



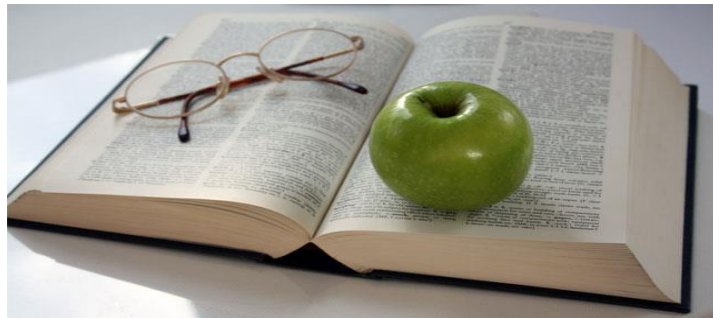
Liverpool

St Anne (Stanley) C.E Primary Whole School Food and Nutrition Policy

Policy Agreed by... School Governors.....

Date Agreed:.....

Review Date:.....



January 2018



Our Whole School Food and Nutrition Policy

Introduction

"Food has a significant part to play in determining health and well-being, establishing social roles and reflecting and shaping the schools ethos and individual values"

Our Whole School Food and Nutrition Policy is crucial to improving the health and well-being of our school and is a requirement for achieving Liverpool Healthy Schools Status. Our policy has been compiled in order to complete our Annual Review and achieve our Healthy School Award.

Our whole school policies have been developed to empower our school to make and sustain changes. Our Food Policy conveys our school's shared vision, ethos and values of our pupils, staff, parents and visitors and ensures that we all understand the important role food plays within our school. It is also key to developing healthy eating and drinking activities in our school which will benefit the whole school community.

The process of creating our whole school food and nutrition policy has promoted much discussion within our school around healthy eating and drinking issues, which will ensure that our outcomes are achievable and importantly that our pupils feel ownership of the school's food vision. Our policies therefore have been carefully put together through consultation with pupils, staff and the wider school community. In order for the policy to be successful, planning and effective monitoring will be implemented. We will ensure that our policy content is relevant and that it will make positive changes in our school as it is vital that all ideas and issues within the school are considered.

Background information to our school

St. Anne Stanley Primary School presently has 354 girls and boys aged 3-11 on role who mostly come from the residential area of Old Swan and surrounding area. Within each year group there are identified pupils with Special Educational Needs.

There are currently 291 children having school meals, With 70 children registered as eligible for FSM. (Oct 2015). Meals are provided by Liverpool City Council Catering Services. We test the market to ensure the school is getting the best possible service for our pupils.

Children are not allowed to leave school premises at lunchtime.

Policy Formation and consultation

This policy is formed in line with Liverpool Healthy Schools Review. Which is a 3 year accreditation that demonstrates an ethos of health and well- being of pupils at St. Anne (Stanley) School.

A working party of Governors, Staff, Parents and Pupils (School Council) consider the elements of policies annually. Information was gathered from discussions with parents/staff/school council meetings. This policy will be presented to a full governing body meeting in the Autumn Term 2015. Once agreed it will be accessible on the school website.

Rationale

St Anne (Stanley) Primary School recognises that snack and meal times are an important part of a child's day and believe that, depending on the type of meal or snack consumed, it can heavily impact on a child's learning or behaviour to learning. St Anne (Stanley) also recognises the importance of children having the right amount of fluid intake and a well-hydrated body. St Anne (Stanley) therefore is committed to providing healthy, balanced, varied and nutritious snacks and meals in addition to ensuring that children have regular access to fresh water to drink throughout the day. St. Anne (Stanley) is also committed to providing a curriculum that informs children about healthy eating and drinking so that they are equipped to make informed choices about their own food and drink consumption.

Aims

To ensure that all aspects of food and nutrition in school promote the health and well being of pupils and staff.

To provide a consistent planned curriculum of food education to equip all pupils with knowledge and skills to make healthy life choices.

To make pupils aware of the consequences of food choices made now and in later life. They specifically include nutritional awareness, influences on food choices such as food productions, marketing and impact on our environment.

