



# Healthy Schools

St. Joseph's



Murton

## *School Food Policy*

### **1. Responsibilities**

The school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health, and sustainable food, including production and farming practices.

The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

### **2. Mission**

The educational mission is to improve the health of the entire community by teaching pupils and families, ways to establish and maintain life-long healthy eating habits. The mission shall be accomplished through a whole school approach centred on food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.

### **3. Aims**

**3.1** To 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, including what constitutes healthy eating.

**3.2** To provide an opportunity for pupils to plan recipes, budget, prepare and cook food.

**3.3** To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

**3.4** To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.

**3.5** To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.

**3.6** To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.

**3.7** To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.

**3.8** To monitor menus and food choices to inform policy development and provision.

#### **4. Objectives**

**4.1** To work towards ensuring that this policy is both accepted and embraced by:

- School management
- Governors
- Teachers and support staff
- Pupils
- Parents
- Food providers
- The school's wider community

**4.2** To integrate these aims into all aspects of school life, in particular:

- All food provision within the school
- The curriculum
- Pastoral and social activities

#### **5. Methods**

**5.1** Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives. Consultation should be ensured throughout the process with priority given to the views of pupils

This will be achieved by:

- Identifying a Healthy Eating co-ordinator
- Use a whole school approach - including consideration of curriculum, food service, pastoral and social care
- Incorporating food issues into the School Council agenda eg. consultation with pupils re themed events

- Collecting pupil opinions on school meals: quality and type of food being served etc.
- Reviewing meal uptake.
- Exploring pupil preferences in planning menus and snacks.
- Involving parents, pupils, teachers, Governors, school meal provider, health workers, interested members of the local community etc. to discuss food related issues

**5.2** Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example

( Ref. resources: [www.health-promotion.org.uk/schools](http://www.health-promotion.org.uk/schools) and [www.foodinschools.org](http://www.foodinschools.org) )

Initial activities will include:

**Food topics covered within curriculum areas:**

- Art, e.g. observational drawings of food, healthy eating poster design
- Personal Social and Health Education, e.g. menu planning, nutrition, citizenship
- Design and Technology, e.g. cooking, designing tools
- English, e.g. food diaries, following instructions
- Geography, e.g. what food grows where, food miles, transporting food, waste
- History, e.g. past diets, discoveries
- Information Technology, e.g. recording results of a food survey, website review
- Maths, e.g. weights and measures
- Physical Education, e.g. links between healthy eating and exercise
- Science, e.g. effects of heat on food, plant growth, nutrition

**Topic cross reference:**

- Nutrition
- Dining
- Cooking
- Menu planning skills
- Food hygiene (e.g. common food poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant, pests)
- Cultural diversity
- Food production, marketing and labelling
- Recycling
- How plants grow
- RE – importance of shared meals, etc.

**Examples of activities that could support curriculum work**

- Relationships with local food businesses, e.g. farms, shops and restaurants (encourage food professionals to come into the classroom and arrange for pupils to visit their premises).
- Tasting sessions (integrate a range of eating experiences into classroom work, e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables)
- Cooking demonstrations
- Healthy eating drama activities
- Healthy eating projects
- Eating experiences integrated into the curriculum for all subjects.
- School garden / Spyral Garden Allotment Project.

**5.3** Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious and affordable food.

This will be achieved by ensuring:

- that the on-site food provision (eg. breakfast and lunch) is monitored to ensure high quality
- food is well balanced and provides a 'choice'.
- that the menu recognises the needs of pupils and staff re religious, ethnic, vegetarian and allergic factors
- staff have attended training courses on basic nutrition and food handling
- Food Service staff attend Scolarest training sessions
- Staff/Support Assistants have the opportunity to achieve a Food Hygiene certificate

### **Environment**

St. Joseph's aims to provide children with an environment which promotes healthy eating. It aims to ensure that:

- the dining area is safe, pleasant, comfortable, attractive and clean
- menus are displayed in classroom areas and attention is drawn to them before children leave the class for lunch
- two supervisory assistants are in attendance in the dining hall to assist and support children
- there is a staggered serving - KS1 children served at 12.00 and KS2 at 12.15
- lunch time supervisors provide children with sufficient time to eat their meal
- good manners and respect for fellow pupils is encouraged in the dining area by dinner ladies, supervisory staff, SA and headteacher – this is to be reinforced in the classroom by class teachers
- children wash their hands and say a prayer before entering the dining hall
- supervisory staff clear plates in designated receptacles and kitchen staff dispose of waste appropriately

### **Food ideas**

The school recognises the need to promote healthy eating and will endeavour to provide good quality healthy food.

