

Hallsville Primary School - Whole School Food Policy

Spring 2017

Aims

Hallsville Primary School aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. Hallsville staff recognise and are committed to the fact that healthier children learn more effectively and aim to promote good eating behaviour and protect those who are nutritionally vulnerable.

Hallsville aims to implement the School Food Standards and recognises that a healthy, balanced diet should consist of:

1. Plenty of fruit and vegetables
2. Plenty of unrefined starchy foods
3. Some meat, fish, eggs, beans and other non-dairy sources of protein
4. Some milk and dairy foods.

Contextual Information about the School

- Hallsville School has total of 410 pupils (plus 53 children in the nursery). The school is made up of three main groups and these include White British, Black African and Bangladeshi pupils. Since September 2014, all infant school pupils have been entitled to a free school lunch.
 - The number of children eating school meals is 390.
 - The number of children entitled to free school meals is approximately 78.
 - Approximately 15 children eat packed lunch in KS1 and 5 children eat packed lunch in KS2.

Policy Development

This policy was developed with the input of following people:-

- Healthy School Coordinator
- SLT
- Parents
- Governors
- Teaching Staff
- Pupils
- Cook and Mid-day assistants
- DT coordinator

Provision of Food

The Eating Environment

- All pupils eat in the dining hall with their own class and then move into the playground.
- Pupils who eat a packed lunch are encouraged to sit with children who are having school meals
- In KS1, long tables enable more children to be seated with their class and more time for them to eat lunch.
- An attractive new salad bar has been made available to children with a variety of choices.
- Colourful paintings and displays of children's work make the dining halls inviting for pupils.
- In the EYFS classrooms, clear snack areas are provided with 3 healthy snacks, fresh water and milk.

School Meals (lunches)

- Food is provided by Newham Catering and Cleaning Services (NCCS).
- These healthy options are promoted at the admissions phase.
- Free school meals are provided for all children in this school.
- Food is presented at child height and the cooks and other staff talk through the options verbally.
- Children are encouraged to try different foods each day by the cook and other staff.
- Children have a choice of halal or non-halal meat.
- Children are expected to choose one of the main options and vegetables and salad each day. Sandwiches with a choice of fillings are on offer daily.

- Healthy dessert options are offered, ranging from fruit, yoghurts and cheese and crackers. There is also a hot alternative that does not contain any confectionary.
- A member of staff or non-teaching staff line up with children and discuss options and help make decisions on their balanced diet. Some members of staff then sit with children and eat their meals with pupils.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Slow eaters go for dinner first and are encouraged by the staff in Key Stage 1.
- Children who eat little or too much food are monitored and encouraged. Their teachers and parents are informed.
- The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom.
- The school occasionally has themed days related to a topic or the time of the year such as Christmas and Cultural Week.
- Children are provided with tap water to drink.

Hallsville ensures that the School Food Standards are being met including the following:

- Starchy food cooked in fat or oil is not be provided on more than two days each week. The old standards specified no more than three times a week.
- To promote variety, three or more different starchy foods are provided weekly, including at least one wholegrain variety.
- At least three different vegetables and three different fruits are provided each week. One or more portions of vegetables or salad as an accompaniment everyday. Also one or more portions of fruit.
- One portion of meat, fish, eggs, beans or other non-dairy sources of protein should be available everyday. Oily fish is included in the menu once or more every three weeks.
- A portion of dairy food is included every day and lower fat milk and lactose reduced milk are made available for drinking at least once a day.
- Water is the only drink available to children during lunchtime. Where other drinks are available at breakfast and extended school club, it is combination fruit juice with water with no added sugars or honey (portion size max. is 330ml with no more than 150ml fruit juice).

School meals (breakfast)

- Breakfast club has been running for 10 years and has approx 40 children attending.
- Children arrive in school at 8am and social interaction is encouraged whilst eating breakfast. After they have had breakfast, pupils have the opportunity to play a variety of board games or read books. Outdoor play is also encouraged.
- The criterion of selection is dependent on social factors. Places are offered to children in need who are entitled to free breakfast and working parents who pay £1 per day.
- There is a walking bus that picks up targeted children every morning and walks them to school
- The food is prepared fresh on site by the learning mentor and a teaching assistant.
- The food on offer ranges from, sugar free cereals and milk, white and brown bread, margarine, sugar free jam, raisins and other dried fruit. Fresh fruit and juices are also available.

Packed Lunches

- Children are encouraged to show their packed lunches to a member of staff before and after they have eaten especially in Foundation Stage and Key Stage 1.
- Unhealthy food may be removed by staff and returned to the child at the end of the day.
- Parents are consulted by a class teacher or our family liaison officer if lunch boxes do not contain a balanced diet. Healthier options are discussed and 'healthy packed lunch box' workshops are offered.
- All parents and carers have received a letter detailing healthy choices that are permitted in a packed lunch, including on educational visits.
- Healthy packed lunches are provided by the school for educational visits, if children require them.

