



Leamington Community Primary School

Together we make a Difference

Healthy Eating - Food and Nutrition Policy



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Leamington Community Primary School: Healthy Eating - Food and Nutrition Policy

At Leamington Community Primary School, we ensure that positive messages related to food and nutrition are consistent across the whole-school community. We are aware of the importance of healthy eating and healthy lifestyles and act as positive role models for our pupils.

Introduction:

“Food has a significant part to play in determining health and well-being, establishing social roles and reflecting and shaping the school’s ethos and individual values.” Our Food and Nutrition Policy is crucial to improving the health and wellbeing of our school and is a requirement for achieving Liverpool Healthy Schools Status.

Our whole-school policies have been developed to empower our school to make and sustain changes. Our Food and Nutrition Policy conveys our school’s shared vision, ethos and values of our pupils, staff, parents/carers and visitors. It ensures that we all understand the important role food plays within our school. It is also key to developing healthy eating and drinking activities in our school which will benefit the whole-school community. The process of creating our Food and Nutrition Policy has promoted much discussion within our school around healthy eating and drinking, which will ensure that our outcomes are achievable and that our pupils feel ownership of the school’s food vision. In order for this policy to be successful, planning and effective monitoring will be implemented. We will ensure that our policy content is relevant and that it will make positive changes in our school.

Our School Context:

Leamington Community Primary School is a two-form entry primary school ranging from Nursery to Year 6. The children who attend our school mostly live in Norris Green and its surrounding areas.

Our percentage of Free School Meal children is higher than the national average at over 40%. Our school meals service is currently delivered by Food for Thought and our on-site catering manager is Mrs. Lynn Lazer.

Rationale:

Leamington Community Primary School recognises that snack and meal times are an important part of a child’s day and believe that, depending on the type of meal or snack consumed, it can heavily impact on a child’s learning or behaviour towards learning. We also recognise the importance of children having the right amount of fluid intake and a well-hydrated body. We are therefore committed to providing healthy, balanced, varied and nutritious snacks and meals in addition to ensuring that children have regular access to fresh water to drink throughout the day. Leamington Community Primary School is also committed to providing a curriculum that informs children about healthy eating and drinking so that they are equipped to make informed choices about their own food and drink consumption.

Aims:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils and staff;
- To provide a consistently planned curriculum of food education to equip all pupils with knowledge and skills to make healthy life choices;
- To make pupils aware of the consequences of food choices made now and in later life, specifically relating to nutritional awareness and other influences on food choices such as food productions, marketing and impact on our environment;
- To involve the whole school community in improving eating habits and knowledge and skills surrounding healthy eating;
- To ensure provision and consumption of food is an enjoyable experience;
- To increase the take up of hot school meals and free school meals;
- To ensure that contracts for school food providers meet the needs of the school and comply with the government regulations;
- To ensure that school food/drink provided across the school day reflects the government food and nutrient based standards;
- To provide clarity through our parent/carer communication regarding school's policy on food brought into school e.g. packed lunches and snacks in KS2.

Objectives:

- To regularly review food and drink served during the school day;
- To create a pleasant eating environment that encourages social interaction;
- To provide easy access to free, fresh drinking water across the whole school day;
- To ensure that school food/drink provided across the school day reflects the government school food standards;
- To include the whole school community in the promotion of healthier lifestyles;
- To deliver a curriculum that promotes a consistent message of food, drink, nutrition and healthy lifestyles;
- To contribute to improved and sustained pupil behaviour and health, helping them to achieve their learning potential;
- To ensure catering staff and supervisory assistants are involved in the whole-school community and that they are well trained and understand why they are serving healthy food;
- To ensure classroom staff are trained to deliver a healthy eating message;
- To involve the wider community, including parents, in activities which promote balanced eating and enjoyment of food.
- To make links with external organisations to support our promotion of healthy eating and enhance pupils' learning opportunities (i.e. My Clubmoor).

Responsibilities:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food and lifestyle choices:

- The Healthy Schools Lead and the Senior Leadership Team lead on the development and monitoring of Health Education and its implementation. They also liaise with the lunchtime supervisors, cook, kitchen staff and food contractor.
- The subject leaders for Science, PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. They also liaise with the Curriculum Lead to embed healthy eating and lifestyles across the curriculum.
- Caterers (Food for Thought) and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and for contributing to a welcoming and positive eating environment.
- The lead governor on health and safety ensures the policy is implemented (Mr. Pat Monaghan).

