



Southern Road Food Policy

December 2015

Rationale

According to the National Child Measurement Programme (published in the NHS Child Health Profile March 2014) children in Newham have worse than average levels of obesity. 12.3% of children aged 4-5 years and 27.5% of children aged 10-11 years are classified as obese. In addition to this the number of children (age 5) requiring dental treatment due to tooth decay is worse than the national average.

With these figures in mind, it is important as a healthy school that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together elements of the school day to create an environment which supports a healthy lifestyle.

Aim and Objectives

To ensure that all aspects of food and drink in school promote the health and well being of the pupils, staff and visitors to our school, we aim to:

- Ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food.
- Ensure an easily available water supply during the school day.
- Make the provision and consumption of food an enjoyable and safe experience.
- Ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- Improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues and choices
- Expand pupils' knowledge of food preparation and storage methods through dedicated Food Technology lessons.
- Increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment through PHSE lessons.

Breakfast Club

Breakfast Club operates on a daily basis in the Key Stage 2 dining hall. It is open from 7:30am to 8:30am.

Breakfast Club is free and currently has forty pupils (throughout Reception to Year Six) who attend every day. Any child can apply for a place; however priority is given to those children who we identify as having little or no time for breakfast in the mornings at home. Breakfast club can also be used to address particular children's behavioural, social and emotional needs as well as improve punctuality.

The food available is consistent with a healthy diet. We provide a range of cereals and milk, bread and bagels, low fat margarine, baked beans, yoghurt and a selection of fruit juices or water to drink.

School Lunches

Our school is part of the Newham Free School Meals initiative, which means that every child is entitled to receive a free school lunch.

The kitchen supply menu choices which have been decided by the catering service. These meals meet the minimum nutritional requirements set by the government. We provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. The salad bar contains a variety of options. Healthy desserts are offered, ranging from fruit, yoghurts and a hot alternative.

A member of staff is always on duty in the hall. Staff and Midday Supervisors monitor what children are eating and reward improvement with verbal encouragement and our school reward system of 'Golden Tickets.' If a child's eating habits need addressing, class teachers and parents are informed.

Children/parents are informed of the daily choices through the menus being displayed in the dining hall, at key points in the school and are also available on our school website.

Packed Lunches

Parents/carers who do not wish for their child to have a Free School Meal are encouraged to send their children to school with healthy lunch boxes. Information on what should be included in a healthy packed lunch is available on our website and we host regular food workshops for parents. If a pupil arrives in school with an inadequate packed lunch, their class teacher should inform parents straight away and then other provisions should be arranged for that child's lunch, including going home for dinner or being given a school meal.

Snack Time

All Key Stage 1 children are entitled to one piece of free fruit every day. KS2 children are encouraged to bring fruit which they eat at playtime – no other

snack is allowed during break. A healthy snack, as well as fruit and milk are available for children in the nursery.

Drinking Water

The children and staff are encouraged to bring a water bottle to school which they can fill up when necessary (staff can use the water cooler in the staffroom and children use the water cooler installed for them). Children may drink their water at any time during lessons. Children who do not have water bottles can drink from the water fountains. In both dinner halls during lunchtime, water and milk are available to drink.

The Dining Hall

Children in Reception to Year 4 eat their school dinner or packed lunch in the Key Stage 1 dinner hall. Years 5 and 6 eat their school dinner or packed lunch in the Key Stage 2 dinner hall.

Children are allowed to select where they sit with year groups taking it in turns to eat first and last.

Menus and a sample of the choices for that day are displayed where the children collect their trays. The dining halls are made as attractive as possible, with children's work or posters promoting the healthy eating message.

Food Across The Curriculum

Children learn the importance of healthy living through a range of topics beginning in Nursery and Reception with children exploring topics such as 'Ourselves' and 'Growing.'

In Key Stage One and Two Food Technology as part of Design and Technology (DT) provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. In addition to dedicated DT lessons Southern Road Primary School provides a number of opportunities to develop knowledge of healthy eating patterns through cross-curricular links and topic based projects.

Examples include:

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use locally grown or organic foods in children's food and drink etc.

Maths offers the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Year Two children experience different foods associated with religious festivals and look at reasons behind why people fast.

Computing offers pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in untuned percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

After school clubs provide pupils with activities to enhance their physical development e.g. handball, basketball, football club and educational visits e.g. Year Six visit to Fairplay house activity centre also provides this opportunity.

Provision for staff

Staff are encouraged to act as good role models and to eat healthily themselves. Staff are often provided with a healthy breakfast.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our water and packed lunch policies through the website and school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink milk or juice from their packed lunch bag.

Other Issues

Rewards in school should not be edible. Children are not permitted to bring in cakes/sweets/chocolates to celebrate birthdays; instead birthdays are recognised in class with the singing of happy birthday.

During Ramadan, children in both key stages are to go home for lunchtime if they are fasting. Children in Key Stage 1 are advised not to participate in fasting.

Our SEN team run a social food group every Wednesday afternoon where children who have difficulty eating are exposed to a variety of foods and encouraged to make and then try different items in a relaxed manner.

Role of Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

Policies to be reviewed regularly in line with the school's policy review cycle to take account of new developments. The LA and HT are responsible for ensuring the quality of school lunches offered by the caterer.