



Herrick Primary School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH).

Food Policy Aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide health food choices throughout the school day

These aims will be addressed through the following areas:

1. Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

2. Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

Cooking is taught to complement other cross curricular activities e.g. weighing ingredients in maths, making food from a different country (Geography) or time (History). Children grow food in the allotments and harvest this to be cooked and eaten at lunchtime.

Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this regular discussion takes place between school staff, the Catering Team, the dietician and school nurse.

Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored by the PSHEC Leader. A wide range of materials are used throughout the whole school range. Books are available for pupils in the library.

Evaluation of pupils learning

- Primary - The healthy eating aspects of the National Curriculum are assessed through classroom assessment.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

3. Food and drink provision throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

Herrick Playgroup operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: cereal, milk, fruit juice, toast and fruit.

Fruit drinks are on sale at lunchtime.

National Nutritional Standards for School Lunches

National Nutritional Standards for school Lunches became compulsory in April 2001. Dining Supervisors monitor packed lunches on a daily basis and involves parents if they are concerned about the lack of healthy content.

The Government announced new standards for school food. There are three parts, and were phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. Samples are offered to parents at Parents' Evenings and parents are welcome to come to school and sample a school meal.

Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school does not allow any sweets, biscuits, crisps or chewing gum to be brought to school but encourages the children to bring fruit.

The school is part of the Fruit for Schools initiative and FS/ KS1 are given a piece of fruit every day. Milk is available at a small charge every morning. Free milk is provided for those on free meals.

Use of food as a reward

The school does not allow sweets or other foods high in sugar or fat, as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school such as stickers, certificates and praise postcards.

Drinking water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water with water chillers situated in both KS1 and KS2. A water fountain is available in the KS2 playground.

4. Food and drink brought into school

Packed lunches

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options. Workshops have been held for all KS2 children and Family Learning sessions have been run for parents and children to learn together.

5. Special Dietary Requirements

Special Diets for Religious and Ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices

Vegetarians and Vegans

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. Herrick Primary School is a Nut Free Zone.

6. Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

The Food and Eating Environment

Picnic benches have been purchased to create an outdoor eating area for packed lunches on fine days. A decorated wagon is used to display cutlery. Lunchtime staff are being appointed to manage the eating of meals, use of cutlery, litter management etc.

Posters advertising Healthy Eating are displayed in the lunch hall and flowers and smaller Healthy Eating adverts are placed on each table. The children use trays for their meals.

Each term we invite 'Grandparents' to join us for lunch. Parents are also invited to join their children for a school meal. All parents are given the opportunity of sampling some of the dishes on offer when they attend Parents Evening.

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