



Southcote Primary School School Food Policy

Introduction

Southcote Primary School is dedicated to providing an environment that promotes healthy eating, and provides pupils with the opportunity to make informed choices about the food they eat. The school promote healthy eating in curriculum lessons (Food Technology, PE, Science and PSHE) and in the food served at playtime and lunchtime.

This policy will be shared with all staff to ensure a whole school approach to food and nutrition.

Aims

The main aims of our Whole School Food Policy are:

- To enable pupils to make more informed choices about healthy eating through the provision of information and development of appropriate skills and attitudes.
- To provide pupils with healthy food choices throughout the day.
- To encourage the drinking of water during the school day.

These aims will be addressed through the following areas:

1. Equal Opportunities in Food and Nutrition education. As in other areas of the curriculum we recognise the value of the individual and strive to provide equal access to opportunity for all.

Education and learning opportunities

Teaching about healthy eating takes place through PSHE, Science and theme teaching. As part of their work the school meals contract provider, Chartwells, also offer 'Fun into Food' activities which include making smoothies using a bicycle to power the blender and their own version of Ready Steady Cook called 'On Your Marks'.

2. Food and drink provision throughout the school day

Breakfast club

Breakfast club provides a healthy breakfast for pupils who arrive at school before 08:30, due to parental commitments. At breakfast club the pupils are given the choice of toast or cereal, with a drink of apple juice, orange juice, milk or water. Once the pupils have had their breakfast they are entertained by a range of games and activities until 08:40.

Pupils missing breakfast

A small number of pupils come to school having not had breakfast at all. Where these pupils are known to us breakfast bars or toast are made available. (This is logged in our Concerns Books as part of our safeguarding procedure)

Breaktime Snack

Pupils are encouraged to eat breakfast before they come to school and this is promoted through the curriculum work. The free fruit is administered to infants prior to playtime. Pupils are allowed to bring in a healthy snack from home and parents and pupils are advised of healthier options. On Fridays pupils are able to bring money into school to buy a cake. Although a fundraising opportunity this is viewed as a treat and the pupils understand that 'nice' food in moderation is acceptable.

School Lunches

The school lunches are run by Chartwells and they follow the Government standards. The school menu follows a three weekly rota over each term. The pupils have the choice of a meat, vegetarian or jacket potato option and are served with either vegetables or salad. All pupils in Foundation Stage and KS1 are entitled to a hot lunch through the Universal Infant Free School Meal initiative. The quality of the school meals is monitored through both the Chartwells and RBC contract managers. The kitchen is subject to an unannounced audit three times a year and the results are shared with the school.

Packed Lunches

Parents and carers are encouraged to provide packed lunches that are low fat, low sugar and low salt with high fibre (fruit and vegetables). The school actively discourages sweets, chocolate and high energy drinks in the packed lunches. School stipulates that no food containing nuts can be included in the packed lunches.

Drinking water

The National Nutritional Standard recommends that drinking water

should be available for pupils every day, free of charge.

- Water bottles are available from the office at low cost.
- Water bottles are kept in each classroom for pupils' access.
- Water bottles accompany the pupils to breaktime and PE lessons
- Each classroom has plastic cups for those without water bottles.
- It is preferable that water bottles have a sports top.

After school Club

Pupils who stay in school until 6pm are offered the opportunity to have an evening meal. There is a daily meat and vegetarian choice available. If the pupil does not like either option, they are able to have a sandwich. All pupils are encouraged to try new foods. The available menu runs on a three-week rota.

3. Special Dietary Requirements

Religious and ethnic groups

The school will provide food in accordance with pupils' religious beliefs and cultural practices. It is advertised through material provided by Chartwells and RBC that the meat provided in the school dinners is neither Halal nor Kosher. Chartwells carries out an annual questionnaire to establish parent interest in specialist foods. At Southcote pupils preferring a Halal or Kosher meal typically take the vegetarian option or bring a packed lunch.

Vegetarians and vegans

Chartwells offer a vegetarian option for lunch every day. Where necessary Chartwells can also provide a vegan option at the request of parents.

Food allergy and food intolerance

There are individual care plans in place for those pupils with a food allergy or intolerance. Chartwells are made aware of any pupil's needs regarding food allergies or intolerance. Parents can request a bespoke special diet menu from Chartwells and do this through direct application to them. Medical evidence is required for a special diet request.

On occasion food tasting may take place in class as part of the curriculum. When this happens the class teachers will take into account any food allergies, intolerance or dietary needs based on

faith.

Cooking

The school has a cooking area which provides the opportunity for every child in school to cook. The cooking links in with the theme being taught that term. Parents are invited to try pupil's cooking.

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 refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training; 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 when necessary.

The Food Eating Environment

Pupils eat according to year group on a rotational basis to ensure that the same year groups do not always eat last. Music is played in the dinner hall and the pupils are encouraged to experience lunch as a positive eating experience. Pupils who are eating a packed lunch eat in the main hall or outside if weather permits. School dinner pupils eat in the dinner hall. Parents have the ability to choose whether the pupil has a school lunch on a daily basis.

Staff continual professional development

The school will provide ongoing training for the staff appropriate to food and nutrition education.

Monitoring and Evaluation

Pupils, staff and Governors will monitor this policy on an on-going basis. The policy will be evaluated and reviewed on an annual basis.

Signed	L Telling	EXECUTIVE HEADTEACHER
Date ratified by governors	23 May 2017	
Review Date	May 2019	