



New York Primary School
Federated with
Frithville Primary School

WHOLE SCHOOL FOOD POLICY

Plan approved by Governors

Review in Autumn 2017

Signed on behalf of Governors: **Sue Brackenbury** Date: **22/09/2016**

Presented to the governors for approval.

Aims:

Proper nutrition is essential for good health and effective learning.

We aim to:

- Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- Provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- Work in partnership with "Food for Thought" (Ideal UK), our hot meal provider to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in all decision making.

We aim to promote healthy & balanced eating by:

- Encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide - 'The Balance of Good Health' and the new nutritional standards.
- Encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- Encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- Encouraging fruit juices, lower fat milk and sugar-free drinks.
- Discouraging sugary and carbonated drinks and less healthy snacks between meals.

School Catering:

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, eg school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

- School lunchtime menus are agreed between the school and our hot meal providers. Local preferences are considered within the framework of the nutritional standards. Parents choose from a menu on a weekly basis.
- Termly theme days are linked to curriculum areas or calendar events.
- All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.
- Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.
- Free milk is available at morning break times for children under 5.

Packed Lunches:

A guidance leaflet is issued to parents, developed in consultation with parents on the content of packed lunches.

Example

Packed lunches should include some fruit or vegetable eg piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets, sugary drinks and chocolate should not be included. Diluted fruit juice in a screw top bottle is cheaper and easier to manage than prepared drinks. The school provides a suitable storage area for lunch boxes. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

Mid-morning Snack:

In consultation with parents it has been agreed that the only snacks children can bring to school is fruit, vegetables, plain biscuits and cheese. This helps to reduce litter and ensures children still have an appetite for their lunch.

School Tuck Shop:

This has been developed and influenced by pupils from what they have learned in nutrition education plus market research of their peers. It normally offers fruit, organic dried fruit, digestive/oat biscuits, yoghurts and cheese at cost price. Subsidised school milk is promoted as a vital contribution to calcium intakes and is available at the tuck shop.

Drinks Policy

- Children are encouraged to drink 3–4 glasses of water at school particularly after PE, active play and in hot weather.
- Water will be provided via water coolers, taps and water bottles in class.

School Ethos, Environment and Organisation:

The school recognises:

- The importance of lunchtime organisation on the behaviour of pupils.
(This will inform OFSTED inspections).
- The value of promoting social skills.
- Teachers, and midday supervisors work together to create a good dining room ambience and the development of appropriate table manners.
- Non-teaching staff are supported by the school behaviour policy.
- All EYFS and Key Stage 1 children are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods.
- Liaison with secondary schools provides an opportunity for the smooth transition to a cash cafeteria system.

Free School Meals:

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised. In accordance with new legislation, that becomes statutory in Sept 2014, all children in EYFS and KS1 will receive free school meals.