



Food Policy

February 2019

Knowle CE Primary Academy

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Our Academy Aims

Preparing Children for the Future

<p><u>Be Healthy</u></p> <p>We aim to empower each child to become physically, mentally and emotionally healthy in order that they can learn effectively and choose a healthy lifestyle.</p>	<p><u>Embrace Christian Values</u></p> <p>We aim to empower each child to develop socially, morally, ethically and spiritually by experiencing and sharing in our Christian beliefs and values</p>	<p><u>Stay Safe</u></p> <p>We aim to develop and sustain a happy and secure environment in which children become self-confident, articulate, emotionally aware, socially adept, literate and numerate in order to make the right life choices and, therefore, be inherently safer.</p>
<p><u>Make a Positive Contribution</u></p> <p>We aim to empower children to actively engage in the planning of their learning experiences, and have the confidence to express themselves in discussion and in writing in order that they will choose to engage positively in social and community roles, becoming global citizens.</p>	<p><u>Enjoy and Achieve</u></p> <p>We aim to empower each child to experience the joy of learning and to achieve success, developing their capacity to learn independently and interdependently in order that they choose to be engaged in lifelong learning.</p>	<p><u>Achieve Economic Well-being</u></p> <p>We aim to empower each child to develop a positive attitude, become self-motivated, and develop key academic and social skills, which enable them to think creatively and choose to impact on, influence and shape the world they live in.</p>

Learning for Life

Person responsible for leading the Food policy development: PSHE Lead

Personnel involved: Governors, Academy staff, Pupils and Parents.

How this policy was developed

This policy has been developed through a period of consultation with pupils, parents, staff, governors and the wider community. This policy is available for parents to view on our school website and parents are encouraged to talk to staff if they have any concerns.

Introduction

This policy aims to ensure that all aspects of food and nutrition in the school promotes the health and well-being of pupils, staff and visitors to Knowle CE Primary Academy.

WHAT DO CHILDREN THINK? School Council views

The School Council recognise that it is important for all children to learn about healthy eating and to try their best to eat a healthy balanced diet. The Councillors also believe that is part of their role to encourage this. They sometimes write in the School Newsletter to remind children and parents about only bringing healthy snacks and lunch boxes to school.

ACTION:

The School Council would like to get more involved with designing the menus for school lunches and to make suggestions to improve the range of salad and vegetables on offer. Solihull Catering will be asked to work more closely with Councillors to achieve this.

Aims

- To encourage our community to adopt a healthy lifestyle
- To provide information and allow opportunity for the pupils to adopt a healthy lifestyle
- To expect the active support of all families in the process
- Every child should be made aware of what constitutes a healthy diet
- Every child should be able to understand what our body needs to be healthy

Objectives

Within the context of Solihull's Healthy School's Programme and Knowle CE Primary Academy's status as a Healthy School (re-approved 2017) this policy specifically aims to ensure that:

- The curriculum is continually monitored to ensure information relating to food and nutrition is consistent and up to date
- Pupils are encouraged to eat and enjoy a balanced diet
- Staff and other adults working within the school model and actively promote healthy lifestyles wherever possible

Nutrition in the Curriculum

Throughout the school's curriculum there are a many opportunity for pupils to develop knowledge and understanding of how food impacts on their health, including healthy eating patterns and practical skills to prepare food safely and hygienically.

There are cross-curricular links that are made involving most subject areas that relate to food and healthy eating. The Science curriculum provides an opportunity to learn about the food types available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

Cooking and nutrition as part of Design Technology provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food.

Personal Social and Health Education (PSHE) encourages young people to take their own responsibility for their own health and well-being, teaches them to develop a healthy lifestyle, and addresses such issues as body image

The Eating Environment

We aim to provide welcoming eating environments, appropriate for the children who use them. There are snack areas for Foundation children as part of a social setting. Our lunchtime arrangements enable children having a school meal or a packed lunch from home to sit together in peer groups, supervised by lunchtime staff, who are there to help the children have access to, and enjoy their meals.

Breaktime snacks

A daily piece of fruit is provided, free of charge, to all children in Foundation Stage and Key Stage 1. Key Stage 2 children are allowed to bring a piece of fresh fruit, a vegetable or a healthy snack each day. The 'tuck shop' run by the school kitchen also provides a warm snack such as a piece of toast or a crumpet which children can choose to purchase. Fridays in KS2 have been designated as a 'Treat Day' whereby the children are allowed to bring a snack of their own choice which needs to be of a standard snack size and this is monitored by staff. In this way we hope to provide a practical example of a balanced diet. Break time snack options will remain under constant review to reflect changes in 'healthy' options as they become available. Free milk is provided daily to all children under 5, and parents have the option throughout the school to purchase milk for over 5's.

