



Whole School Food Policy

INTENT

Brookland Infant and Nursery School recognises the importance of a healthy diet and the significant connection between a healthy diet and a child's ability to make progress and learn effectively. It is important that we ensure that awareness of healthy eating is promoted by all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

The principles of this policy incorporate those outlined in:

- The School Food Plan - <http://www.schoolfoodplan.com/>
- The nutritional principles of this policy are based on the 'eatwell plate' - <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>
- School Food Standards - <http://www.schoolfoodplan.com/standards/>

AIMS

We aim to:

- Improve the health of children and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet.
- Ensure children are well nourished at school and that every child has access to safe, tasty and nutritious food and that water is easily available during the school day.
- Provide a range of healthy food choices throughout the school day which are in line with the mandatory School Food Standards and follows the principles laid out in the School Food Plan.
- Ensure that food provision in the school reflects the medical and ethical requirements of children and staff, for example medical allergenic, religious, ethnic and vegetarian needs.
- Provide our children with the information they need to make healthy food choices.
- To ensure a consistent approach to healthy eating across the school community including children, staff and parents/carers.

IMPLEMENTATION

School Food Plan

The School Food Plan <http://www.schoolfoodplan.com/> is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support head teachers to improve the quality and take-up of school



food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by:

- Adopting a 'whole-school approach': integrating food into the life of the school: treating the dining hall as the hub of the school
- The head teacher leading the change
- Concentrating on the things children care about: good food, attractive environment, dining hall layout
- Encourage take up of school meals to improve school food economics and in particular encourage take up of the new Universal Free School Meals for all Foundation Stage and KS1 children.

Food throughout the school day

1. Breakfast Club and After School Provision

The school governors and Headteacher have overall responsibility for food within the school and throughout the school day. However, all members of staff at Brookland Infant and Nursery School work together to monitor and evaluate this topic and support each other and the children. We provide a breakfast and after school provision for the children. Breakfast club is run internally by members of staff and the after school provision is commissioned through a private provider. Details and costs are available from the school website or school office.

2. School Lunches

At Brookland Infant and Nursery School we use Olive Dining as our catering company. Olive Dining offer a bespoke service entirely dedicated to the education sector. They are committed to providing healthy and delicious meals, serving both primary and secondary schools around the South East of London. Their menus are full of variety and flavours to cater for everyone's taste and dietary requirements. The children are provided with water or milk to drink with their lunch.

Their menus offer a choice of fresh, healthy cooked food which meets the Government food based standards and has been nutritionally analysed to ensure they provide balanced, healthy meals. Their menus retain the 'Food for Life' Catering Mark and are freshly prepared on site using the finest, freshest and locally sourced ingredients. All their menus meet and exceed all national nutritional standards.

All meals are freshly prepared daily by a dedicated team. Olive Dining operate menus on a 3 weekly cycle which includes main course, vegetarian course and a jacket potato or pasta option. They also prepare meals to meet individual dietary requirements. Children wear colour coded lanyards to highlight their dietary requirements e.g. no fish, vegetarian etc to make it very clear for all the catering staff.

Olive Dining supports our school ethos that it is important for children to have a healthy lifestyle. They also acknowledge that the dining experience is a social skill that the children have already begun to acquire and they want to build upon that, making eating enjoyable, fun and delicious. Olive Dining also offer theme day menus throughout the year in line with religious festivals or national and international events.



We have regular meetings with our catering provider where discussion on food quality and the content of the menu takes place; we also encourage the children to participate via the school council and Child's Voice meetings so their feedback is considered.

Their website is <https://olivedining.co.uk/>

- Special Dietary Requirements

The school work very closely with Olive Dining to ensure we do everything possible to accommodate children's specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies. Children's food allergies are displayed in a sensitive yet clear way in relevant places around the school including in the staffroom and in the dining hall.

- Free School Meals

Currently under the government's Universal Infant Free School Meals scheme all children in Reception and KS1 children are provided with a meal free of charge and the school would like all children to take this meal. In addition to this UIFSM funding, the school also receives Pupil Premium funding for all children registered as entitled to a free school meal. This funding supports the educational needs of pupils. The school promotes application for Free School Meals for those families that may be entitled to this benefit. This message is reinforced at parent's inductions and events. The uptake of Free School Meals is monitored termly. There is no stigma to Free School Meals as only those children entitled are known to adult staff. Those entitled to Free School Meals have the same entitlement as those who pay.

