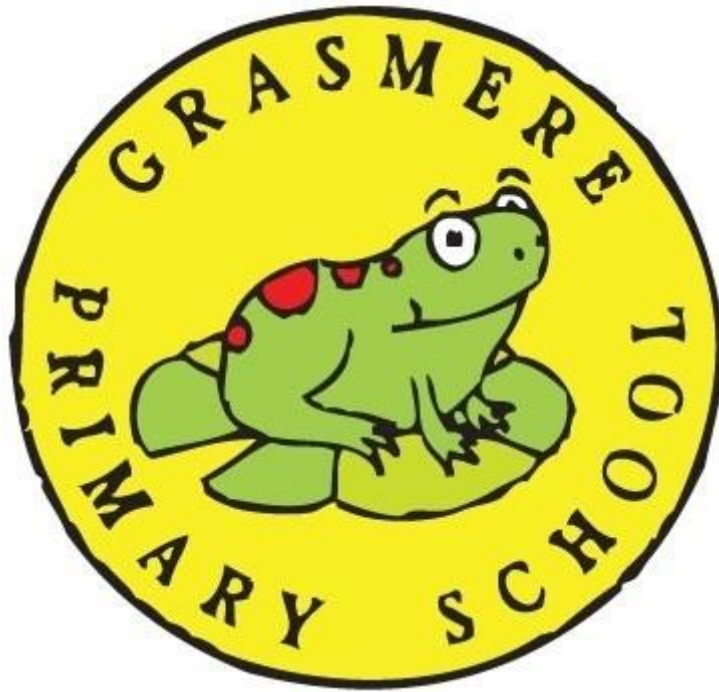


GRASMERE PRIMARY SCHOOL



FOOD POLICY

October 2018

The policy is subject to ongoing change and will be updated as and when required.

1. FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable children to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food options throughout the school day.

How we plan to achieve this

The school recognises the important role that healthy food and drink, in a pleasant dining environment, at lunchtimes plays in the good health and learning potential of our pupils. The school will therefore make healthy school lunches and dining experience a priority.

Food provided by the school at any time, will also be healthy and nutritious.

Food education will play a fundamental part in our curriculum. Staff will be well equipped to educate our pupils about food. Parents and carers will be supported and encouraged to provide healthy food options when food is sent into school.

The whole school community will be consulted and updated on school food issues.

We will attempt to increase the confidence in school food and increase school meal uptake.

2. FOOD STANDARDS AND SUPPLIERS

Grasmere Primary School is classed as 4 (the second highest rating 1-5) for food hygiene rating. We use RSPCA Freedom Food free range eggs, Marine Stewardship Council approved sustainable fish and Red Tractor approved fresh meat. We also use locally sourced ingredients when available and in season. Copies of menus are displayed on our website and display boards throughout the provision. All menus are nutritionally analysed to ensure they meet and in most cases exceed the food standards. National Nutritional Standards for school Lunches became compulsory in April 2001. The Government standards for school food were phased in from 2009. There are three parts. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals. Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Free school meals

London Borough of Hackney currently provides free school meals to all Key Stage 1 pupils, including Reception, Year 1 and Year 2 children.

If your child is in Nursery or Key Stage 2 (Year 3, 4, 5, 6) you may be eligible for free school meals (FSM) if you are in receipt of any of the following benefits:

- Income Support
- Income-based Jobseekers Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Support under part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit

- Child Tax Credit, provided the parents are not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190
- Working Tax Credit run-on, which is paid for four weeks after you stop qualifying for Working Tax credit
- Universal Credit – for those applying on or after 1 April 2018, their household income must be less than **£7,400** a year (after tax and not including any benefits they get)

Children may also get FSM if they receive any of these benefits directly, instead of through a parent. If you think that you are eligible for Free School Meals, please contact Hackney Learning Trust on 020 8820 7000.

Mealtime arrangements

All pupils eat in the hall everyday:

Nursery and Reception lunch time: 11:45am

Year 1 and Year 2 lunch time: 12:00pm

Key Stage 2 lunch time: 12:15pm

Younger children to reception age: Food is placed on the table and children can choose food with assistance from meal supervisors.

