

St. Luke's CEVA Primary School

Food Policy

Agreed by governors: June 2013
Review Date: 2016

We want St. Luke's to be a school where staff, pupils and parents want to be!

A school where

- Christian teaching, worship and values establish an ethos of co-operation and care, where everyone is willing to listen and where everyone expects the same high standard of common courtesy and behaviour.
- Children and adults want to learn and experience rich, creative, well planned and well resourced curriculum of learning activities, which promote excellence.
- We all work in partnership, valuing and respecting each other, understanding our different responsibilities but all engaged in the task of improvement.
- Children and adults teach and learn in a clean, safe, enjoyable and non-threatening but stimulating environment, which is cared for, and valued by all.
- We recognise that each person is unique and has equal rights within a setting of tolerance and understanding.

This policy helps to outline our vision of healthy eating in our school. The aims and the policy itself work to recognise that healthier children learn more effectively.

The aims of this policy are:

- To provide an environment that promotes the health of pupils, parents and staff through ensuring that all food provision and food messages are healthy and consistent.
- To improve the health and well-being of our community by teaching pupils and families ways to establish and maintain lifelong healthy and sustainable eating habits; This can be achieved through food education and skills (such as cooking and growing food and food education within the classroom).
- To improve the health of pupils, parents and staff through healthy meal and snack provision.

Contextual Information

Our school meals are provided by Newham Catering Services and on an average day the pupil's current take up is:

- Packed lunches - .5%

- School lunches - 99.5%
- Free School Meals - 33.2% (Census 2014 with 'Ever6' at 59%)
- Home dinners - 0%

Consultation and Policy development

The St Luke's Food Policy has been developed over the years through on-going consultation using School Self Evaluation questionnaires, Open Evenings, periodic ESS Road Shows, staff INSET and informal discussion with the following:

- staff
- pupils
- parents
- governors

The elected pupil Health and Wellbeing Group which meets at least once each term, takes a strategic role in leading and monitoring the policy.

Provision of food

The lunchtime environment:

The children eat in the hall between 12pm and 1pm. Key Stage One begin eating at 12pm and Key Stage Two start at about 12.30. The hall needs to be free from alternative use for the setting up of tables from 11.30 and remain free until cleaning is finished at about 1.30pm. This timing is adjusted with extra staff support on occasions to accommodate additional numbers for Community Meals or other special guests eating lunch with pupils (eg local MP, Church Leaders, foreign dignitaries).

The traffic light system is used to reinforce the healthy eating message and the serving hatch is decorated with healthy food pictures and messages. The menu is displayed here, in the classroom, in the Key Stage Two playground and copies sent home to families in order to enable children to have time to think about their menu choices. Fish, meat and vegetarian dishes are offered first, followed by the vegetables and then the potato or substitute. A well stocked salad bar and drinks are freely available to all children. Pupils chose their dessert only after they have eaten their main savoury course.

Key Stage One children are brought in directly from the classrooms and are encouraged to make good food choices from each food group. Pupils

are encouraged to try new foods. Health and Wellbeing representatives are available to support the youngest pupils in choosing food, using cutlery, cutting up food etc. This support is particularly important when pupils first join the school.

Key Stage Two are supervised in the playground by a MDA Supervisory Team whilst waiting for lunch and are organised into groups for lunch as the KS1 sitting comes to an end. Pupils are encouraged to eat lunch with pupils in different classes/age groups. Lunch is seen as a social event and pupils are encouraged to engage in conversation between mouthfuls!

School staff are encouraged to sit and eat lunch with the pupils to promote healthy eating habits, good socialising skills, polite table manners and to cut down on waste. Staff are entitled to claim one free school meal a week if eating with the children.