Leamington Bistro:

Leamington Bistro is bright, clean and well designed to ensure comfort and safety for our pupils. Pupils are given ample time to eat and enjoy their food. Opportunities to socialise are evident and good manners are always encouraged by our staff and supervisory lunch time assistants. The Bistro has set tables and attached seats are spaced accordingly to provide one eating area that all children access during their allocated time. Children have assigned seats that have been discussed and planned with the children to ensure they feel happy and safe whilst in the Bistro.

Pupils are encouraged to think about why they have chosen their food and are given time to reflect on whether they have made healthy choices. The pupils are taught the importance of healthy eating and living within a number of subjects in our school curriculum, i.e. PSHE, Science, DT and PE and this is reinforced at lunchtimes.

Pupils are encouraged to clear their plates/rubbish away themselves as we foster independence at all times. However, our lunchtime supervisors are on hand to help younger children or any child who requires support. Staff encourage our pupils to eat their packed lunches/school meals and assist our pupils with eating and holding their knife and fork correctly i.e. basic table manners.

Our pupils are praised for good manners and behaviour and inappropriate behaviour is addressed immediately and dealt with by our Senior Leadership Team, if necessary. Pupils are encouraged to line up sensibly and quietly. Our pupils know how to respect our lunch time staff and our staff are good role models and reinforce the importance of respecting others. Our lunchtime supervisors contribute to a friendly and welcoming dining environment. Our behaviour policy and expectations are firmly in place during lunch times. Please see our Positive Behaviour Policy for more information. This can be found on our school website or at the office upon request.

Food Hygiene:

The school kitchen premises are regularly inspected by the Local Authority's Environmental Health Officer and graded according to the national score system. Our kitchen has been awarded a score of 5 - this is the highest possible accreditation.

Food Throughout the School Day:

Breakfast

Our school is part of the Magic Breakfast Scheme, therefore all pupils are provided with a bagel each morning, if they wish.

School Meals:

Our meals meet the government's school food standards and this is evidenced by independent inspections carried out by impartial inspectors. Our school food is supplied by a company called 'Food for Thought' and our team is led by our cook Mrs. Lynn Lazer. Our children are encouraged to make healthy choices by staff and catering supervisors. Menus are made available to pupils, parents/carers and staff in advance on the school website. Our school meal supplier (Food for Thought) contributes to the promotion of healthy eating. The school has input into the content of the menu. Feedback to 'Food for Thought' is based on the findings from our children and from monitoring of lunchtimes by the Senior Leadership Team. As well as choices for a hot meal each day, pupils are able to choose a cold option of a sandwich (with a choice of fillings) and salad.

Free School Meals:

All children in Reception and KS1 (Years 1 and 2) can have a school meal free of charge in line with the government's Universal Infant Free School Meal Scheme. However, we encourage parents/carers to register for Free School Meals if their social economic circumstances allow this. School receives funding for each registered child, which supports the education of the children. Currently, not all pupils who are eligible take up the Free School Meal offer. The Headteacher, staff and admin team monitor the take up of Free School Meals on a daily basis via the dinner registers. The take up is also monitored closely with School Improvement Liverpool.

If parents/carers believe they are entitled to Free School Meals, they need to complete a Free School Meals registration online: <https://liverpool.gov.uk/benefits/free-school-meals/>

Packed Lunches:

Packed lunches should be healthy in content:

- Healthy sandwich (preferably on brown bread);
- Fruit;
- Healthy, low-fat yoghurt;
- Sliced vegetables or fruit, e.g. carrot or celery sticks, apple or grapes;
- Fresh orange juice (no more than 150ml is advised) or water.

Packed lunches should not include:

- Fatty foods, including too much cheese;
- Chocolate spread sandwiches;
- Sweets, including chocolate and biscuits;
- Crisps;
- Sugary drinks, including flavoured water, lemonade, coke and fruit shoot drinks (as they are high in sugar).

To help promote the subject of healthy packed lunches and raise awareness, we:

- Send out reminders on ClassDojo, when necessary;
- Promote healthy school messages through our whole-school assemblies;
- Discuss healthy eating in our school council meetings;
- Teach the children about healthy eating and the importance of a well-balanced diet through our curriculum – this includes looking at what makes a healthy meal.

We occasionally inform parents of the need to think about alternative healthy choices if we think there is an ongoing issue. We monitor the contents of packed lunches and if any member of staff is concerned that our pupils are not eating healthily, they feedback to the class teachers or a member of the Senior Leadership Team. If parents bring in packed lunches which do not meet the school standards, we offer them advice, guidance and support and encourage them to make links with our Healthy Schools Lead. We advise families of the importance of avoiding child obesity and how healthy eating and healthy lifestyles can avoid possible problems in the future. Year 6 pupils are involved in the National Child Measurement program where height and weight are monitored and recorded.