The eating environment

We aim to provide a pleasant eating environment for all. Staff are encouraged to eat with the children in the hall. There always at least 6 staff members and 4 catering staff present at meal times to encourage sensible behaviour and support those who aren't keen to try new things. This reinforces the Grasmere value of bravery which we encourage children to exhibit at meal times as well as other times of the school day. The food is presented on a plate rather than a tray to create a more natural eating scenario. The environment is cleaned thoroughly after every lunch session. Older children (Year 5 and 6) are encouraged to take responsibility and assist to the younger ones in case of any spills, wipe down tables and keep the hall tidy.

Pictures, photographs and posters are displayed in the hall to promote healthy eating.

Special Dietary Requirements

We aim to provide all pupil's specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Special diets for religious and ethnic groups: The school provides food in accordance with pupil's religious beliefs and cultural practices and encourages celebratory foods, in moderation.

Vegetarians and vegans: School caters a vegetarian option at lunch every day. The vegetarian main meal always comprises a balanced combination of non-meat/fish protein, carbohydrates and vegetables. When necessary the school also could provide a vegan option.

Food allergy and intolerance

Individual care plans are created for children with food allergies. Pupil's food allergies are displayed in a sensitive way, in relevant places around the school. These documents display symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Our catering

staff and after school club team in the school are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Grasmere is a nut-free school, and no food containing nuts should be brought on to the premises, including for after school snacks.

Packed lunches (school trips)

Packed lunches (when there are school trips) are prepared by the school caterers for FSM pupils. The packed lunches provided adhere to the National Nutritional Standards for Healthy School Lunches. Children on FSM are not encouraged to bring in packed lunches on school trips. The school dinner packed lunch contains healthy items but can be supplemented on a school trips.

Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Fruit and veg snacks are provided to EYFS and KS1 children at break times.

Snacks are only allowed after school prior to attending clubs (15:30:15:45) and the school encourages healthy snacks for example, rice cakes, fruit, water or juice (no sugar added). If snacks are brought in by parents/ carers at pick up times, we ask that these be healthy snacks.

Drinking water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day and free of charge. The school agrees with this recommendation and provides a free supply of drinking water throughout the school and playgrounds.

We also encourage parents to send their children in with a labelled bottle of water and we commit that teachers will allow children to have their bottle of water available to them at all times during the school day.

4. CURRICULUM

Food and nutrition are taught at an appropriate level throughout each key stage.

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 cooking, science activities, class discussions and role-play.

A balanced approach to learning about healthy eating is planned through Grasmere's Curriculum.

Evaluation of pupils' learning

The healthy eating aspects of the National Curriculum are addressed at each Key Stage. Other aspects of healthy eating work are evaluated through activities, which have been built into lessons and whole school priorities.

Leading by example and staff training

Staff, including the school nurse and kitchen staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines and seek to role-model positive behaviours around food.

Resources

Resources for the teaching of healthy eating in PSHCE have been selected to complement the delivery of the curriculum in other subject areas. Healthy eating is seen as an integral part of a child's well-being and therefore will be explicitly and implicitly taught.

Books are available for children in the library and classrooms to help them learn more about food.

Visitors in the classroom

We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own ethos and approach to the subject, including in relation to food. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the children.

Broader curriculum

We have now adopted Chris Quigley's creative curriculum. This is a cross curricular approach to learning, allowing children to make links in their learning and study subjects more deeply. Our aim is to embed a healthy living philosophy throughout our curriculum. We aim to focus on the development of the whole child, where being healthy and making healthy choices is encouraged.

One of the ways we will do this is to get children involved in the planting, growing and cooking of food using our school grounds such as the garden to reinforce the healthy eating message.