3. Packed Lunch

If children choose to bring a packed lunch, we also encourage them to eat a healthy packed lunch.

This guidance aims to support children to have a balanced lunch to best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible.
- 1 portion of fruit and 1 portion of vegetables or salad.
- Dairy food such as cheese or yoghurt.
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel.
- Oily fish once every 3 weeks e.g. sardines or salmon.
- Drinks should be water, milk or pure fruit juice.

Packed lunches should **not** include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars.
- Sweets.
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts.
- Any items containing nuts or nut based flavourings.
- Fizzy drinks.



Children's eating is monitored by the lunchtime staff whilst the children are eating in the dining hall. Children are asked to take home all food that has not been eaten to allow parents to monitor their child's consumption. Parents are encouraged to report any concerns to their class teacher and likewise teachers may discuss any concerns or issues with parents.

When eating lunch, we expect our children to follow these rules:

- All children wash their hands before entering the dining hall.
- All children are required to sit for a reasonable time, in order to eat their lunch.
- Children are required to at least try to eat most of the food provided, either by the school or in their lunch box – if staff do not feel that the child enjoyed the choice of school lunch they will inform the class teacher who will speak to the parent/carer.
- All remains from lunch boxes brought in from home, must be taken home at the end of the school day.
- Lunchtime supervisors 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, or have difficulty opening yoghurts etc.
- If a child has a problem or wishes to leave they should raise their arm and wait until for a lunchtime supervisor to come to them.
- Children should be polite and remember to say please thank you.
- Children can talk quietly with their friends without food in their mouths.
- Children should try not to drop their food on the floor.
- Once finished, children empty any leftover food into the designated area, put their used cutlery into the basket and stack their trays. They empty their leftover drinking water into the bucket and put their cups into the bowl.

4. Snacks

Children are encouraged to eat the fruit and/or vegetables during the morning as part of the National Health scheme which provides free fruit and vegetables for Infant and Nursery aged children daily. If children do bring in a snack from home to eat at snack time or before attending an after school club, it should be a piece of fruit or vegetable.

5. Drinks

- Water

Every child is encouraged to bring their own water bottle (plain water only, not flavoured) and to refill it during the day as necessary. Children are encouraged to drink regularly throughout the day and especially so in the hotter months. Regular water opportunities are built into the school day by class teachers and the children have access to water throughout the day.

- Milk

Children are entitled to receive free milk up until their fifth birthday. After that parents have the option whether they wish for their child to continue having milk after this time. It is a service that parents need to pay for and it is organised by an external company called Cool Milk.



6. School Trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage in Understanding the World, Science, PSHE and Design Technology (cooking and nutrition). We also recognise that food has great potential for cross curricular work and many learning opportunities in RE, Geography, History, English and Maths.

The Eatwell model can be used throughout the school (see appendix 1) as a model of understanding a balanced diet.

REWARDS AND SPECIAL OCCASIONS

- Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school.

- Celebrations

The school recognises the importance of celebrating birthdays and special occasions. However, for children's birthdays we discourage chocolates, sweets and cakes and we are unable to give out cakes or sweets. We kindly ask if these can be saved for parties at home. This will help us in encouraging healthy choices at school. We welcome any parents who would like to send in a book to donate to the class library and share with the class on their birthday.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

EXPECTATIONS OF STAFF AND VISITORS

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, especially when in the company of children. Staff can purchase a school lunch on a daily basis if required. Teaching staff are also welcome to eat a school lunch and sit with children in the dining hall.



PARENTS, CARERS AND FAMILIES

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their children and families. School and home can work together to support children in developing their ability to make healthy food choices.

MONITORING AND REVIEW

The designated catering contractor (Olive Dining) is responsible for ensuring that the quality of food offered is of a high standard and compliant with legislation.

This policy will be reviewed every four years to take account of new developments.

The policy will be accessible to everyone, including children, parents and extended staff, online and by request of a hard copy.



Appendix 1 – Eatwell Plate

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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