All pupils are supported in taking their full food entitlement, for example, they are expected to have at least one type of vegetable with their meal and something from the salad bar. Children must eat their savoury course before selecting a dessert and the expectation is that they try to eat as much as they can from each food group. If there are concerns that a child is eating too much or too little the parents will be consulted and involved in the pupils' food education. Where a child has specific dietary needs all staff are made aware of this and the needs are documented in the Vulnerable Pupil register, the staffroom (if applicable) and in the school kitchen where guidance includes a photograph of the pupil.

The school encourages the range of food cultures in the school to be reflected where possible through celebration events and community meals.

Playgrounds are zoned with a range of sports and play equipment to use. Adults supervising pupils are expected to relate and engage with pupils throughout the session and those staff who are just employed at lunchtime are timetabled to support pupils in Reading at the beginning of the afternoon session so that they develop a more meaningful role which links school lunch, play and learning.

School meals (lunches):

Newham Catering Services provide school lunches and these work on a four week cycle. If changes need to be made to the menu due to a low take up of a particular food, negotiations can be made with the Newham Catering Services as long as proposals are in the interest of the school community. The school strives to ensure that food is nutritional, varied and enjoyable. The Health and Wellbeing Group meet with the school cook at least once each half term to give feedback, discuss menu options, and agree on Community Meal themes.

Teachers are responsible for completing dinner registers each morning and numbers are checked as dinners are served. It is important that class numbers are accurate.

Breakfast Club

The school has a Breakfast Club that is run by two teaching assistants and a member of the kitchen staff. Breakfast club runs from 7:30am until 8:30am. The food available to the children in the breakfast club includes cereal, egg, beans or jam on toast, fruit and yoghurt. Before and after eating their breakfast there are a range of board games and practical activities that the children can do. The children are also taken outside for physical activity in fine weather. Adults are expected to actively engage and participate in activities with the pupils to develop wider social and language skills whilst encouraging good table manners.

Breakfasts are charged at £1.50 a day and this is ideally paid on the Monday for the week. A list of those who attend each day is kept for school purposes. The Breakfast Club is also available to Year 6 children the week before and during SATs in order to ensure a good healthy start to their day. These Revision Breakfasts are free to the children and are subsidised through the school's delegated budget.

Packed lunches:

Expectation for the few remaining packed lunches is that children, as a minimum, have a sandwich or savoury alternative, at least one piece of fruit or vegetable and a drink (not fizzy). Parents and pupils are regularly reminded and supported in making the right choices when buying packed lunch food. Where there is concern over a pupil's packed lunch a standard letter is sent home in the lunch box and the parents are contacted by a member of the Inclusion Team.

Snacks and Drinking Water

Pupils are allowed to bring in fruit and a non-fizzy drink for the mid-morning break time. Year 6 pupils organise a fruit stall in the Key Stage Two playground and pupils and parents are encouraged to buy fruit. Pupils are asked to dispose of fruit peelings in the compost bin in the playground.

Pupils are also encouraged to have a St Luke's water bottle which they can drink from in and outside of the classroom. There are water fountains in the playground for those who do not bring a drink and on very hot days, additional water is made available at the end of lunch break.

Curriculum:

Health and wellbeing issues permeate the school's curriculum with the school kitchen and school hall where lunch is served at the very centre of the new school building which opened in 2000. School staff made a significant contribution in the design of the new building which was designed to meet the needs of the 21st century.

The curriculum reinforces healthy eating messages wherever possible. These messages are delivered through Science, Literacy, ICT, PSHE, and Design and Technology in particular

Positive messages about eating are also given outside of the curriculum. For example we organise theatre productions focused on health and wellbeing, competitions and assemblies.

St Luke's has an eco-garden where each class is responsible for growing their own vegetables in their class allotment. Children are taught about composting, planting, growing their own produce and the story of food. Harvested produce is either used by the school kitchen or sold in aid of the school's charity projects in Ethiopia and Burma. Pupils are encouraged to work on their allotments during break times with the support of the school's Learning Mentor and eat straight from plants where available and appropriate (eg strawberries, peas and raspberries).