Extended School

Standards for school food other than lunch

Many of the Food Based Standards apply to food served throughout the school day including breakfast clubs, midmorning break, after school clubs, tuck shops and vending machines.

Restrictions apply with regards to foods which are high in fat, sugar and salt and as these restrictions apply throughout the school day. A process must be in place to ensure breakfast, morning break and after school club food provision does not contravene the standards throughout the school day. For example, if the weekly menu has a chicken pie and an apple pie featuring in the same week, no other pastry item can be served during this week.

Restrictions

- No more than two portions of food a week that has been: deep-fried, batter coated or breadcrumb-coated.
- No more than two portions of food each week that includes pastry.
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat.
- No confectionery, chocolate and chocolate-coated products.
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)
- Salt must not be available to add to food after it has been cooked.
- Any condiments limited to sachets or portions of no more than 10 grams or one teaspoon.

Snacks

- Free Milk will be offered free of charge to pupils. At Hallsville and Scott Wilkie milk will be offered to all pupils from nursery to year 2 at morning break.
- Where milk is made available outside of lunch, it only needs to be offered free to those pupils entitled to a free school meal. However, at Hallsville all KS1 pupils receive milk.
- Schools may use the Dedicated Schools Grant to fund the provision of milk for eligible pupils (those entitled to free schools meals, and all infants where it is offered as part of the universal free school meal from September). It is for individual schools to decide how much funding to allocate for this.
- To reduce the cost, we will take part in the EU School Milk Subsidy Scheme:<http://rpa.defra.gov.uk/rpa/index.nsf/UIMenu/673FF0985FF29FF80256F72003D5B0C?Opendocument>.
- A range of fresh fruit or vegetables are offered to children in KS1 during morning play.
- The list of permitted healthy packed lunch foods, also applies to snacks brought for after school clubs, or for after swimming in Year Three.

Drinking Water

- Drinking water is provided in all classes, on tap for children to drink water throughout the day. Pupils are provided with individual, clean plastic bottles from which to drink. Clean plastic cups are provided in Reception class.
- The school also has 3 water fountains, 1 in Key Stage 1 and 2 in Key Stage 2 building.

Curriculum

- The formal curriculum develops pupils' knowledge of healthy eating through Design and Technology and cross-curricular links.
- The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops during Science Week.
- In Key Stage 1 and 2, children learn the importance of healthy living in Science, DT and PSHE. Topics include: Ourselves, Health and Growth, Keeping Healthy and eat more Fruit and Vegetables. The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.
- An after school gardening club runs, where vegetables, fruits and herbs are grown seasonally.
- In the EYFS vegetables are grown seasonally and the produce is used to make healthy foods such as salads and soups.

Provision for Staff

- Staff are encouraged to eat healthily themselves and do not eat unhealthy food/drinks in front of children.
- Many staff members choose to have a school dinner. Some choose to eat with the children.
- Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued.
- During parents evening, staff are offered healthy food options, including fruit and juice.
- Both cooks have received chef training.
- Staff involved in food preparation for breakfast and extended school, have a food hygiene certificate.
- Milk is provided for staff on a daily basis in both Key Stages.

Parents

- Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and Hallsville website.
- When parents and visitors come to the school, the refreshments provided reinforce the schools healthy eating message, such as fruit juice and fresh fruit.
- The school provides numerous healthy eating workshops for parents.
- The school provides school meal tasting sessions during parents evenings.

Other Issues

- Sweets or chocolates for special occasions, such as birthdays, are permitted and each child may consume 1 sweet or chocolate to help celebrate the occasion.
- Multicultural food is encouraged during parties such as Christmas, Cultural Week and school meals.
- The use of sweets for rewards is kept to a minimum. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.
- Leftover fruit and milk from EYFS and Key Stage 1 is given to Key Stage 2 when possible.
- Year 6 children are provided with a room if they wish to fast and pray during Ramadan, after consultation with the Senior Management Team.
- During SATs week, all year 6 pupils are offered free healthy breakfast

Actions carried out recently:

- Menus are displayed in the school foyer so that children and parents are aware of what food is available, giving both time to make healthy choices before going in to dining hall.
- Ovens and a range of cooking equipment have been provided in both key stages to encourage more hands on healthy cooking in lessons.
- A class kitchen has been provided for staff to teach cooking at Hallsville.

This policy was reviewed by the SLT, extended school co-ordinator and DT co-ordinator in February. 2017