To ensure provision and consumption of food is an enjoyable experience.

To involve the whole school community in improving eating habits and knowledge and skills surrounding healthy eating.

To increase the take up of hot school meals and free school meals.

To provide clarity about schools policy on food brought into school e.g. packed lunches.

To ensure that contracts for school food providers meet the needs of the school and comply with the government regulations.

Objectives

To include the whole school community in the promotion of healthier lifestyles.

To regularly review food and drink served during the school day.

To create a pleasant eating environment that encourages social interaction.

To deliver a curriculum that delivers a consistent message of food, drink, nutrition and healthy lifestyles.

To ensure catering staff and supervisory assistants are involved in the schools community. To ensure that they are well trained and understand why they are serving healthy food.

To ensure classroom staff are trained to deliver a healthy eating message.

To involve the wider community, including parents, in activities which promote balanced eating and enjoyment of food.

To contribute to improved and sustained pupil behaviour and health, helping them to achieve their learning potential.

To provide easy access to free, fresh drinking water across the whole school day.

To ensure that school food/drink provided across the school day reflects the government food and nutrient based standards.

PROMOTION OF HEALTHY EATING IN THE SCHOOL

Food throughout the School Day

Breakfasts

We assume pupils get breakfast at home.

Our school provides a breakfast club through 'Playdays' which is available at a charge. They are run by staff with appropriate food hygiene qualifications.

School Meal Provision

School Meals

Our meals meet the Food standards and graphical evidence is provided by Liverpool City Council food providers in our school in line with Liverpool Healthy Schools Status.

Our school food standards are monitored by Liverpool City Council. Feedback is given termly / as and when necessary to our SLT. Contracts are reviewed annually and our team is led by our cook Cheryl Condell who is an experienced cook in our school.

Our children are encouraged to make healthy choices by staff and catering supervisors.

Pupils choices are monitored formally and informally and the pupils are encouraged to try alternatives at times. We ensure that the pupils choose enough food to make them feel content. The children have been consulted on the latest menu to ensure they have opportunity to include some of their favourite dishes.

Menus are made available to pupils / parents and teachers in advance on our website.

Our school meal supplier (Liverpool City Council) does contribute to the promotion of healthy eating.

The lunch break in our school is from 11.45a.m - 12.55 pm for (Reception) 12.00-1.00p.m KS1 and 12.10 pm-1.00p.m KS2.

Arrangements are in place to ensure pupils can access school meals, forms are readily available in our Admin Office.

Year groups are rotated at lunch times so that each Key stage has fair choice. There are no alternative catering outlets around our school.

Pupils are encouraged to stay for hot dinners or packed lunch for each half term, however they are able to switch over if parents give permission. We are flexible and understand the need to occasionally switch over. Hot dinners are always encouraged in KS2 at a cost of £1.80 per day.

Pupils are only allowed home for lunch if we receive permission from parents

All lunch time supervisors have received training on Active Play sessions, Healthy eating and Behavioural Issues.

Free School Meals

Currently all children in KS1 can have a meal free of charge in line with the governments Universal Infant Free school meal scheme BUT we encourage parent to register for Free school meals if their social economic circumstances allow this . School received funding for each registered child that supports the education at the school

<http://liverpool.gov.uk/schools-and-learning/grants-and-funding/free-school-meals/application-form/>

Not all pupils take up Free School Meal entitlement but if they are entitled parents need to complete a Free School Meals Form available from our school admin office or online (Liverpool.gov.uk). (Please see Mrs Casey who is available for help with form filling).

Our Headteacher, SLT and staff do monitor the take up of FSM on a daily basis when the morning dinner registers are taken. The take up is monitored closely with School Improvement Liverpool.

Arrangement with Catering Providers

Our catering providers are Liverpool City Council. The catering contract is reviewed on a yearly basis. Verbal and written feedback systems are in place to ensure quality of catering.

