OXFORD GARDENS PRIMARY SCHOOL
Food Policy

This is a Whole School Food Policy for Oxford Gardens Primary School which has been written in consultation with representatives from the whole school community including staff, pupils, parents, governors and catering staff.

School Background Information

Healthy Schools Status: Achieved Healthy Schools Silver status
School Meals Provider: Caterlink
Total No. of Pupils: 372
Number of pupils having a school meal: 272
Take up rate of free school meals: 135
*Figures correct as of September 2017

Key Contacts

Named member of the SMT who oversees food: Sarah Cooper
Written by Lauren Potter
Lead Governor: Christine Blewett

Dissemination

Key information from this policy will be incorporated into the following documents where appropriate:

. On the staff drive
. Parent Events (e.g. coffee mornings)
. On request from the school office
. The school website
. Playcentre and Breakfast Club

Policy Implementation Date: November 2009

Policy Review Date: September 2017

Next review Date: September 2018

Name: Lauren Potter
Signature: L.Potter

Introduction

This policy has been formulated to enable Oxford Gardens Primary School to develop and maintain a shared philosophy on all aspects of food and drink. The educational mission is to improve the health of the entire community, by teaching students and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits.

The policy has evolved following wide staff, pupil and parent consultation, of which the message will be communicated clearly and consistently to all. It will continue to be reviewed and updated annually.

Oxford Gardens is committed to promoting consistent messages about aspects of health and the impact and responsibilities of choices made. This policy should be read in conjunction with the school's PSHE, Drug and Sex and Relationships Policies.

Aims and Objectives

• To ensure consistent messages about food and health are given across the whole school day
• To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
• To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
• To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
• To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils. E.g. Religious, ethnic, vegetarian, medical and allergenic needs.
• To make the provision and consumption of food an enjoyable and safe experience. The school is committed to providing a welcoming eating environment that encourages the positive, social and cultural interaction of pupils and staff.
• To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.
• To promote health awareness.
• To give our pupils the information they need to make healthy choices.
• To support teaching staff to increase knowledge and confidence in delivering healthy eating/drinking messages to the whole school community.
•The school is committed to ensuring that it involves pupils and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating, and acts on their feedback.
• The school is committed to provision of training in practical food education for staff, including diet, nutrition, food safety and hygiene.

Settings for Food Policy

In accordance with the aims and objectives of this policy, the following settings will apply to the food policy and provision in the school.

Breakfast Club

Breakfast Club is run by the school and operates on a daily basis on the school premises, for all children from age 4. We will actively promote Breakfast Club to those children who may have little or

no time for breakfast in the mornings at home. The food offered is consistent with a healthy diet. This includes toast (brown bread only), butter, fruit jam, honey, yoghurt, low salt/low sugar fortified cereals and fresh fruit. Children choose from water, 100% pure orange juice, milk, tea and smoothies to drink.

After-School Clubs

Oxford Gardens runs a number of different before/after school clubs throughout the year. These include drama, ballet, cheerleading, skipping, tennis, tag rugby, football, break dance and multi-skills. Children are encouraged to bring a healthy snack e.g. fruit, sandwiches, bagels, still (unflavoured) water or 100% pure juice. We actively discourage the following foods and drinks: sweets and confectionary, chocolate bars and biscuits, nuts, fizzy drinks and juice drinks (with added sugar).

Playcentre operates on a daily basis in the school for all children from age 5. This is run by FFS (Fit For Sport) Playservice. A snack/meal is provided to children who attend. This includes: fruit daily, fruit salad, noodles, fish fingers, pasta with tuna or cheese, pizza, crackers and cheese, baked beans on toast, spaghetti on toast, cheese toasties, rice and vegetables. Drinks: water, fruit squash/cordial and milkshakes made with semi-skimmed milk.

A variety of activities are run during the after school club including: creative activities, construction, and homework. Outdoor activities include: climbing frame, hockey, cricket, football, hall games.

Snacks

Sweets and chewing gum are strictly not allowed to be consumed during the working school day.

Food containing nuts are banned from the school premises, due to health and safety precautions for nut allergenic members of the school community.

