

This policy was developed and agreed in consultation with all staff, governors, parents/carers, pupils, carers and various external bodies.

The Policy takes full account of:

- Governments Nutritional-based Standards for school lunches, September 2008 for Primary schools
- Food in Schools Toolkit
- Healthy Eating Criteria of the National Healthy Schools Programme
- School Food Regulations 2014.
- National Curriculum 2014

At Lothersdale Primary School we are committed to giving all our pupils consistent and coherent messages about food and its role in their long-term health. We believe that every adult at Lothersdale School can play an important part in making sure that the children develop positive attitudes towards food so they can make informed choices and enjoy healthy eating. We promote all aspects of health and aim to help our pupils understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Lothersdale Primary School is recognised as being a healthy school so it is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We aim to provide a valuable role model to pupils and their families with regards to food and healthy eating patterns.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To contribute to the healthy physical development of all members of our school community
- To encourage all pupils to take part in the 5 a-day campaign
- 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.
- 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.
- To make the provision and consumption of food an enjoyable and safe experience.

Policy Application

This policy applies to persons on the school premises and those involved with events and activities, which are part of the extended curriculum on or off the school site.

Snacks

All our under 5s are entitled to free milk which is provided in school. We also offer all other pupils milk through the 'Cool Milk' scheme for which there is a charge.

All EYFS and KS1 are offered free fruit and vegetables under the government initiative. KS2 pupils are encouraged to bring fruit to eat at playtime - no other snack is allowed during break. We also offer KS2 children fruit on a Friday which is provided by the Lothersdale School Association.

School Lunches and Packed Lunches

The school buys into the Dolce catering scheme, which operates a healthy food policy. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. Mid-day supervisors encourage all pupils to eat some vegetables with their lunch and rewards are given to those pupils who try.

Many children bring a packed lunch to school. Through various curriculum areas pupils are taught about healthy packed lunch options and encouraged to make healthy choices but it is the parents' responsibility to provide a nutritionally balanced packed lunch. We do not allow fizzy drinks or sweets as part of a packed lunch. The school has issued a healthy packed lunch leaflet to parents.

Water for All

A system is in place to provide children with fresh water to drink every day. Children are able to access this throughout the day and are regularly reminded by staff of the importance of drinking it. At lunch times, pupils on school dinners are provided with jugs of fresh water and pupils eating a packed lunch bring their own healthy drinks.

Milk

Children 5 and under are entitled to free milk once a day under the Government's milk scheme, this is provided by 'Cool Milk'. Children older than 5 years old are entitled to pay for daily milk through the scheme. In addition milk is offered to children twice a week as an alternative to water during the school lunch time by County Caterers.

Food Across the Curriculum

Throughout the school we exploit opportunities to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. We recognise that food has great potential for cross-curricula work and so, whenever possible, links are developed to promote a healthy lifestyle and awareness of source such as Fair Trade issues. Staff receive training to make sure they are confident when working with food and visitors from the local community are invited into school to help promote this issue.

Cookery Workshops

All year groups are taught specific cookery skills so that children develop these skills as they journey through Lothersdale School. Workshops are held on Wednesday afternoons - Class 3 Autumn term, Class 2 Spring term and Class 4 in the summer term. EYFS have regular lessons throughout the year. Cookery lessons are planned to address the following areas of the National Curriculum using the teaching resources listed below:

National Curriculum KS1:

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from

National Curriculum KS2:

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Resources:

- EYFS - Food a fact of life 2008 - Pre School leader's guide.
- KS1 - Food a fact of life 2011 - Teacher's Guide - Healthy Eating and Cooking
- KS2 - Food a fact of life 2012 - Teacher's Guide - Healthy
- Skill Up-Start Cooking - Guide to planning and teaching cooking in Primary and Early Years
- www.focusonfoodcookscool.co.uk

Cooking equipment is stored carefully and is regularly audited and inspected by staff.

All relevant staff will have attended the appropriate training to enable them to follow the H&S rules associated with working with food in schools:

1. Food Safety Awareness Training
2. Understanding Food Allergens



Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. During out of school events, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

Role of the Headteacher

The Headteacher has overall responsibility for this policy and its implementation, for liaison with the Governing body, parents, LA and appropriate outside agencies. The Headteacher will ensure that all staff dealing with food are adequately trained and resourced and will seek the support of the Governing body to achieve this.

Role of the Governors

The Governing Body will be involved in health education in the same manner as any other matter concerning the curriculum or the school community as a whole. To enable the Governing Body to play a full part in this aspect of school life one or more governors will be nominated to act as a supportive link to the member of staff within the school designated as having responsibility in this area (PSHCE).

Monitoring and Review

The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy. Dolce Caterers are responsible for ensuring the quality of the food offered as part of their contract.

Any parents who have concerns about food in school are invited to contact the school to speak to the Headteacher. This meeting will be confidential.

Approved by the Governing Body Spring 2021

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Policy to be reviewed Spring 2024

Signed by: (Governor)