

Godwin Primary School



Food Policy

July 2024



Food Policy and Procedures

Date	Review date	Responsible Person
July 2024	July 2026	Chris Wilding

Godwin Primary School follows The DfE *Requirements for School Food Regulations 2014* which came into force on 1 January 2015.

1. Rationale

Godwin Primary School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. Godwin Primary School also recognises the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

2. Vision

To improve the health of the school community by teaching ways to establish and maintain life-long healthy and environmentally sustainable eating habits.

3. Aims

- To improve the health of pupils, staff and their families by helping to make healthy food choices 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, and the impact on 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 safe, easily available water supply during the school day.
- To ensure food provision in school reflects ethical and medical requirements e.g. religious, ethnic, vegetarian, medical, allergenic needs.
- To ensure the quality of food provided by parents/carers for consumption at school meets the same standards as food provided by the school.
- To make provision and consumption of food enjoyable, social and safe.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

4. Objectives

- To work towards ensuring that this policy is accepted and embraced by: governors, school management, teachers and support staff, pupils, parents, food providers and the school's wider community.
- To integrate these aims into all aspects of school life, in particular; food provision, the curriculum, pastoral and social activities

5. Methods

- Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.

- Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through education and example.
- Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- Through curricular and extra-curricular activities to help pupils develop an understanding of food issues, growing food, hygiene, food preparation, nutrition, healthy lifestyles and the food industries.
- Develop an understanding of cultural diversity and food in other cultures.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

6. Whole School Practice

6.1 Responsibilities

- The Food Policy shall be the responsibility of the whole school community to uphold. Leadership shall come from the Healthy Schools coordinator, in partnership with the Governing Body and Headteacher.

6.2 Curriculum

- Nutrition education should be embedded in the curriculum throughout the Key Stages (Science, Technology, PSHE, PE etc).
- The teaching should be consistent with the whole school Food Policy.
- CPD is provided to ensure staff have the knowledge, skills and resources to effectively deliver food and nutrition education.
- Learning outcomes, delivery and assessment should be addressed through long and medium term plans (by subject coordinators), and in short term plans (by class teachers), in keeping with the National Curriculum and other national standards.
- A designated Food Technology area is provided to assist with addressing food and nutrition education throughout the curriculum.
- Outside visitors and parents can be used to support the programme.

6.3 Breakfast Club

- Breakfast Club was founded in March 2010 and offers a healthy and nutritional start to the day for pupils in line with this policy.
- Staff receive accredited training relating to food standards.

6.4 Break time Snacks

- Healthy snacks are encouraged to reduce the amount of crisps, confectionary and sugary drinks that pupils may choose to consume.
- All pupils in FS and KS1 are provided with a portion of fruit or vegetables every day as part of the School Fruit and Vegetable Scheme.
- Pupils in KS2 are encouraged to bring their own fruit or vegetables to school for snacking at break-time. A designated storage area is provided in each classroom. Rubbish bins store litter.
- No other form of snacks, apart from fruit and vegetables, are permitted in the playground. The member of staff on duty monitors this.

6.5 School Meals

- For many pupils, especially those from disadvantaged backgrounds, the school lunch may be the only substantial meal they eat during the whole day. It must therefore provide a tasty and nutritious meal for all pupils.

- School meals are provided by the London Borough of Barking and Dagenham catering service. As such, they meet all nutritional standards and guidelines, including *Food for Life* and the DfE *School Food Plan*.
- Choices address cultural, religious and dietary needs. With this in mind, halal meat has now been introduced as an option to meet the needs of our growing Muslim population.
- Whilst school meals are provided by borough catering services, responsibility is shared with all relevant parties (Headteacher, Healthy Schools coordinator, pupils etc).
- All children have the opportunity to drink milk or water at lunchtime.
- Free school meals are provided for those who are eligible.
- The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom. Active steps are taken to ensure that these children share the same dining experience as other children.
- The school has themed days related to a topic or time of the year such as Christmas or Harvest.
- The dining areas are supervised by midday assistants.
- Cleanliness and hygiene are given high priority.

School Meals - Agreed Standards:

- Starchy food cooked in fat or oil must not be provided on more than two days each week.
- To promote variety, three or more different starchy foods are provided weekly, including at least one wholegrain variety.
- The theme of variety is also seen in fruit and vegetables, with caterers needing now to ensure at least three different vegetables and three different fruits are provided each week.
- When it comes to protein, the agreed standards specify the amount of meat, fish, eggs, beans and other non-dairy sources provided to ensure adequate levels of protein, iron and zinc.
- Dairy food is included every day; lower fat milk and lactose reduced milk are made available.

6.6 Packed Lunches

- Many pupils prefer to bring their lunch from home; however, packed lunches are not always a healthier option than a school meal.
- All children have the opportunity to drink water at lunchtime and during the school day.
- A clean, attractive seated area is provided for pupils eating their lunch, supervised by staff.
- Lunch boxes are stored in a cool and safe section of the school in proximity to the packed lunch room.
- Glass bottles and tins are not permitted.
- Packed lunches should ideally include: at least one portion of fruit and one portion of vegetables every day; meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter, falafel) every day; oily fish, such as salmon, at least once every three weeks; a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day; a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day; a drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.
- Packed lunches can occasionally include: Meat products such as sausage rolls, individual pies, corned meat and sausages; cakes and biscuits as part of a meal.
- Foods to be avoided include: salty snacks such as crisps; confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets; sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).

6.7 Provision of Water

- The health benefits of water are widely acknowledged. Increased hydration leads to better concentration and academic performance.
- Pupils and staff are encouraged to drink water at regular intervals throughout the day.
- Access is provided for staff via water coolers and drinking water.
- Each pupil receives a drinking bottle that is emptied and refreshed daily.
- The H. Schools coordinator is responsible for ensuring each pupil is provided with a drinking bottle.
- Individual teachers establish routines within their own classrooms.
- Water bottles should be sterilised at least once a week.
- Pupils attending after school clubs may also bring water for consumption, either from home or the classroom, particularly for physical activities.

6.8 The Learning Environment

- The learning environment plays a key role in reinforcing key messages and communicating with the whole school community.
- Posters, signs and messages within these areas promote healthy eating.
- The dining areas are calm, hygienic and well-maintained areas for children to eat.
- Displays in classrooms, corridors and halls can play an important role and can be linked to healthy eating, for example at Harvest etc.
- Seated areas are provided for pupils to eat snacks in the playground, with good facilities for the disposal of fruit skins and peel.

Other Issues

- The use of sweets for rewards, or to mark birthdays, is not permitted. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.
- Leftover fruit and milk from EYFS and Key Stage 1 may be given to Key Stage 2 if possible.
- Year 6 children are provided with a space indoors if they wish to fast during Ramadan, after consultation with the Senior Management Team.
- Special diets and allergies: The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school.
- Staff who choose to make less healthy food choices must consume their products in the staff room, out of sight of the children. Gum is not permitted.

Development and Review Process

This policy shall be reviewed every two years.

Ratified by Governors at Full Governing Body meeting

Signed by: P. Malcolm (Chair of Governors)

Date: