

# CALSHOT PRIMARY SCHOOL

## Food Policy



'At Calshot we aim to provide the highest quality of learning and care for ALL children in a safe and enjoyable environment, nurturing personal values, in partnership with parents, carers and the wider community. We expect everyone in our school to strive to achieve their full potential'

## **Background and ethos**

At Calshot School we know that what the pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum is fully supported by the quality of the food and drink that is consumed on the school premises.

We acknowledge the link between pupils' diets and their physical and emotional health and also the key role that we as a school can play in supporting pupils and their families to develop and maintain a healthy diet.

The policy is fully inclusive and applicable to pupils with special dietary requirements either for medical or religious reasons.

The ethos of the school is one that promotes awareness and the importance of healthy lifestyles within the school at all times and recognises the valuable role that all school staff have in modelling good practice.

## **Aims and Objectives**

At Calshot School we aim:

- to ensure that all aspects of food and nutrition promote and support the health and well-being of pupils and staff, and meet the mandatory nutritional standards for school lunches and food served throughout the school day
- to equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives
- to ensure equal access for all to healthy food and drink and appropriate nutrition education
- to increase the uptake of pupils having paid school meals and to increase the uptake of free school meals by pupils entitled to them

## **Objectives**

At Calshot School we will meet these aims by:

- reviewing all teaching and learning to ensure that information relating to food and nutrition in different lessons/key stages are consistent and up-to-date and there are no gaps in the curriculum
- ensuring that pupils are well nourished and hydrated at school and that every pupil has access to safe, tasty, nutritious food appropriate to their needs
- increasing the uptake of free school meals
- increasing the uptake of paid school meals
- enabling pupils to have sufficient time in order to eat their food
- ensuring that the surroundings are as pleasant as possible
- working in partnership with parents to promote the aims of the food policy including all foods brought into school by pupils
- introducing and promoting practices within the school to reinforce these aims and removing or discouraging practices that negate them

## **Equal Opportunities**

At Calshot School we will ensure that pupils' religious and medical dietary needs are met. We also try to increase the uptake of free school meals by those pupils entitled to them, whilst also making sure that pupils entitled to free school meals are not identifiable by their peers.

At Calshot School we have:

- pupils with medical dietary needs which include allergies
- pupils entitled to free school meals

## **Teaching and learning**

At Calshot School teaching and learning about food includes:

- nutrition healthy eating, diet and how diet affects behaviour
- support from outside agencies e.g. Foodnet and Food Education Company

Food hygiene regulations are considered with any teaching and learning about food that includes food tasting, bringing in food to celebrate different cultures (e.g. in Topic lessons when tasting traditional Caribbean, German, Chinese and Indian food; baking using WW2 rations).

## **Food provision other than lunchtime**

At Calshot School we provide food and drink to pupils throughout the school day, which will all meet the nutritional standards.

### **a) Breakfast at Before School Club**

The food and drink provided are cereal, toast and flavoured water drinks.

### **b) Tuck shop/mid morning provision**

The tuck shop is run by school staff and Dolce. The foods we provide are toast and flavoured water drinks. The tuck shop promotes the ethos of healthy eating by use of posters displaying 5-a-day.

### **c) Fluid consumption**

All pupils are given a clear plastic water bottle and this is filled with clean water on a daily basis. Water is freely available throughout the day. All teaching and non-teaching staff encourage pupils to drink water throughout the day and after PE lessons. During times of hot weather, there are specific reminders to pupils to drink sufficient water. If parents prefer their child to have flavoured water then we will allow it if it encourages a child to drink regularly

### **d) After school club**

Pupils who attend After School Club are provided with a range of options which includes toast, fruit, snacks on toast, non-additive drinks and free access to water.

## **Provision at lunchtime**

### **a) School lunches**

At Calshot School we provide food and drink to pupils at lunchtime which will meet the mandatory nutritional standards. The school meals are provided by Dolce.

The menus are devised by the school meals service and are nutritionally analysed by them. Details of the nutritional analysis are available from them if there is any concern over whether the nutritional standards are being achieved.

The menus reflect the cultural mix of the school and reflect pupils' choices. Pupils are supported to make healthy choices from the selection provided by all the catering staff.

The queuing system is monitored to ensure that no pupil has to queue for more than ten minutes. The seating arrangements are that pupils are allowed to sit with friends. To allow pupils sufficient time to eat their food, the lunchtime is 1 hour with children being served a year group at a time. The rota is changed on a weekly basis.

To help create a suitable ambience in the dining room all lunchtime supervisors have been trained on managing pupils' behaviour.

Within and outside the dining room the menu for the day is prominently displayed so that pupils can decide what to eat before entering the dining room, thereby speeding up queues.

Around the dining room there are large posters displaying healthy eating messages and displays of pupils' work on healthy eating are in the dining room.

### **b) Packed lunches**

All pupils who bring packed lunches to school will be given information on appropriate healthy eating guidelines. At Calshot School we encourage pupils to have at least 2 portions of fruit or vegetables in their packed lunch each day. A starchy food should be included to aid concentration and energy and either a dairy food (e.g. milk, cheese, yoghurt or custard) or non-dairy source of protein (e.g. meat, fish,

lentils, chickpeas, hummus). High fat and high sugar snacks are not encouraged and should only be eaten occasionally as part of a balanced diet.

The senior lunchtime supervisor and HT/DHT monitor the contents of the packed lunch. Additionally contact will be made with parents if:

- pupils are not eating the food sent for them
- pupils are regularly provided with unhealthy options
- pupils are still hungry after eating packed lunch
- pupils are unable to eat the quantity of food supplied

Pupils having packed lunches have access to fresh water. Children may bring their own drink of water, pure fruit juice, smoothie, milk or squash.

### **Specific issues**

At Calshot School we will celebrate the major religious festivals of Diwali, Eid and Christmas. For any parties held in classrooms, information is sent home to parents outlining the foods that are acceptable for pupils to bring. Any food allergies are taken into account on these occasions. Parents should be aware of children's nut allergies when packing lunches and providing food for school.

The school also recognises that some pupils may require special diets that do not allow for the standards to be exactly met. In these cases parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are not permitted to swap food items.

### **Working with parents and carers**

The partnership of parents with our school is essential and particularly with promoting healthy eating. At Calshot School we:

- invite parents of children to sample school meals

- set up displays of school meals at parents' evenings
- send sample menus home
- ask parents for their views on changes to the food and drink provision in school

### **Working with partner organisations and outside visitors**

In order to enhance the food policy and nutrition education at Calshot School we have liaised with the Local Authority Health Education Service and also with Foodnet.

### **Monitoring and Evaluation**

Pupils' menus and food choices are monitored and used to inform policy development and provision. Monitoring occurs via a variety of methods such as visual monitoring by lunchtime supervisors, surveys by pupils and use of School Council.

### **Covid-19 Precautions**

Whilst the school is adhering to Covid-19 restriction pupils will eat school lunches in their own classroom to reduce risk and allow for social distancing. Reception pupils will eat their dinner in the main hall. School lunches are packed into portable packaging to allow it to be carried around school safely.

Date of ratification by the Health and Safety Committee: 12<sup>th</sup> November 2020