

WESTMINSTER CATHEDRAL PRIMARY SCHOOL



WHOLE SCHOOL FOOD POLICY

March 2017

**PERSONNEL RESPONSIBLE
FOR THE POLICY**

**PSHE CO-ORDINATOR
AND MEMBERS OF THE
SENIOR MANAGEMENT TEAM**

REVIEW DATE

March 2019

1. The purpose of this policy

This policy reflects the school values and philosophy in relation to healthy eating. This document is intended for all teaching staff and non-teaching staff with classroom responsibilities, School Governors, parents, inspection teams, L.A. advisors and interested others. Copies are provided to School Staff and the Governing Body. A copy is kept in the School's Policies Folder and available on the school website.

2. Aims and Objectives

Our aim is to provide an environment that promotes healthy eating and enable pupils to make informed choices about the food they eat. This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events. The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

3. Curriculum – teaching cooking and nutrition

Food and healthy lifestyle is an important part of the curriculum for all pupils and is taught across the curriculum through science, DT, PSHE and PE. Pupils have access to cooking from Reception up to Year 6, in line with the new national curriculum and emphasise safety issues.

Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity.

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.
- grow their own vegetables
- to understand that not all people around the world have enough food

Key stage 2

- understand and apply the principles of a healthy and varied diet
- to learn about the different food groups
- prepare and serve a variety of predominantly savoury dishes using a range of culinary techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
- to learn about the distribution of food around the world
- to understand that not all people around the world have enough food

Inset training is available to ensure that all staff have the confidence, skills and knowledge to teach this aspect of the curriculum in ways that integrate it into topic work as well as in stand alone sessions.

4. Provision – food and drink throughout the school day.

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: (*Cereal Selection, Fruit Selection, milk, Water, Pancakes, bagels, Toast and much more...*)

Snacks

EYFS and KS1 classes have a morning break-time snack of fruit and vegetables offered under the government initiative to provide all infants with free fruit and vegetables during the day. Key Stage 2 pupils may bring their own fruit, vegetables or healthy snack to eat during morning break.

School lunches

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. Our school lunches are freshly prepared and cooked on site every day by Caterlink, as part of a Borough wide contract. The menu is available on our school website.

Drinking water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge. The school agrees with this recommendation and provides a free supply of drinking water. There are drinking fountains in the playgrounds for unlimited drinking and children are allowed to drink during lesson times. They can also bring bottles of water to school to keep them hydrated throughout the day. Water is part of the lunch offer in the dining halls.

Packed lunches

The school encourages parents and carers to provide children with packed lunches that complement the National Nutritional Standards for Healthy School Lunches.

www.gov.uk/school-meals-healthy-eating-standards

www.schoolfoodplan.com

We suggest:

- A drink – bottled water (no fizzy drinks)
- A sandwich with an appropriate filling (not chocolate spread) OR a pasta or rice dish.
- A packet of savoury bites.
- A piece portion of fruit and/or a portion of vegetables or salad .
- Dessert – small piece of cake or individual cake or mini biscuit packet or yoghurt – NO sweets or chocolate.

5. Food allergies and intolerance

Individual care plans are created for pupils with food allergies. These documents have symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance.

6. Food safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. The school kitchen carries a 5* hygiene rating. (March 2017)

7. The Dining Experience

Westminster Cathedral Primary School are committed providing a welcoming eating environment that encourages positive social interaction. Children in Years Reception to Year 6 eat in the main hall. In order to ensure children have enough time to eat, the lunchtimes are split into phases. Children sit at communal tables, whether they eat school meals or packed lunches. We value the social aspects of eating with friends.

Policy written by: Alexandra Stacey

Date: March 2017

Agreed by the Governors:

Date for review: March 2019