Our catering staff are valued members of our school and are fully supported . Our cook Cheryl Condell is a long serving member of our school team. Our catering staff are to be included in our forthcoming School Council meetings and feedback will be given accordingly. Cooks and catering staff have received nationally accredited training appropriate to their level.

Packed lunches

Packed lunches should be healthy in content, with a healthy sandwich, preferably brown bread, fruit, healthy, low fat yoghurt and perhaps sliced vegetables or fruit eg carrot or celery sticks, apple or grapes. Fresh orange juice (no more than 150ml is advised) or water are acceptable healthy drinks.

The packed lunches should not include fatty foods including too much cheese, chocolate spread sandwiches, sweets including chocolate and biscuits, crisps and sugary drinks including flavoured lemonade, coke and fruit shoot drinks as they are full of sugar.

Healthy packed lunches are encouraged at all times and parents are regularly reminded of this in our monthly newsletters. We also send out Healthy school messages during our whole school collective worships and whole school and class / reward assemblies. Positive messages are also communicated in our school council meetings.

We occasionally inform parents of the need to think about alternative healthy choices if we think there is an ongoing issue. We do monitor the contents of the packed lunches; if any member of staff is concerned that our pupils are not eating healthily they regularly feedback to our SLT if they are concerned for particular pupils.

Letters and leaflets are sent home to parents / carers to assist them in preparing a healthy packed lunch to be sent into school. Liverpool School Improvement are very supportive and continue to provide important information to our parents / carers and staff.

Our hall has seating tables and attached seats are spaced accordingly to provide one whole eating area. However, the packed lunches have their own designated seating area as do the pupils on hot dinners.

Packed lunch boxes are stored in designated areas around our school. Large storage boxes are used to safely store the packed lunch boxes. In summer months it is recommended to add a freezer pack to lunch boxes to keep them cool. If this is not possible, then a frozen drink will defrost in the lunch box throughout the morning whilst keeping the lunch cool.

If parents bring in packed lunches which do not meet the school standards we offer them advice, guidance and support and encourage them to make links with our Healthy school co-ordinator. We will advise them of the importance of avoiding child obesity and how healthy eating and healthy lifestyles can avoid possible problems in the future. Y6 pupils are involved in the National Child Measurement program where height and weight are monitored and recorded.

The Healthy Schools Team suggest the School Food Trust Guidance as a basis for our packed lunch policy.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/your-childs-food-at-school/packed-lunches/what-to-put-in-a-lunchbox/>

Food Hygiene

The school kitchen premises are regularly inspected by the Local Authority's Environmental Health Officer and graded according to the National score system our kitchen has been awarded a score of 5, this is the highest possible accreditation

The kitchen which school meals are prepared and cooked in are inspected at regular intervals throughout the year to ensure that it meets national hygiene food storage and preparation standards. Any member of staff working in the kitchen must have a valid food hygiene certificate.

The kitchen in the Nursery classroom is the responsibility of the school's health and safety team. Health and safety walks/checks are carried out once a term, which is when the kitchen is assessed in terms of safety for food preparation and cooking. No food is stored for any length of time within this kitchen.

Before any food related activity is carried out with the children the following procedures must take place:

- 1) All surfaces are cleaned with disinfection spray.
- 2) All cooking utensils are cleaned thoroughly.
- 3) Children wash their hands with soap, roll their sleeves up and wear an apron.
- 4) Any food used during the activity must have been stored in the correct place - i.e. fridge, freezer and also be in date. Defrosted food must not be used.
- 5) Food allergies must be checked at the school office and any child with an allergy must not come in contact with the food that they are allergic to.

All children are asked to wash their hands before they have their snack or eat their lunch.

Dining Room Environment

Our dining room environment is bright, clean and well designed to ensure comfort and safety for our pupils.

Our dining room is used for many extra curricular activities, including 'Playdays' before school hours and after school provision.

Pupils are given ample time to eat and enjoy their food. Opportunities to socialise are evident and good manners are always encouraged by our staff and supervisory lunch time assistants. Pupils are encouraged to think about why they have chosen their food and are given time to reflect on whether they have made healthy choices. The pupils are taught the importance of healthy eating and living within our school curriculum, including good PSHEe links.