The school offers cooking as a regular curriculum offer and it is successfully woven into curriculum planning in a range of areas (eg Year 2

making their own gingerbread men, Year 6 setting up a Mini Food Enterprise Project within Maths).

The school's International Curriculum and active links with Ethiopia and Burma offer many opportunities to discuss health and wellbeing, global citizenship responsibilities and issues around Sustainability and the Environment. The Eco Group work closely with the Health and Wellbeing group to raise awareness in these matters looking at food waste, food production, animal welfare, famine, drought and other international topics.

Parents/Carers

Parents are recognised by St Luke's as an essential part of encouraging healthy choices and a healthy lifestyle.

The school offers regular Taster Sessions at Open Evenings and termly Community Meals so that parents are fully informed about menu choices and are given opportunities to try food. Regular messages and reminders are given about the importance of health, wellbeing and sleep routines in school newsletters.

Pupils' health and wellbeing are discussed at length at every In-Take meeting and with a senior teacher on admission to the school. Parents are offered formal (eg questionnaires) and informal (Open Evenings and Curriculum Events) opportunities to give feedback on school provision.

The school has offers a number of opportunities for parents to learn more about healthy diets and the importance of exercise and sleep through Breakfast meetings, Cooking Classes and Curriculum Evenings.

Out of School Hours Learning

Teaching and learning about healthy food is supported by Out of School Hours Learning (OSHL) provision. The school offers regular gardening activities and there is always at least one OSHL cooking club which teaches children to consider healthy menus, prepare and cook healthy dishes and eat a balanced diet.

Provision for staff:

The school recognises that to encourage a healthy lifestyle the pupils must see this modelled by the adult members of the school community. Within the staffroom, there are cooking and preparation facilities for staff to make and prepare their own snacks and lunch. There is a fridge, toaster, oven, microwave, kettle, toasted sandwich maker and cupboards for food storage.

Staff are regularly provided with fresh fruit and a cold water cooler is always available in the staffroom. A healthy lunch or afternoon tea is served during staff INSET days or extended twilight sessions.

School staff are encouraged to consider their health and wellbeing through a generous allocation of non-contact time to prevent a lack of personal leisure time. The governors receive termly reports about Staff Wellbeing based on both formal and informal feedback and the Staff Wellbeing Policy encompasses the resources and support funded to promote a healthy work:life balance.

Other issues:

Birthdays

The children are not expected to bring in anything to celebrate their birthday although, in the past, some bring in sweets or lollies. Only one sweet or lolly per pupil is allowed. Anything more than this must be returned to the parent as we discourage competitive distribution of birthday treats and an excessive sugar intake.

Rewards

The use of foods as a reward should aim to be as healthy as possible in order to be consistent with the messages we give the children. Where children are given the opportunity to cook in reward time this should be a healthy food, e.g. fruit salad. Good behaviour is never rewarded with sweets.

Home Dinners

Children are permitted to go home for dinner. Those going home must be collected at 12 noon and cannot return to school before 12:50pm. It is the responsibility of individual teachers to ensure that pupils are collected and escorted home by a known adult.

Staff Development

Training and briefings on food, healthy eating, nutrition, food safety and food hygiene are provided using INSET and Briefing time. These are provided as and when needed and not according to a rigid timetable.

Monitoring and Review

The school has an active Health and Wellbeing Group who regularly discuss school meals and lunchtime arrangements, making recommendations for improvement when appropriate. This group is responsible for monitoring:

- lunchtime provision
- provision of clean and inviting lunch room facilities (plates, table cleanliness, cutlery etc)
- menu choices
- pupil feedback
- waste levels.

This group are invited to meet with the ESS Leader, school cook and Newham Catering representatives on a regular basis in order to address concerns and improve the quality of provision.

In order to improve provision we include questions about health and wellbeing in our annual School Evaluation questionnaires to pupils, parents, staff and other stakeholders.