Wincanton Primary School

Food Policy

Approved by the Head Teacher December 2023

Proposed Date of Future Review December 2025

Signed by Head Teacher Graeme Wilson.

Rationale

The Governing Body recognise the important connection between a healthy diet and a pupil's ability to learn. They also recognise the role played by the school as part of the larger community, to promote family health.

Mission

To improve the health of school community by teaching pupils and families ways to establish and maintain life-long healthy eating habits.

The mission shall be accompanied through food education and skills (such as cooking and growing food), the food served in school and the content of the curriculum.

Aims

- To improve the health of members of the school community by helping to influence their eating habits through increasing their knowledge and awareness of food issues including hygiene
- To ensure that pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and an easily available supply of water.
- To ensure that food provision in the school reflects ethical and medical requirements, e.g. vegetarian, medical and allergenic.
- To make the provision and consumption of food an enjoyable and safe experience.

Objectives

- To work towards ensuring that this policy is accepted and embraced by; all staff, pupils, parents, Piskula Catering, food providers and the wider school community.
- To integrate these aims into all aspects of school life in particular; food provision within the school, the curriculum, pastoral and social activities.

Provision of Food

The Eating Environment

- Pupils eating a hot school lunch eat in the dining hall with their peers and then move into the playground for the remainder of the lunch break.
- Pupils eating a packed lunch will eat in their classroom with their peers and then move into the playground for the remainder of the lunch break.

School Meals (Lunches)

All children are asked to wash their hands before eating.

- Food is provided by Piskula catering who are based at Our Lady of Mount Carmel Catholic Primary School in Wincanton.
- Free school meals are provided for all children in Key Stage 1 and those who are registered in Key Stage 2.
- A choice of hot school meal or packed lunch is chosen 10 days in advance.

- Hot food is presented at child height and the cooks and other staff go through the options verbally.
- Children are encouraged to try different foods each day by the cook and other staff. • Children having a hot school meal are expected to choose one of the main options and vegetables and or salad each day.
- Sandwiches with a choice of fillings are available to children who have selected packed lunch option.
- Healthy dessert options are offered, ranging from fruit, yogurts and a hot alternative which included at least 50% fruit within them.
- Children are encouraged to eat their main meal before dessert and this is monitored by members of staff present in the hall.
- Children who eat little or too much food are monitored and encouraged and the staff and parents are informed of any concerns.
- The cook is informed about children who have special dietary needs or allergies and this information is displayed in the kitchen and in the hall.

New Standards

- That starchy food cooked in fat or oil must not be provided on more than two days each 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.
- A portion of dairy food is to be included every day and lower fat milk and lactose reduced milk are made available.

Breakfast

- Breakfast club is open to all children every week day from 7.45 am, places are charged at £3.00 a day.
- Social interaction is encouraged whilst eating breakfast and after breakfast they have the opportunity to play a variety of board games or read books.
- The food is prepared fresh on site by breakfast club assistants.
- The food on offer ranges from, cereals and milk, white and brown bread, muffins, croissants, range of spreads and baked beans on toast
- Fresh fruit and juices are also available.

Packed Lunches

- Children are encouraged to show their packed lunch boxes to a member of staff after they have eaten especially in Foundation Stage and Key Stage 1
- Parents are consulted by a class teacher if lunch boxes do not contain a balanced diet. Healthier options are discussed.
- All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits.

Snacks and Drinks

- In Foundation Stage and KSl free fruit/vegetable is provided as part of the Governments free fruit initiative. All children are encouraged to try a piece at morning break.
- In KS2 an optional snack of fruit or vegetables is to be provided by parents/carers in a suitable container. This snack is to be consumed at morning playtime at the quiet end of the playground.
- Milk is provided free of charge to under five year olds and to pupil premium families. This is stored in a fridge in Mercury Class. There is an option for other to pay for milk to be consumed at morning play.
- All children are encouraged to bring in a bottle of water into school every day. These will be refilled throughout the day on request. There are two water fountains outside in the playground which the children have access too at break and lunch times.

Teatime/Holiday Club

- Children attending these club may bring their own food. The microwave is used to heat up food such as baked beans. Fruit and Toast is also provided as a snack with butter, jam, honey or marmite. There is a fridge in the room which can be used to store food.

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 OT topics, healthy food activities and workshop during science day.
- In KSl and 2 children learn the importance of healthy living in Science, OT and PSHE. Topics include: Ourselves, Health and Growth, Keeping Healthy and eat more fruit and vegetables.

Provision for Staff

- Staff have discussions about healthy eating and the food policy.
- Staff involved in food preparation for breakfast and extended school have a food hygiene certificate.

Parents

- Information about schools meals is shared with parents via the four weekly menu sent home each half term, on the newsletter and Wincanton Primary Schools website.

Other Issues

- Multicultural food is encouraged during specific topics.
- During SATs week all year 6 pupils are offered a healthy breakfast.