Water

Regular water drinking by school children has been widely recognised in improving concentration and behaviour. Therefore all students are asked to provide a water bottle from home to ensure regular water access at any time throughout the day. Children are regularly reminded to drink water at break times and throughout the day. Chilled drinking water is provided from taps in every classroom and water fountains in the playgrounds. The school is committed to providing sufficient hygienic water fountains within the playground and recognises that it should be a priority to ensure they are adequately maintained. No water fountains are located inside toilet blocks.

We provide milk daily to all children in the Foundation Stage.

School Lunches

All our school meals are provided by a contracted caterer Caterlink and fully comply with the Governments National Standards for School Lunches. This is regularly monitored by the Local Education Authority Contracts Team to ensure meals are nutritionally balanced and presented in an appealing manner in appropriate portion sizes. Food is displayed in a set order with the main meal first, followed by vegetable options, dessert and water is available for all children.

Genetically modified foods, foods containing nuts, and mechanically reclaimed meats are strictly banned from school lunches. All fruit, vegetables and dairy products are organic and all chicken is free range.

All menus are nutritionally analysed to meet the Governments 14 nutrient based standards (e.g. calcium, iron, zinc). Pupils are supervised and encouraged to try the foods on offer. All children must take a vegetable and salad to encourage uptake.

The school is committed to keeping parents and carers up to date regarding changes to the school lunch menu. This is done through the school website and upon request at the school office. We provide a copy of the new lunch menu cycle on our school website.

Packed Lunches

In line with Government recommendations, the following foods are strongly discouraged in pack lunches: sugary/fizzy drinks, chocolate bars, sweets and confectionary, crisps and cereal bars. Cakes and biscuits are permitted in moderation e.g. small piece of fruit based cake or a small biscuit, providing it is part of a nutritionally balanced packed lunch. Yoghurt 'tubes' are also discouraged as they are difficult to open which can result in a lot of spillage. The school has sent home the packed lunch guidelines to all children that have packed lunches. See appendix 1.

Still (unflavoured) water and milk are the only acceptable drinks in packed lunches. This is to coincide with what is on offer to children having school lunches. The only exception to this is when children are on a class or school excursion. A carton of 100% pure juice is permitted to coincide with what is provided as part of the school packed lunch.

A healthy packed lunch should contain foods from the following food groups: (please see appendix 1 for further details of a healthy packed lunch)

- starchy food: Bread, potatoes and
- other cereals
- Any bread or bread rolls (white,
- wholemeal, rye, granary), Wraps or
- tortilla, Pitta bread, English muffins,
- Plain scones, Malt loaf, Potato cakes,
- soda farls, Plain rice cakes,
- Crispbreads, Matzos, Oatcakes,
- Chapatis, Naan bread, Potatoes, Rice,
- Pasta, Couscous
- meat, fish or alternative cooked meat
- dairy food
- Fruit and vegetables
- Water or milk

In addition, the school requests that parents **<u>do not</u>** include the following items in packed lunches:

- Confectionary items: sweets (including Winders), chocolate and chocolate covered items including cakes, chocolate spread, jam, doughnuts, pastries
- Crisps, mini cheddars, pretzels, Dairylee dunkers or any packet savoury snacks high in salt
- Fizzy drinks/sugary drinks

- Processed meats; sausage rolls, pies, chicken nuggets, burgers, 'Fridge Raiders' chicken snacks
- Food high in fat: chips, pizza,

To ensure children are bringing a healthy packed lunch to school the school will monitor packed lunches through:

- Regular packed lunch audit conducted by the Mytime Active
- Reward system for pupils bringing healthy items in their packed lunches
- Communication with parents if unhealthy items are brought into school
- Guidelines given to parents via the school website and parent workshops regarding what constitutes a healthy packed lunch
- Discussion with parents around issues concerning healthy packed lunches.
- Discussion with children around the importance of a healthy packed lunch.

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements for food intolerance, and religious observance. For these reasons, no food may be swapped or shared from packed lunches.
Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten. We will encourage parents to include in lunchboxes any food relating to food weeks and for pupils to participate in healthy lunchbox challenges.

The Dining Environment

Oxford Gardens is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers. The school aims to provide a calm, ordered environment conducive to mutual respect and good behaviour. Staff members regularly eat school lunches alongside the children to ensure this.

Water is available on each table for the children to self-access. Nursery children eat their lunch in the Bluebell Room within the Foundation Stage building.