- **Breakfast food**
  - Cereal (non sugar-coated, high fibre varieties are the most healthy)
  - Fruit (fresh, tinned and dried)
  - Yoghurt with fruit and/or cereal
  - Bread, toast (white or wholemeal) and other appropriate bread products.
  - crumpets
  - Eggs, beans, spaghetti
  - Fruit juice (orange and apple juice) , milk

The school aims to discourage unhealthy items in packed lunches.

The following items will be actively discouraged from being eaten as part of a snack or packed lunch:

- Fizzy drinks
- Chocolate
- Sweets
- Fruit 'winders'

### ▪ **School lunch choices**

The school works closely with Scolarest and the County Food Services to ensure that school meals meet government nutritional guidelines. The quality of meals is monitored and checked throughout the serving period to ensure availability and quality control.

The school meals provider makes regular visits to the school to inspect kitchen staff and procedures. At these times the inspector discusses with the Headteacher the inspection results and provides opportunities for the Head to raise any issues or concerns. This procedure is independently monitored by County Meals Client Service Inspectors.

The school receives regular information updates from Scolarest. Questionnaires provided by the service are regularly filled in both by staff and pupils.

The school promotes school meal uptake with parents, ensuring that all new starters are provided with the opportunity to try a school meal prior to starting school. Information promoting school meals is sent to parents along with guidelines on healthy lunches. All children entitled to Free School meals are encouraged to do so.

### **School Milk.**

The school has signed up with 'Cool Milk' to provide milk for children whose parents request it. Order forms are provided to all parents at the beginning of the school year and on request.

New parents receive this information in their School Brochure Pack.

Under fives receive free milk.

### **National Fruit Scheme:**

The school takes part in the National Fruit Scheme and provides fruit for KS1 children. Any fruit not taken by KS1 children is offered to KS2 children.

### **School clubs/school events**

Healthy snacks are provided at after school clubs which last longer than 1 hour.

These snacks mainly consist of sandwiches (ham or chicken), cheese and a drink (water or orange juice).

### **Sport Events:**

Fruit is supplied by the school during the school Sports Day – children are able to buy fruit instead of the previously traditional 'tuck shop' items.

### **Water:**

- The school currently has 1 water cooler/dispenser positioned in the main foyer of the school. Children are provided with their own water bottles which are filled every morning by staff and placed in a designated area in each of the classrooms.
- The water supply is regularly tested according to manufacturer's guidelines under a service contract.
- Children have access to their water bottles throughout the school day. However, pupils are discouraged from having the bottle constantly in their hands or mouth. Teachers encourage appropriate consumption of water.
- During prolonged periods of exercise and sporting events children are provided with water breaks.
- Water bottles are emptied and rinsed daily. Names are written onto bottles to ensure that each child drinks out of their own bottle. Children are encouraged not to chew the mouth piece – damaged bottles are replaced.

## Food Hygiene

- **Lead responsibility**
  - Miss Jones (Headteacher) is responsible for ensuring that food hygiene procedures within the school setting are complied with.
  - Responsibility regarding compliance within the kitchen is with Scolarest and Catering Inspectors working for Durham CSA.
- **Requirement on all providers**

*It is expected that Scolarest ensure that:*

  - All the staff employed in food preparation hold a basic food hygiene certificate.
  - Staff are supervised by someone holding an advanced food hygiene certificate or equivalent.
  - A documented food safety management system is in operation and observed at all times. This should be available for inspection in the school kitchen.
  - All regulations appertaining to food hygiene are complied with.

### **Additional requirements on:**

- **School meal providers**
  - A full independent food hygiene inspection is carried out of the food storage, meal preparation and food serving areas. A copy of the inspectors' report is provided to the school
  - A cleaning and disinfectant schedule is in place and can be inspected by the school.
- *Pupils*
  - Pupils are reminded to wash their hands every time they go to the toilet
  - Pupils wash their hands before they eat food. Liquid soap and paper towels are provided.
- *Adults*
  - Require adults who assist with food preparation activities in the school, including classroom activities, to possess a basic food hygiene certificate or equivalent, or to complete the British Nutrition Foundation 'Teaching Food Safety' CD programme. This will both encourage food safety and provide them with an additional personal qualification
- *Classroom food handling and preparation*
  - Teachers and support assistants make sure that all children working with or handling food know the “do's” and “don'ts” related to food handling.
- **Food Poisoning**
  - The school follows the policy /procedure outlined in the Durham CSA codes of practice guidance in the event of an outbreak of food poisoning.