



Whole school food policy

Introduction

Schools have a major influence on children's knowledge and understanding of health and nutrition and have a key role to play in helping them to adopt healthy eating behaviour. They can help to minimise the risk of disease and other problems that may be associated with a poor diet, including hyperactivity and poor concentration. Unhealthy diets, which include too many fatty foods, too much salt and sugar, and not enough vegetables and fruit, are linked to the risk of heart disease, stroke and some cancers. We are aware that some children are overweight and we are determined to play our part in keeping this number to a minimum.

We believe that by promoting a varied and balanced diet, essential for the proper growth and development of children and for protection against illness, we will be helping our children to improve their concentration and fulfil their potential both inside and outside school. Healthy eating habits established early in life are more likely to be sustained long term.

We have been awarded the 'Healthy Schools London' Silver award. In part, this award acknowledges our efforts to promote healthy eating in our school community.

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1 Aims and objectives

Obesity is a major health concern in Britain today and affects a sizeable number of children in our school. Our objective is to provide our pupils with the ability to make healthy food choices by educating them about nutrition. We aim to:

- ensure that children have a healthy midday meal by maintaining the high quality of the catering and general lunchtime experience;
- have a consistent and co-ordinated approach to teaching and learning about food;
- ensure that appropriate messages about food and nutrition are reinforced and that the whole school is engaged in promoting healthy eating.

1.2 All children in Reception and KS1 are entitled to Universal Infant Free School Meals. Pupils in KS2 are now entitled to free school meals through a scheme funded by the Mayor of London and further supported by the Local Authority. We strongly encourage all children to take up their free entitlement.

2 Food in school

We promote the message that there are no 'bad' foods, but that some foods should only be eaten sometimes. Our children cook and work with food as part of the Science, DT and PSHE curriculum. Good hygiene is always stressed and reinforced in these sessions.

2.1 Children are taught that, normally, nuts are an important part of their diet but that they are extremely dangerous for some people and that some of the children at the school have severe nut allergies. In order to keep these children safe we endeavour to eliminate entirely from the school site all foods containing traces of nuts (eg. biscuits, cakes and spreads); this includes items for consumption at lunchtimes, school events, extra curricular activities and when the hall is hired for private occasions. Parents wishing to celebrate their child's birthday at school are invited to donate a book to the school library rather than bringing in cakes or sweets for the class.

2.2 We discourage children from bringing sweets and fizzy drinks into school and do not use sweets as rewards; children are rewarded with stickers and certificates.

3 School meals provision

We are committed to ensuring that healthy food and drink options are available and promoted throughout the school and to ensuring that the school based food Standards for school lunches are adhered to.

3.1 Whilst promoting our view that 'no foods are bad foods', we encourage children to eat healthier options to maintain a balanced diet.

3.2 School meal supervisors (SMSAs) encourage children to try the fruit and vegetables on offer.

3.3 Children's views, sought through surveys etc, are taken into account when developing lunchtime menus.



4 Special dietary needs

We are committed to providing alternative food for pupils with medically proven food allergies. Parents/carers must inform the school of any food allergies in writing and provide evidence, eg. letter from GP or hospital.

- 4.1 First aid procedures, in the event of a child being taken ill due to a food allergy, are detailed in their Medical Health Plans.
- 4.2 If staff have any concerns relating to a pupil's health and eating habits, such as over-weight pupils or those not eating, the matter **is** discussed with the parents/ carers. The Inclusion Manager will also refer all concerns to the school nurse.

5 Healthy eating in the curriculum

The Science, Design & Technology and PSHE subject leaders monitor and evaluate learning and teaching and the curriculum content of the medium term plans, children's work, assessments and assemblies to ensure that children:

- develop an understanding of the importance of a balanced diet and the consumption of vegetables and fruit (using the 'Balance of Good Health' model);
- develop an understanding of the need to avoid over consumption of foods high in salt, sugar and fat;
- have an understanding of food hygiene and safety;
- have opportunities to be able to plan and prepare balanced nutritious meals (wherever possible using fresh food rather than ready mix products);
- gain an understanding about food production, where food comes from, sustainability and the idea of Fairtrade;
- take part in growing food such as lettuces, radishes and soft fruit in the garden (at certain points in the year, some of this produce will be harvested by children and served in class or as part of their school meals).

6 Sustainability

This policy is closely linked to the government's 'Sustainable Schools' guidelines on how schools can achieve the long-term goal of sustainability.

- 6.1 In order to develop aspects of sustainability within the school:
 - a. Our Eco Team, established to help oversee green issues, now involves the entire school.
 - b. We compost our non-meat food waste from play times and lunchtimes ourselves to use in the garden. All other food waste is sent to Veolia, Haringey's waste management team, for composting.
- 6.2 Governors, teachers and parents have developed and now maintain our school garden. The children help to grow and harvest the produce which is either eaten at school or sold at Fairs to provide funds for the garden.

7 Healthy eating initiatives

At St Aidan's we promote healthy eating attitudes through the following initiatives:

- a. **Fruit and vegetable scheme** (primary)
We provide children in KS1 with fruit and vegetables at play time.



b. Eating environment

We have taken steps to make our hall a welcoming environment in which to have lunch and displays are prevalent that affirm good manners, positive social interaction and encourage healthy eating.

c. Water provision

Sufficient hydration is essential for effective learning. We are a ‘water only’ school and children are encouraged to bring a water bottle with them and to drink water regularly throughout the day. There is a water dispenser in the staff room and four drinking fountains in the playground.

d. Packed lunches

The lunchtime team monitor the content of packed lunches and relay any concerns about inappropriate food to staff and parents.

8 Training

As well as all our catering staff, several other members of staff hold Food Hygiene Preparation certificates.

9 Monitoring and review

- 9.1 We seek the views of pupils, parents and staff through discussion and surveys and monitor the uptake of school meals, food choices, packed lunches and the healthy eating curriculum.
- 9.2 The SLT, Chef Manager and PSHE subject leader are responsible for ensuring that this policy is implemented and maintained.
- 9.3 It is the responsibility of the Care and Communication committee to ensure that this policy is monitored and reviewed every three years or sooner if the need arises.

10 Glossary

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| DT | Design Technology |
| FSM | Free School Meals |
| GB | Governing Body |
| KS | Key Stage |
| LA | Local Authority |
| PSHE | Personal, Social and Health Education |
| SLT | Senior Leadership Team |
| SMSA | School Meals Supervisory Assistant |

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