Plates are cleared away by our supervisory assistants for the younger pupils and the older pupils are encouraged to clear the plates away themselves as we foster independence at all times. Our pupils are praised for good manners and behaviour and inappropriate behaviour is addressed immediately and dealt with by our SMT if severe enough. Pupils are encouraged to line up sensibly and quietly.

Our lunch time supervisors know their roles and responsibilities and carry them out accordingly. Our pupils know how to respect our lunch time staff and our staff are good role models and reinforce the importance of respecting others. Our lunchtime supervisors contribute to a friendly and welcoming dining environment. Our behaviour and bullying policies are firmly in place.

Staff encourage our pupils to eat their packed lunches and hot dinners and assist our pupils with eating and holding their knife and fork correctly ie basic table manners. We also encourage children to tidy up after themselves to help encourage independence. Our school council is firmly in place and this offers opportunities for everyone to share their thoughts, ideas and to raise concerns if there are any to be addressed.

Snacks

As a whole school, we provide some free snacks including fruit from the Free Fruit and vegetable Scheme for EYFS/KS1 which do meet the food based guidelines. Free milk is also available for EYFS/KS1. We are introducing Fruit 2 Suit for KS2 over the coming weeks which will follow guidelines on School Food Standards. Healthy snacking is promoted throughout our school where appropriate and children are encouraged in KS2 to bring in their own fruit for a snack at playtime. We have no vending facilities available to our pupils.

Drinks and Water

Our pupils and staff have access to fresh, free drinking water across the school day. We all understand the importance of staying well hydrated. Our pupils are provided with St Anne (Stanley) water bottles at the start of each academic year. These are encouraged to be taken home and washed at the end of each school day. We are currently complying in accordance to the government's policies regarding water provision. Our pupils are allowed to drink water during lessons (Health and Safety permitting). Our pupils and parents are aware of what drinks are permitted in schools. Newsletters outline the details and preferred options.

Special diets, allergies, diet related disorders

Our school is aware of pupils / staff with allergies and we are to display a notice board in our staff room with a picture and information about selected pupils who have special diets, or diet related disorders and even medical conditions / medications that we may need to know. All staff are informed of these matters in their classes and shared with our staff.

Our staff are aware of how to react if a pupil has an allergic reaction to a food and have received first aid training.

Our school has a procedure for identifying and accessing support for pupils who are at risk e.g. failing to thrive, eating disorders, allergies, overweight, obese or dietary related conditions.

Food information regulation and Allergen labelling

At St. Anne (Stanley) school, we provide food throughout the school day for our pupils, staff and visitors. Our premises are regularly inspected by the Local Environmental health Officer who uses the Food Hygiene Rating Scheme to rate the hygiene standards of our school. We have recently been awarded a rating of 5.

The school catering company (Liverpool City Council) is responsible for the food provision at our school.

Our School Cook/Catering Manager Cheryl is based in the school kitchen between 7.15a.m and 2.00p.m. Please contact the school and make an appointment if you would like to discuss any allergen issues.

Religious and Ethical Diets

At the start of each year, the school office send out a child information form which parents/carers can identify if their child require any special Medical requirements including Religious or Ethical or have any allergies to food. A data sheet is then produced and shared with all staff, including the kitchen staff so that special arrangements can be made during snack, lunch and food activity times.

Staff Room

Our school staff are very professional and ensure that positive messages are consistent across the whole school community. We are all aware of the importance of healthy eating and healthy lifestyles and act as positive role models for our pupils.

CURRICULUM

Learning Opportunities

Food and nutrition is taught predominantly through the science and DT curriculum as well as many cross curricular links with other curriculum areas. Practical cookery lessons are included in the curriculum and many opportunities are used to offer these learning experiences to our pupils. Our teachers feel

they have the necessary skills and facilities to teach about food and nutrition and we sometimes run a nutritional club for pupils.