5. FOOD AND DRINK BROUGHT INTO SCHOOL

Packed lunches

We work with parents and guardians to promote healthy lunches for those children who opt to bring their lunch in. Please see our packed lunch policy (below) for further information about what a healthy packed lunch should contain. Children who eat packed lunch are provided with seats in the main hall and integrated with those children eating school dinners. Adults who bring a packed lunch into school will also be expected to comply with the packed lunch policy and to eat these with the children. Free, fresh drinking water will be provided to adults and children eating packed lunch. Packed lunches should be brought in insulated bags to prevent food going off. All uneaten food and waste will be kept in the lunch boxes and returned home to allow parents to monitor food consumption. Glass bottles and tins are not permitted for safety reasons.

International Evening

Our 'International Evening' celebrates the diversity of people present at Grasmere. It also enables an understanding of other people's beliefs and food heritage. Parents, children and staff share foods from their countries of origin in school, enjoy each other's company and celebrate our different cultures and histories.

Birthdays and other special occasions

From nursery to year 6, we embrace celebratory foods. On special occasions children are welcome to bring in appropriate food in moderation to share with their peers and staff. Celebratory foods do not have to be cake or other high-sugar foods and we would encourage parents / carers to think about alternatives. We teach children moderation and restraint with their food choices. Pupils will be encouraged to realise that fun party food can be healthy too. Fizzy drinks are not permitted in school.

6. FOOD WASTE AND FOOD SAFETY

Food Waste

Grasmere Primary School is committed to seeking to reduce food waste and to minimising the impact of wasted food on the environment through the use of food waste bins in kitchens.

We strive to use as little packaging as possible, and if packaging is used to make sure it is re-usable or at least recyclable where possible. We would also encourage parents providing packed lunches to children to use re-usable containers as far as possible, and to limit the use of cling film, plastic bags and foil.

We encourage children to take the amount they feel they can eat, and then as far as possible to finish what they have got on their plates. We do our utmost to limit the throwing away of edible meals.

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 all kitchen staff undergo appropriate food hygiene 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.

Appendix:

Packed lunch policy

Packed lunches should be based on the EatWell plate model and should aim to include all of the following every day:

- **Fruit and Vegetables** – Essential for vitamins, minerals and fibre. Try to include at least one portion of fruit and one portion of vegetables or salad.
- **A non-dairy source of protein** – Required for muscle growth. Add some protein - meat, fish, eggs, tofu, beans or pulses, such as lentils, kidney beans, chickpeas, hummus or falafel.
- **A starchy food** – Great for energy. These include bread, pasta, rice, chapattis, pita, couscous, noodles, potatoes or other types of cereals.
- **Dairy foods** – Crucial for healthy bones and teeth. Choose from milk, cheese, yoghurt or fromage frais.
- **Drinks** – the school provides water. If you would like to include a drink with your child's packed lunch, please try to include healthy drinks, such as water, semi-skimmed or skimmed milk, yoghurt or milk drinks. Please avoid drinks sweetened with sugar or artificial sweeteners (such as aspartame).
- **Oily fish** – such as salmon should be included at least once every three weeks.

As part of the packed lunch policy, children's packed lunches **should always** include:

- ✓ A starchy food, such as bread, potato, rice, pasta, or yam
- ✓ At least one item of fruit, vegetable or salad
- ✓ A balance of foods from different food groups

To keep packed lunches in line with the food standards for school meals, packed lunches **should not** include:

- ✗ Chocolate or food items containing chocolate
- ✗ Other confectionery such as sweets and chewing gum
- ✗ Fizzy or sugary drinks
- ✗ Fruit flavoured squash drinks such as Ribena, Fruit Shoot or Capri Sun
- ✗ Diet or energy drinks which contain high levels of caffeine and other additives, and are not suitable for children
- ✗ Fast food such as hamburgers or chips
- ✗ No crisps

Note, these items are also off the menu for food provided by school.

For a healthier snack:

- ✓ Replace cakes and pastries with fruit bread or teacake
- ✓ Replace salted savoury snacks, such as crisps, with popcorn (not sweet or toffee), breadsticks, rice cakes or cheese and crackers
- ✓ Drink water, milk, sparkling water, or a healthy yoghurt or milk drink