



## Food Policy

Policy Control	
Responsible Person:	Nicky Curry
Responsible Governor Team:	Teaching and Learning
Approved by Governors:	September 2016
Date due for review:	September 2019

### **Our school policies are written with the objective of continuously improving the school in our aim of realising the school's vision:**

Goudhurst & Kilndown Church of England Primary School will provide a happy, caring and stimulating environment rooted in Christian values in which every child will flourish. We will realise the potential of every child and instil a lifelong love of learning. Our approach to teaching and learning will be inclusive, supportive and innovative and will embrace new education initiatives and leading technology. We will ensure that our children are aware of the world in which they live, understand the need to play an active role within the local and wider community and appreciate the importance of living a sustainable way of life. In partnership with parents and carers, we will help our children to build high self-esteem, independence and resilience and to develop the life skills they need for their future in an ever-changing world.

### **Our School Values**

Goudhurst and Kilndown Church of England Primary School values

**Community • Friendship • Joy • Love • Peace • Trust**

and all our stakeholders are encouraged to *reflect* upon their learning and their actions

**Goudhurst and Kilndown Church of England Primary School is a NUT FREE ZONE SCHOOL at all times – this includes lunchtime and packed lunches (no peanut butter sandwiches or coconut products).**

### **Aims and Objectives**

As a Christian school Goudhurst and Kilndown CEP School is committed to giving our pupils consistent messages about all aspects of health, to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. We aim to ensure that all food provision and food messages are healthy, to provide an environment that promotes the well-being of pupils, parents and staff. Our staff recognise that healthier children learn more effectively and are all committed to achieving the following aims and objectives:

- To ensure that we give consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all Key Stage 1 children to eat the free and subsidised fruit and vegetables provided to work towards the five pieces recommended daily.

### **Dining Room Environment**

**The School will provide a safe and healthy eating environment for pupils, staff and visitors having lunch at midday in the school.**

The school will provide a clean, sociable environment for children to eat their lunch. In doing so, the school requests children adhere to the following rules: -

- All pupils eat in the dining hall with their own class and then move into the playground.
- Children will walk into the dining hall in the same manner they walk into assembly. They will then be directed to collect their food or sit down until it is their turn by the supervising adult.
- All litter, from lunch boxes brought in from home, must be taken home at the end of the school day.
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, do not eat their lunch etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful.
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them.

- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain.
- Children should be polite and respectful of other people.
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

### **School Meals**

- Food is provided by Contract Dining Catering Company.
- Information about school meals is shared with parents and children via menus displayed in the front foyer, newsletters and the school website.
- Free school meals are provided for all children in Key Stage 1; Reception to Year 2.
- All Key Stage 2 children can elect to receive school meals, for a minimum of three days per week, for a small cost.
- Food is presented at child height and the cooks, and other staff, talk through the options verbally.
- Children are encouraged to try different foods each day, by the cook and other staff.
- Children are encouraged to eat all, or at least try to eat most, of the food provided, either by the school or in their lunch box
- Children are expected to choose one of the main options and vegetables and salad each day.
- Homemade dessert options are offered, and other options include fruit and yoghurts.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed.
- The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens and staffroom.
- The school occasionally has themed days related to a topic or the time of the year, such as Christmas.

### **School Food Standards**

A new set of standards for all food served in schools came into force in January 2015. Our school, through its caterers, need to adhere to the following:

- That starchy food cooked in fat or oil must not be provided on more than two days each week. The old standards specified no more than three times a week.
- To promote variety, the new standards want three or more different starchy foods provided weekly, including at least one wholegrain variety.
- The theme of variety is also seen in fruit and vegetables, with caterers needing now to ensure at least three different vegetables and three different fruits are provided each week.
- When it comes to protein, the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The

revisions here are designed to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer.

- The same thinking is behind the new requirement for a portion of dairy food to be included every day and that lower fat milk and lactose reduced milk are made available.

### **Packed Lunches**

**The school will provide information on healthy foods that should be included in Lunch boxes from home.**

The school recognises the benefits of a well-balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child.

### **Drinks**

**The school will ensure all children have free access to fresh drinking water.**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day.

The school agrees with this recommendation and provides:

- A free supply of drinking water.
- In all Key Stages children have clean plastic cups, or their own water bottles, in the classroom which they can access at all times.
- The children also have access to outside water fountains.
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**Fizzy drinks are not allowed in school and parents are informed of this.**

### **Snacks**

**The school will encourage all children to eat a piece of fruit at snack time.**

- All children are encouraged to bring in a piece of fruit from home that they like.
- A range of fresh fruit or vegetables are offered to children in KS1, free of charge, during morning play.
- Fresh milk is available daily to all children, at a small cost.

### **Curriculum**

- The formal curriculum develops pupil's knowledge of healthy eating through Design and Technology and cross-curricular links.
- The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops during Science Week.
- In Key Stage 1 and 2 children learn the importance of healthy living in Science, DT and PSHE. The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.