Dental Health is addressed throughout the curriculum with a focus in many Year groups. The use of outside agencies ie dentists reinforce the importance of looking after our teeth. We use a range of resources in school to promote healthy eating ie posters, powerpoints, models of teeth, assemblies and smartboard activities.

Our school follows a specific PSHEe (Go- Givers) and Science scheme of work (Science Bug), which cover all areas of healthy eating and drinking, food preparation and hygiene and the effects of unhealthy eating and drinking.

A CPD programme is in place and up to date training given on a regular basis.

Rewards, Celebrations and Events

Our school gives consistent messages regarding healthy eating.

Healthy foods are used as rewards or treats in class and they are given out appropriately according to food and nutrient guidelines. We have now introduced a fake money reward system where classes are rewarded for attendance, good work etc. This can be used for classes own choice of activity/reward to spend it on.

Our pupils, parents, staff and the wider school community aware of the regulations in place as regular leaflets, posters and information is shared through newsletters.

Treats

The message that our school communicates to the children is that it is perfectly acceptable for children to have the odd treat as part of their well-balanced diet.

Occasionally, our school will run a special day or event which fatty/sugary foods may be sold or given out for the children to consume.

Birthday cake and party bags provided by parents are given out as part of birthday celebrations. We continue to suggest healthy options at all times.

Extra Curricular Activities

Our school sometimes run cookery clubs / gardening and growing clubs and our pupils are enjoying these learning experiences.

Our school has the space and members of staff who are involved in developing our school garden areas. We hope to develop a sensory garden in the near future. External links are welcomed and are currently in place assisting us to develop a vegetable patch.

Risk assessment and Health and Safety procedures being adhered to and are firmly in place.

Pupil voice and involvement is encouraged through school councils meetings.

Our messages are consistent between our whole school community and participating staff.

Participation in national and local events and initiatives

Our school currently takes part in many initiatives eg a Gardening Club, a Cooking Club, National Measuring of weight and height (Y6).

Our school makes use of the Directory of Programmes and Services document sent out by Liverpool Healthy Schools Team.

For Example; Liverpool Healthy Schools Programme, Specific Food weeks, Junior Chef Academy. We are hopefully looking to take part in Food in the curriculum program this academic year.

Monitoring and Evaluation

We will know that our policy has made a difference by seeing improvements of food provision and consumption throughout our whole school.

We are to continue to monitor healthy eating and drinking options and general food provision, with a focus on the food provided through Liverpool City Council.

Conclusion

We will continue to monitor, evaluate and review the food and drinks provision throughout our whole school and will also continue to monitor the food provided to our pupils by Liverpool City Council.

We are working together as a whole school and are all in agreement as to the importance of healthy eating and have therefore been successful in achieving the Healthy School Award for the last few years. This will hopefully continue

and we will be awarded the Healthy School Award again when it runs out in Summer 2016.

USEFUL DOCUMENTS AND HEALTHY EATING WEBSITES

These websites contain useful information that has assisted us in developing our whole school food policy. In particular the Food for Life Partnership and the Children's Food Trust sites contain a wealth of resources that have assisted us in our whole school consultation.

Food for Life Partnership
Food in Schools
Health Education Trust
Children's Food Trust

www.foodforlife.org.uk
www.foodinschools.org
www.healthedtrust.com
www.childrensfoodtrust.org.uk

- Soil Association www.soilassociation.org
- Food in Schools Tool Kit
- Food Policy in Schools, Food Standards Agency - A Strategic Policy Framework for Governing Bodies.
- Standards relating to food served in schools can be referred to the in the School Food Trust Website or contact the Liverpool Healthy Schools Team.

School Name: **St Anne (Stanley) Primary School**

Policy Agreed by: **Chair of Governors, all Governors, Headteacher / SLT including Healthy school co-ordinator, all staff, pupils and parents.**

Date Agreed: January 2018

Review Date: January 2019

Date Last Achieved National Healthy Schools Status : 2016

Healthy School Award presented to our school by Stephen Tiffany.

Healthy Schools Team

Tel: 0151 233 3901

