

# Langtoft Primary School

## Food Policy DRAFT. FOR CONSULTATION

### 1 Introduction

- 1.1 Langtoft Primary School is committed to giving pupils consistent messages about all aspects of health to enable them to understand the impact of particular behaviours and to encourage them to take responsibility for the choices they make.
- 1.2 The governing body recognises that a great school food culture improves children's health and academic performance.
- 1.3 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) (Appendix 1). The policy notes the principles found within *Childhood Obesity: A Plan for Action* (August 2016) and the *School Food Standards* (January 2015).

### 2 Aims and Objectives

#### 2.1 Langtoft Primary School aims to:

- i. improve the health of pupils, staff and their families by helping to educate their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet;
- ii. increase knowledge and awareness of a healthy diet through its personal, social, health and economic (P.S.H.E.), physical education (P.E.) and science curriculum;
- iii. give consistent messages regarding healthy eating and lifestyle during the school day, using adults in the school as positive role models.

### 3 Policy into practice

#### 3.1 'One of your five a day.'

Pupils in the Foundation Stage and Key Stage 1 are provided at no charge each day with a piece of fruit or vegetable to eat during morning playtime.

For children in other year groups, parents/carers are asked to provide their child with a piece of fruit or vegetable as a snack for playtime. By following the idea of 'nothing in a wrapper', children are given clear messages about snacks branded as healthy when indeed they contain a high volume of added sugar and are low in fibre.

#### 3.2 *The milk scheme*

Milk is also provided daily to children whose parent/carer chooses to purchase it via the school office. The carton of milk is stored in a refrigerator until it is consumed during morning playtime. Families whose children are in receipt of the *Pupil Premium Grant* will not be charged. (They will still need to place on order via the school office.) It will not be possible to identify who these children are.

### 3.3 *The water challenge*

A person should aim to drink eight cups of water every day to prevent dehydration. The school invests in maintaining filtering machines that provide lightly chilled drinking water to all pupils and staff. Children are encouraged to refill their water bottle during playtimes and lunchtime rather than during lesson time. This is flexible in hot weather.

Water is healthy and cheap and so children are greatly encouraged to drink it. It has no calories and no sugars harmful to teeth. A hydrated child is more alert and ready to learn.

### 3.4 *'I don't like water'*

For the children who do not like to drink water, sugar-free fruit-flavoured water may be an alternative. Fruit juices and smoothies should not be seen as an alternative to water and should not be consumed during lessons or playtimes. They contain sugars that can harm teeth and are so best consumed with a meal.

### 3.5 *Lunchtime*

Langtoft Primary School strives to make eating at lunchtime a positive experience. Children who stay at school for lunch are able to eat a packed lunch or a cooked meal purchased from *The Farm Kitchen* and served by staff (Midday Supervisory Assistants) employed by Langtoft Primary School. Staff who serve food have the relevant food-handling qualification.

Children eat their lunches at one of two sittings: pupils in the Foundation Stage/Key Stage 1 eat from 1230 to 1300, the longer of the two sittings. This gives them, as younger children, more time to eat and drink. At both sittings children are seated according to their meal choice: cooked meals are seated closer to the serving area. Children sit at tables of up to 16 and are grouped in classes so that most children are able to be with a friend.

The team of Midday Supervisory Assistants give out stickers as rewards to children who, for example, eat everything on their plate or who try something new.

### 3.6 *'What makes a healthy packed lunch?'*

Parents/carers choosing to send their child with a packed lunch are encouraged to make choices with their child about what types of food should go in it. The NHS website (<http://www.nhs.uk/livewell/childhealth6-15/pages/lighterlunchboxes.aspx>) recommends that a healthy lunchbox should:

- be based on [starchy carbohydrates](#) (bread, potatoes, rice, pasta)
- include fresh fruit and vegetables/salad. Following the piece eaten at playtime, this piece could be the second of a child's five a day.
- include a source of protein such as [beans and pulses](#), eggs, fish, meat, cheese (or dairy alternative)
- include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly

- include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added-sugar drinks

The [Eatwell Guide](#) helps parents/carers decide what to put in their child's lunchbox. Parents/carers can also find healthy lunchbox ideas at [Change4Life](#).