Food at lunchtime

We provide a dining room environment that is conducive to healthy eating and child wellbeing, i.e. a welcoming, social environment. We accommodate children who have a school meal, as well as those who bring a packed lunch from home. Children who have a school meal are guaranteed food that is nutritional and healthy as part of a balanced diet. The kitchen provides food that is recommended by Solihull Catering Service that follows national guidelines on Healthy Food. Menus are available online, via the school website, on the office notice board and each morning the children are given the opportunity to make their selection. The Kitchen staff are made aware of pupils who have particular dietary requirements on health or religious grounds and offer an appropriate alternative. Parents whose children bring a packed lunch to school, are encouraged to ensure that these meals are nutritionally balanced. See Healthy Lunch Box and Snack Policy (Appendix 1). Our school continually strives to work with parents and children to inform them of healthy options in this respect. Pupils are encouraged to bring water into school to drink during the school day. Water is available from a water fountain and pupils have access to it. Squash or fruit juices are not allowed in school, other than as part of a packed lunch brought from home.

Food in Extended Services

Food is prepared by the staff and is served at Breakfast Club and PlayStation. The food served follows the Solihull Catering Guidelines for Healthy Food.

Food on special occasions

This may include occasional events as part of the school curriculum or social calendar such as the Christmas party and fundraising activities associated with the school such as fetes, discos, children's events. At all times on such occasions the school will strive to ensure that a variety of options are provided for the children, with children encouraged to exercise balance and moderation in their food choices. We also recognise that some children like to bring confectionery in for their friends when they return from holiday, or on a special occasion such as a birthday. In not wanting to discourage such acts of kindness, such treats will be distributed at the end of the day for the children to take home with them.

Food allergies/intolerances

The school endeavors to minimise the risk to all children who have food allergies/intolerances. Parents work closely with the School Nurse to develop an Individual Care Plan for the child. The kitchen will be informed about a pupil's allergy and prepare meals accordingly. All staff, including Lunchtime Supervisors, are informed about pupils with food allergies, and receive training in the use of an adrenaline auto-injector eg EpiPen for those children who may require it. All pupils are made aware of the needs of others as far as food allergies are concerned and are informed about the role that they can play in helping other children minimise the potential risks.

Monitoring, evaluation and review

The implementation of this policy and measurement of any success will be monitored and evaluated by the PSHE subject leader, the Leadership Team and the governors. Evaluation measures will include feedback from occasional Healthy Snack spot checks, lesson observation monitoring, governor visits to school, including pupil interviews, and contributions made by the School Council.

Healthy Lunchbox and Snack Policy

Knowle CE Primary Academy recognises that our children come from a diverse range of backgrounds, including a number of different cultural, ethnic and faith groups. Our academy aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We understand that some children are 'fussy' eaters and that sometimes it is a major step to get some children to eat anything at all. We would want parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they have eaten.

We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

The Overall aim of this policy

We aim to educate our children with the skills, knowledge and understanding to enable to make informed healthy lifestyle choices. Our intention is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools, which is regulated by national standards.

The following *guidelines* for snacks and lunchbox contents may help parents and ensure health and equality for all children.

Packed lunches may include:

- At least one portion of fruit and or vegetable (this could include a dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles
- Dairy food such as cheese, yogurt, fromage frais
- A smoothie or yogurt drink/water
- A biscuit/cereal bar not coated in chocolate
- Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.

Packed lunches should avoid:

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.

- Sausage rolls/chipolatas and pies should only be included occasionally.
- Fizzy drinks.

Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason.

Water

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a bottle of water to school each day. This allows children to have access to fresh drinking water throughout the day.

Mid - Morning Break

Early Years/KS1

- A portion of free fruit/vegetable - is provided for all infant children each day.
- Water (Milk is also available via Coolmilk - details available via the school office)

KS2

- The school tuck trolley provides a variety of snacks for junior aged children. These are available to purchase daily, prices range from 25 - 80p
- Alternatively parents can send their child to school with a healthy snack

Please could parents support us by not sending sweets or chocolates into school.

On a daily basis the staff in school will see what children have in their lunchboxes, whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents **regularly** fall short of the expectations in this.

It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will send it back home in their lunch box in order for you to monitor their consumption.