We are also committed to the following:

- Encouraging all children to eat the food they have been provided with.
- Active help for children who find the physical process of school dinners or packed lunches difficult – e.g. carrying trays, opening packets, unfamiliarity with environment etc.
- Equal treatment of children having school dinners and packed lunches, in terms of provision and supervision.
- Provision of water jugs, containing clean water, and cups for every child.
- Encouraging the labelling of food served to encourage a balanced diet.
- Encouraging children to observe good hygiene practices and adhere to polite eating manners.
- Reducing excess waste.

Celebrations & Festivals

Oxford Gardens recognises that food plays an important role in the celebration of cultural, personal or community milestones, such as religious festivals, birthdays or the end of term. Food provided at

end of term parties should form part of a balanced, healthy diet. Birthday cakes are permitted but a healthy option or a healthy alternative is encouraged.

Food in the Curriculum

Food represents many things significant things within our lives and can be used to enrich the school curriculum. The school curriculum in turn can be used to enrich pupils' experience of food and healthy eating. Embracing a wide range of ethnic backgrounds, faiths and languages we are well placed to explore and celebrate food culture from around the world.

Assemblies also offer an opportunity to explore health and food related issues.

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. The International Primary Curriculum (IPC) topics can incorporate an international aspect of food within the curriculum. Areas covered include finding out about food from different cultures, food transportation including the carbon footprint and food production.
Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus. E.g. writing to a company to persuade them to use non GM foods in children's foods and drinks etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, how different foods react when cooled or heated, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

Religious Education provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford the pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss ideas of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used when making unpitched musical instruments.

Geography provides a focus on the natural world and the changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income and the impact of 'food miles' on our global carbon footprint. History provides insight into changes in diet and food over time.

Physical education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development and extend their classroom knowledge within a real environment.

The Cooking Club (after school) provides the opportunity for pupils from Year 3 up to Year 6 to experience preparing healthy recipes. It provides an opportunity for the children to investigate and taste a range of foods that they may not have experienced before.

Wherever possible staff members will be encouraged to undergo relevant training such as training offered by the Food Partnership in the preparation and promotion of healthy food in schools.

We have renovated the area at the back of foundation stage to include vegetable patches for each year group 1-6 and foundation stage have large planting boxes in the foundation stage area for growing vegetables. This provides an important link to our healthy food initiative. The link between cultivation and consumption is often difficult to make for city-dwelling children, particularly in deprived areas. Oxford Gardens can help to strengthen that link by offering a Growing Club focusing on the planting of herbs, fruits, vegetables and so on.

The rooms previously used exclusively by PlayCentre and music practice have been renovated to provide a new Cookery Room and Creative Arts space. The cookery room has a timetable in place so that it can be used by each class throughout the school. The facilities include 2 full sized ovens, hobs and fridge/freezers. The aim of the cookery room is to provide and teach the children life long cookery skills such as preparing a meal and how to use the different equipment they might find in any kitchen. As well as to increase the practical food education lessons on offer to the children. All lessons take place under the supervision of an adult and any learning that involves the oven area is done in small groups. There is also a part time LSA who is the designated cookery LSA and provides cookery lessons for all KS2 children.

Partnerships with Parents and Carers

The partnership of home and school is critical in shaping how children and 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. Parents and carers are updated on our water and packed lunch policies through the school website, and are consulted on a regular basis.

We are working closely with My Time Active, to offer parent workshops around healthy food choices and to provide workshops for all of the children in years 1-6 about healthy eating choices.

During out of school events, e.g. School Fair, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

We also held a healthy choices week in the summer term of 2016. This is due to be held again in the summer term 2018. This is a whole week when learning focuses on where our food comes from and the benefits of healthy eating as well as using local produce when cooking.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring & Review

The Breakfast Club Manager is responsible for ensuring that the food served is in accordance with this policy. The Head Teacher and PSHE Co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The LEA are responsible for ensuring the quality of the food offered as part of the contract with the caterer.

The NHS Kensington and Chelsea Food in Schools Team will continue to monitor the effectiveness of the policies in conjunction with the school.

If any member of staff has concerns regarding a child's eating, e.g. the contents of their packed lunch or if they are not eating an adequate lunch, in the first instance these concerns will be reported to the class teacher. The class teacher will then discuss with the child's parent/carer on how best to support the child and resolve the issue. If further support is needed the matter can then be referred to the School Nurse for advice and support.