Packed lunch boxes are stored in designated areas around our school. In summer months, it is recommended to add a freezer pack to lunch boxes to keep them cool. If this is not possible, then a frozen drink will defrost in the lunch box throughout the morning whilst keeping the lunch cool.

Further information on healthy packed lunches (and snacks) can be found on our website: <https://www.leamingtonprimary.com/our-curriculum/healthy-schools/>

Snacks:

At Leamington Community Primary School, we provide free snacks from the Free Fruit and Vegetable Scheme for children in Early Years Foundation Stage and Key Stage 1, which meet the food based guidelines. Free milk is also available for children in Early Years Foundation Stage and Key Stage 1. Children in Key Stage 2 are encouraged to bring in their own fruit for a snack. We have no vending facilities available to our pupils.

Drinks and Water:

Our pupils and staff have access to fresh, free drinking water across the school day. We all understand the importance of staying well-hydrated. Children are encouraged to bring a bottle of water to school each day (except for the Early Years Foundation Stage, as children have access to a water fountain in class). We are currently complying in accordance to the government's policies regarding water provision. Our pupils are allowed to drink water during lessons (health and safety permitting). Our pupils and parents are aware of what drinks are permitted in schools. Newsletters outline the details and preferred options.

Dietary Requirements:

Special Diets, Allergies, Diet-Related Disorders:

Our school is aware of pupils with food allergies and intolerances and we display this in the school kitchen (with a picture and information about pupils who have special diets or diet-related disorders). This information is also logged on the school's medical register which all staff have access to. Staff trained in first aid are aware of how to react if a pupil has an allergic reaction to a food. If your child has a medically diagnosed condition, allergy or intolerance and you would like more information on the content of the school lunch, please contact the school office to discuss this on 0151 284 7848.

We ask that parents/carers keep us informed of any changes to a child's dietary needs throughout their time with us. This discussion will be recorded on our school's confidential CPOMs system and will be logged on the medical register. All necessary staff will be informed.

Religious and Ethical Dietary Requirements:

Our school is aware of pupils with religious or ethical dietary requirements. This is logged on the school's medical register, along with allergies/intolerances and is shared with all staff. The school office liaises with the kitchen staff so that arrangements can be made.

Learning Opportunities:

Curriculum:

Food, nutrition and healthy lifestyles is taught predominantly through the Science, PSHE, DT and PE curriculum. However, our whole-school curriculum enables us to make many cross-curricular links with other subjects to embed this learning further. Practical cookery lessons are included in the curriculum using our school's teaching kitchen.

Extra-Curricular:

At Leamington Community Primary School, we host a Year 6 cookery club in our school's teaching kitchen. This club promotes healthy eating and enables children to learn about food and nutrition through the creation of a range of recipes.

We also have a gardening and growing club to enable children to learn about food sources and participate in planting and harvesting food. Our school has a number of dedicated spaces and members of staff who are involved in developing our school garden areas. External links are welcomed and are currently in place with My Clubmoor to enhance this provision.

Reception children also visit Walton Park Allotments from the Spring term onwards. They plant and grow vegetables and fruit, therefore encouraging the children to eat a range of healthy foods.

As a school we offer a wide range of after-school clubs throughout the year, including dance, football, athletics, cross country, cookery and the gardening club. Risk assessments and Health and Safety procedures are adhered to and are firmly in place. Please see our Extra-Curricular Activities Policy for more information. This can be found on our school website or at the office upon request.

Rewards, Celebrations, Events and Treats:

Our school gives consistent messages regarding healthy eating. Healthy foods are used as rewards or treats in class and they are given out appropriately according to the school food standards. We have now introduced an attendance token reward system where classes are rewarded for good attendance and given tokens rather than sweets/biscuits. These tokens can be used for a choice of activities/rewards, i.e. new games for the class room, movie afternoon, extra time on the yard using the outdoor equipment etc.

Our pupils, parents/carers, staff and the wider school community are aware of the regulations in place as regular leaflets, posters and information is shared through newsletters. The message that our school communicates to the children is that it is perfectly acceptable for children to have the odd treat as part of their well-balanced diet. Occasionally, our school will run a special day or event which fatty/sugary foods may be sold or given out for the children to consume. Birthday cake and party bags provided by parents are also given out as part of birthday celebrations. However, we continue to suggest healthy options at all times.

Monitoring and Evaluation:

We will know that our policy has had the desired impact by seeing improvements of food provision and consumption throughout our school. We will continue to monitor healthy eating and drinking options and general food provision across the school to ensure this policy continues to be implemented effectively.