The school does not allow fizzy drinks or sweets in lunch boxes. It greatly discourages chocolate bars.

### 3.7 *The Farm Kitchen*

The school's contracted caterer, *The Farm Kitchen*, provides the school with cooked lunch meals. *The Farm Kitchen* works in compliance with the *Schools Foods Standards* (2015) and ensures that at least 50% of all ingredients are sourced locally. Vegetarian options are also available on a daily basis.

*The Farm Kitchen* has its own Food Allergy and Intolerance Policy. It provides the school each week with a list of allergens. This is used by Midday Supervisory Assistants to check that children with known food allergies are not served food from *The Farm Kitchen* that could cause an allergic reaction.

### 3.8 *Ordering from The Farm Kitchen*

Parents/carers order meals directly from *The Farm Kitchen* using their website, [www.thefarmkitchen.com](http://www.thefarmkitchen.com). Payment is made at the point of ordering. Families for whom the school receives the *Pupil Premium Grant* automatically receive the first choice main course and dessert: there is no need for them to place an order. If they wish to change the course choice, they can do so via *The Farm Kitchen's* website.

The process of ordering should be an easy one and should not 'put off' any family from gaining a cooked meal at lunchtime for their child. Parents/carers who have difficulty should contact the school office for assistance.

### 3.9 *'We are a peanut and nut-free school'*

Langtoft Primary School is a peanut and nut-free school. This is to minimise the risk to those members of the school community who have severe allergic reactions to such foods. Visitors to the school are asked to read *Our Safeguarding Code* in which it states that food containing peanuts and nuts are not brought into school. During the annual refresher training to staff and volunteers, the school's Designated Safeguarding Lead reminds those present of the fact. Parents/carers are reminded regularly through the school's newsletter and specifically at high-risk times, for example, when bringing in food for a class party. Foods that are found to contain peanuts and/or nuts are removed and parents/carers are contacted.

### 3.10 *PlayZone*

PlayZone Kids Club Limited operates from the site of Langtoft Primary School. The food it serves, therefore, comes under the monitoring remit of the governing body of the school. The Manager of PlayZone provides the governing body with a list of the breakfast choices and after-school snacks offered to the children who attend. PlayZone supports the aims and objectives of this policy.

#### **4. Food in the curriculum**

- 4.1 Children in all year groups are taught the importance of eating and drinking an appropriate amount for their age. This may be in subject-specific areas, for example, in science or as part of the school's personal, social, health and economic programme.
- 4.2 Each class will experience practical cooking at least three times per year. At least one of the practical sessions should focus on using locally sourced ingredients to make a 'healthy' dish. There will be no charge to parents/carers.
- 4.3 Resources and training are available to staff that will support them in giving the appropriate message to pupils about food and drink and its contribution to their health.

#### **5 Monitoring and Reviewing**

- 5.1 The Headteacher monitors the implementation of this policy by scrutinising the medium term plans of each teacher/s for each year group, by monitoring the eating environment at lunchtime and by funding training and resources for staff and pupils. The *Achievement and Quality of Teaching Committee* monitor the implementation of this policy by talking to pupils during their visits in to school. The school's Bursar regularly monitors the uptake of a cooked meal by children entitled to a free school meal and in receipt of the *Pupil Premium Grant*.
- 5.2 The *School Council* contribute to the review of provision at lunchtime by reporting to the Headteacher about their eating experiences. Parents are invited to review the *Food Policy* and support the school's approach to healthy eating.
- 5.3 This policy will be reviewed in January 2019 by the *Achievement and Quality of Teaching Committee*. Advice from the *School Food Plan* ([www.schoolfoodplan.com](http://www.schoolfoodplan.com)) and Lincolnshire County Council's *Food in School Traded Service* will be sought.