

# Moreland Primary School



## Food Policy

# Moreland Primary School – Food Policy

Date - September 2021

Date to be reviewed – July 2022, July 2024, July 2026

## Aims

As a Healthy School we want to ensure that we promote the health and well-being of the whole school community through all aspects of food and nutrition and provide consistent messages to pupils, parents and staff. Through all aspects of school life we aim:

- To promote health awareness
- To give our pupils the knowledge and skills they need to be able to make healthy choices
- To ensure that we are giving consistent messages about food and health across the school day
- To ensure the food and drink available across the school day reinforces the healthy lifestyle message and food brought in are in line with the food provided
- To include the whole school community in the promotion of healthier lifestyle

## Responsibility for food in school

Catherine Lawrence has overall responsibility for food provision and education, including overseeing that the policy is implemented.

Catherine Lawrence is responsible for overseeing that school food meets current guidelines (including the statutory guidance and has the evidence to show compliance) for school meals, the dining room environment and packed lunches and food other than lunch (incl. breakfast club, vending, tuck-shop, food at after school clubs), and maximising take up of free school meal entitlement.

Jamilla Agmin leads on cooking skills (primary).

## Whole school community

### Pupils

- School council are involved in development of school life and pupils are consulted regularly through the pupil questionnaire.
- Through class discussions, school work and family homework the school gains an understanding of the pupils (and families) knowledge and understanding of healthy eating.
- Some parents attend Kitchen club where they develop further their understanding and skills related to healthy eating.

### Staff

- All staff is aware of the policy and understand their role within it ensuring that teaching across the curriculum is consistent with the aims of the food policy.
- Staff are required to act as role models for pupils and are mindful of their own food choices particularly during lunch or playtime where they might be visible to the pupils. Additionally, when eating in the lunch hall they model good eating habits and choosing and eating food from each of the food categories on offer.
- All teacher assistants have received training in food preparation and teachers are encouraged to book onto courses.
- Staff who serve food on a regular basis (at breakfast club/afterschool club) have achieved a Level 2 food safety certificate.

## Parents

- Caterlink asked parents to complete a questionnaire.
- Some parents have the opportunity to attend the Kitchen club.
- Parents have access to the food policy from the reception area and the school website.
- Parents receive a copy of the school lunch menu every term.
- In the monthly newsletter there is a section dedicated to leading a healthy lifestyle which includes useful tips for parents.
- Parents are invited to an annual international evening every year and they are encouraged to bring food from their own countries.
- Parents who send their children to school with a packed lunch for lunch are encouraged to bring healthy foods such as sandwiches, fruit and yoghurt. When parents/children don't adhere to packed lunch guidelines a letter and healthy eating leaflet is sent home in the packed lunch box. If problems continue parents are spoken to and offered more support.
- When children are required to bring a packed lunch for a trip, guidance on what to send is given.

## Governors

- The food policy is signed off by the governors and head teacher.

## Food consumed on the school premises

All food served at the school on a regular basis between 8am and 6pm meets the mandatory school food standards and there is a process in place to ensure that the provision is coordinated across all food and drink outlets. Food served at breakfast clubs and after school clubs all meet the statutory food based standards for school food other than lunch. The school has evidence to show compliance (a list/menu of food and drink provided in each outlet operating at the school and evidence of evaluation for example an audit).

*Within the catering contract:* Islington council ensures that the lunches served by Caterlink meet the statutory nutrient and food-based standards for school lunches.

*Outside of the catering contract:* The school ensures that the lunches meet the statutory food-based standards for school lunches and is able to demonstrate compliance (dated menu cycle of all food and drink provided and an audit against the food-based standards). See:

[www.schoolfoodplan.com/standards](http://www.schoolfoodplan.com/standards)

## Breakfast

- The school has a free daily breakfast club serving a range of healthy breakfast choices; Around 30 – 40 children access breakfast club a day over the week with a number of places given for families in need.
- Food served includes breakfast cereals, toast, toasties, bagel, juice, fruit.
- Buttered brown bread is available in every classroom in the morning for any children who have missed breakfast.

## Snacks

- Fruit is provided for infants as part of the National Fruit and Vegetable Scheme.
- Juniors can bring in fruit for break time – teachers monitor that only fruit is being brought in and not unhealthy snacks.
- Children who attend the 2 Year old provision are provided with a meal or snack at least 1½ hours but no more than 3 hours apart. Snacks provided are varied with some containing starchy foods such as crackers or bread. Dried fruit and fruit juice are not provided as part of snacks but other forms of fruit or vegetables are provided at some snacks. Water and milk are the only drinks that should be provided between meals and as part of snacks.

### **School meals**

- As part of Islington's universal free school meals, all children are offered a free school meal. The meal service is provided by Caterlink through the council contract.
- Lunchtime supervisors and catering staff encourage children to make healthy choices and finish their lunch.
- The dining room is a pleasant and sociable environment. Children are encouraged to use good table manners and to take time over eating their lunch.
- A class at a time is brought into lunch, where they will sit in groups at tables and Family Service is used to promote a positive dining atmosphere.
- Early Years have their lunch before the rest of the school and there is additional staff to support the children with choosing and cutting up their food.
- 97% of pupils who are entitled to FSM take up their entitlement.
- Home school support worker to check with lunchtime supervisors and office to check that those children who are entitled to government free school meals take up their entitlement.
- School council to suggest questions for the pupil questionnaire linked to school lunches and to evaluate the results.

