room environment conducive to mutual respect and good behaviour
- promote the enjoyment of meals in a social atmosphere

- Ensure messages to pupils are consistent — if students are to be rewarded with food treats they should form part of a balanced, healthy diet.

Food Education

We understand that providing a wholesome lunch for children is only half the battle. We also need to equip children with the skills they need to feed themselves — and in time, their own children.

Within the Littleham C of E. Primary curriculum there are a number of opportunities for students to develop knowledge and understanding of healthy eating patterns and develop practical skills that are needed to understand where food comes from, shopping, preparing and cooking food. Cooking lessons are part of our school curriculum. The curriculum emphasises the importance of cooking nutritious, savoury dishes, and taking pleasure in the creative arts of the kitchen. Science also includes an element of gardening each year in order that children understand where food comes from and how it is grown. We also conduct an annual farm visit.

Food for Life

The school holds the *Food for Life* award which states

"Food is at our heart, but it is about much more than what is on the plate. It's about understanding how food is grown, learning about sustainability, making connections with health and the impact we make on the environment, caring about what we eat and how it was produced or reared — transforming our whole attitude to food.

The more we understand about where our food comes from, how we farm and process it, how we cooks and eat it, the more we are educating future generations to respect our food culture, our health and our wider environment."

Children have a responsibility for working with the school gardeners to produce vegetables for use in the school kitchen. We aim to increase the amount of vegetables grown and eaten by our school community. Children are introduced to the food chain through a hand on approach to make the experience meaningful.

Partnership with Parents

The partnership of home and school is critical in shaping how young people behave , particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. We welcome parent feedback on all food related aspects. We also run parent/child cookery sessions.

Training

Relevant staff will be provided with training in...

- health and safety
- food hygiene
- healthy catering/eating
- nutrition and allergen labeling requirements

Equal Opportunities

Our food Policy is free from bias, stereotyping and generalisation in respect of race, gender, gender reassignment, disability, sexuality (including sexual orientation), age, religion and belief.

Inclusion

All children will be involved in all aspects of food education. Procedures will be carefully monitored to demonstrate they are accessible for all and allow children to demonstrate and celebrate their successes and cultural diversities. This may include the involvement of other agencies.

Monitoring and Review

Relevant leaders are responsible for the curriculum development of the Food Policy. The Leadership Team is responsible for supporting colleagues in the delivery of the Food Policy. A member of the Leadership Team

will organise, on a regular basis, for the Catering Manager to discuss and feedback on any operational issues.

This policy is reviewed annually.

APPENDIX:

Breakfast

Breakfasts are provided at our early morning club to all children from reception to Year 6 every day between 8.00-8.45am should they wish to take up this offer.

This facility is to be promoted throughout the school with a view to increasing take up as it recognised that children who do not have anything for breakfast may have low blood sugar and suffer from dehydration. Those pupils entitled to pupil premium will be encouraged to take breakfast. (Breakfasts follow the Food Standards.)

Pupils entitled to free school meals are also encouraged to take up the offer of free milk at play time,

Break time Snacks

All Foundation and Key One Stage children are provided with a daily free fruit or vegetable snack

In KS2 children are encouraged to bring in a piece of fruit or vegetable to eat at break-time. Fruit and vegetables are also available each break time for children to buy. Children may bring dried fruit such as raisins or apricots however any other products which are not purely fruit, such as fruit winders or chocolate covered raisins are not permitted.

Water

Children are encouraged to drink water throughout the day in school and all classes have suitable access to water for drinking. Students will be encouraged to drink water at frequent intervals during the school day including lessons, unless health and safety forbids it. Juice is not permitted during the school day except as part of child's packed lunch box or within Breakfast Club.

Free School Meals for KS1 children

From Sept 2014 the Children and Families Bill places a legal duty on state funded schools in England to offer a free school lunch to all pupils in Reception, Year One and Year Two through the introduction of the Governments Universal Infant Free School Meals (UIFSM) policy. The independent School Food Plan, published by the Department for Education in July 2013, recommended this policy, based on the findings of the free school meals pilot held between 2009-2011. The pilots showed that universal free school meals can have significant benefits both for individual children and for the broader life of the school. Pupils in the pilot areas were found to eat more healthily and perform better academically. Schools also reported improved behaviour and atmosphere, as a result of all pupils eating together every day.

Eligibility criteria for other groups

Existing entitlements to free school meals for disadvantaged pupils in KS 2 will continue as now, based in the existing free school meals eligibility criteria.

In England, children at KS2-4 in state funded schools are entitled to receive FSM if their parents or carers are in receipt of any of the following benefits:

- Income Support
- Income-based Jobseekers Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of State Pension Credit
- Child Tax Credit (provided they are not also entitled to Working Tax Credit and have an annual gross income of no more than 16,190 as assessed by HMRC)
- Working Tax credit run-on — paid for 4 weeks after you stop qualifying for Working Tax Credit
- During the initial roll out of the benefit – Universal Credit

Food Standards

The Kitchen manager at Pebblebed Heath Federation plans and cooks meals which comply with the current

nutritional standards. These standards are intended to ensure that children get the nutrition they need across the whole school day, including breakfast, mid-morning break. Lunchtime and food served after school.

Hot Meals

The legal requirements on schools will be to provide a lunchtime meal that meets the School Food Standards, where they apply. All pupils will routinely be offered a hot meal option.

Catering for pupils with special dietary requirements

Pebblebed Heath Federation caters for all dietary requirements that we are made aware of. We currently offer a daily vegetarian option, gluten free options and all our food is "nut free". Parents should inform the school of any special dietary requirements in order that we can provide a meal which meets their child's needs.

Packed lunches

Children in both KS1 and KS2 may choose to bring their own packed lunch to eat in school, however parents are encouraged to take the school catering option. Research undertaken by the "School Food Plan" showed that many parents mistakenly imagine that a packed lunch is the healthiest option. The School Food Plan demonstrates that it is far easier to get the necessary nutrients from a cooked meal. The School Food Plan research also showed that only 1% of packed lunches meet the nutritional standards that currently apply to school food. The school is working with parents and students to suggest how packed lunches could contain healthy options by providing information and also suggesting healthier snack items. We do not allow sweets, chocolate bars or fizzy drinks in packed lunches.

School Menu Options

A menu for the term will be provided in advance and is also available on the schools website. This follows a three week cycle.

Quality

All our school meals are cooked daily in the school kitchen and made using fresh, high quality ingredients. Vegetables are sometimes sourced from our school garden.

The Dining Room Experience and Environment

We firmly believe that the dining experience is crucial in developing good food habits and also contributes to a successful afternoon in the classroom.

Children are currently served at the server. Children are encouraged to consider the nutritional value of their meal through discussion and are also encouraged to try new foods and foods they would not normally eat. All the children use crockery rather than flight trays.

At KS2 and KS1 the children are given a positive meal time experience, and are able to self-select from 3 meal options, a pasta bar or baked potatoes. Children are encouraged to make balanced meal choices.

Fundraising

Fund raising is an important part of school life. All fund raising activities will consider the importance of promoting positive health messages; cake and bake type sales will be limited throughout the year.