### **Equal opportunities and inclusion**

- School food caters for relevant religious and cultural food requirements.
- Pupils with disabilities within the school are adequately catered for in the dining room. These pupils have access to adapted cooking equipment where required.
- The school asks parents if the perspective pupil has any allergies to food items. This information is shared with catering staff and relevant teaching staff and will be taken into account when serving food or during cooking lessons and parties and celebrations. Parents are reminded to keep school informed of any changes in food allergies.
- The school works with parents and catering to ensure that pupils who have allergies or are diabetic can still access school lunches.

### **Packed lunches**

- Very few pupils bring in a packed lunch.
- Children are encouraged to bring healthy foods such as sandwiches, fruit and yoghurt. When children do not adhere to pack lunch guidelines a letter and healthy eating leaflet is sent home in the packed lunch box. If problems continue parents are spoken to and offered more support.
- Packed lunches are monitored by the lunchtime supervisors and if the lunch is considered to be inappropriate a school dinner will be provided.
- The school works in partnership with parents to encourage healthier options being included in packed lunches brought from home.
- When children are required to bring a packed lunch for a trip, guidance on what to send is given. If the lunch is considered to be inappropriate a school packed lunch will be provided.

### **After school clubs**

- Children can bring in and eat a healthy snack before an afterschool club. They eat this snack whilst being registered in play centre where staff monitor the snack.

### **Drinks policy**

- Children are encouraged to bring water (water only) to school each day.
- The school encourages children to have a water bottle on their desks or in a designated area of the classroom.
- Teachers act as role models by having a bottle of water on their desks and drinking from it throughout the day.
- Children without water bottles are encouraged to go to the water fountain at playtimes (where appropriate) or drinking water is available in each classroom.
- Drinking fountains are situated outside the classroom with easy access from the classrooms and playgrounds. The water fountains are situated away from the toilets.
- In the dining room, jugs of water and cups are available for all children.

### **Bake stalls**

- There is no set time in the year where the school has a bake sale, but if the school chose to have one as a fundraiser it would not be more than once a half term.

### **Birthdays, festivals, celebrations, and events**

- Parents are not allowed to send in birthday cakes or party bags for birthdays or celebrations.

### **Rewards and prizes**

- The school does not use food as a reward or for prizes as this would give these items a special value.

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## **Primary food and cooking skills education**

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It is a perfect tool to captivate and stimulate pupil's interest and enjoyment of food as well as building self-confidence. Every child in each year group has a minimum of 3 cooking opportunities. The school provides the ingredients for the cooking skills lessons.

- *How are cooking skills lessons generally taught and organised? E.g.*
  - *Whole class*
  - *Small group*
  - *Half class*
  - *Carousel*

### **Primary curriculum**

- Cooking and nutrition is mapped out in the curriculum for each class and staff are given clear recipes to teach children.
- The children have a half term food and nutrition KAPOW unit as a minimum over the year and the recipes teach cooking skills which have been planned to ensure progression through the year groups.
- Food safety and hygiene are also covered through the cooking sessions.
- Through PSHE and Science children are taught about other aspects of food such as eating a balanced diet and oral health.

### **Teaching and learning**

All cooking skills lessons enable pupils to develop food and cooking skills alongside safe and hygienic food practices and consumer awareness. Understanding the principles of healthy eating is a central part of learning within our cooking skills curriculum. We use a variety of recipes and ensure that each lesson provides ample opportunities for pupils to develop practical skills. We have carried out risk assessments and have clear procedures for the use of knives, cookers and hobs, and electrical equipment.

### **Monitoring and evaluation**

- Monitoring takes the form of lesson observations and planning scrutiny. The head of school monitors each class planning every half term and feedbacks to the class teachers.
- A number of lesson observations take place over the year and teachers are given constructive feedback and actions for improvements.
- Any nutrition which falls into the science curriculum is assessed on target tracker and children's progress is tracked.
- Any cooking taught through topic work is assessed in the lessons by teachers.

### **Food safety and cooking facilities**

- There is a dedicated classroom kitchen used for cooking.
- The cooking equipment is stored in a designated cupboard and is exclusively used for the teaching of cooking skills (in the curriculum and extra curricular).
- Knives are kept in a cupboard out of reach of all children.
- The space and equipment is cleaned before use.
- There is sufficient work space for food preparation.
- There is a fridge in the kitchen.

### **Other areas of the curriculum**

- When food is taught / used in other areas of the curriculum consideration is given to ensure that teaching and learning is consistent with the aim of the food policy, for example during enterprise week.

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### **Supporting more vulnerable pupils**

#### **Supporting pupils who are entitled to free school meals**

- We are working towards all pupils who are entitled to a free school meals taking up that entitlement and the pupils choose a balanced meal (see section on school meals as part of food consumed on the school premises)
- Other support for vulnerable pupils include free breakfast at breakfast club and for any children who have missed breakfast or only had a small amount there is brown bread and butter in each classroom.

#### **Supporting pupils with health issues which impact on their food consumption**

- Children with allergies are identified on their admission form. Pictures of the children and their allergy are displayed on the staff notice board, in the kitchen and in the main office.
- The school kitchen is nut free.

#### **Supporting pupils and their parents / carers where weight might be an issue**

- The whole school environment is supportive to pupils to maintain a healthy weight and eat a healthy diet.
- There is information available for pupils and parents if they would like to get support, if they are concerned about their weight.