

Parsons Down Partnership of Schools Whole School Food Policy June 2015

Aims

Parsons Down Partnership of Schools 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. Parsons Down Partnership staff recognise and are committed to the fact that healthier children learn more effectively.

Contextual Information about the Partnership

Parsons Down Partnership of Schools has a total of 528 pupils, 243 at the Infant School and 285 at the Junior School. The number of children eating meals is 245. The number of children entitled to free school meals is 64.

Policy Development

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

- SLT
- Governors
- Teaching Staff
- Cook and kitchen staff

Provision of Food

- It is usual practice for children to eat inside the school building. On occasion, when the weather is appropriate, children may eat packed lunches and school picnic bags outside at both schools.
- Long tables enable more children to be seated with their class members.

School Meals (lunch)

- Food is provided by ISS Facility Services Education.
- All children at the Infant School are entitled to free school meals.
- Healthy dessert options are offered, ranging from fruit, yoghurt and a hot alternative.
- Children are encouraged to eat their main meal before dessert and this is monitored by members of staff present in the halls.
- Cook and all relevant staff are informed about children who have special dietary needs or allergies and this information is also displayed in the kitchen.
- Lunches are ordered electronically in the classroom during registration.
- Where religious observance affects school meals for children this will be supported wherever possible.

New Standards 2015:

- That starchy food cooked in fat or oil must not be provided on more than two days each week. The old standards stated no more than three times a week.
- To promote variety the new standards want three or more different starchy foods provided weekly, including at least one wholegrain variety.

- The theme of variety is also seen in fruit and vegetables, with caterers now needing to ensure at least three different vegetables and three different fruits are provided each week.
- When it comes to protein the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions here are designed to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer.
- The same thinking is behind the new requirement for a portion of dairy food to be included every day and that lower fat milk and lactose reduced milk are made available.

Packed Lunches

- Children are encouraged to show their lunch boxes to school staff after they have eaten.
- Parents are consulted by a class teacher if lunch boxes do not contain a balanced diet. When their children are admitted to Foundation Stage parents are given information about healthy packed lunches.

Twilight Club

Standards for school food other than lunch.

Many of the food based standards apply to food served throughout the school day including at Twilight Club. Restrictions apply with regard 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, breaktime 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 during the same week then no other pastry item can be served during that week.

Restrictions

- No more than two portions of food which include pastry each week.
- No snacks except seeds, vegetables, and fruit with no added salt, sugar or fat.
- No confectionary, chocolate or 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.

Snacks

- An item of fresh fruit or vegetable is offered to KS1 children daily.
- Children may bring their own healthy fruit or vegetable snack to school.
- Since September 2014, all infant school pupils have been entitled to a free school lunch. Where milk is provided as part of this lunch it is provided free to all pupils.
- Where milk is made available outside of lunch it only needs to be offered free to those pupils entitled to a free school meal.
- Schools may use the Dedicated Schools Grant to fund the provision of milk for eligible pupils (those entitled to free school meals and all infants where it is offered as part of the universal free school meal from September 2014). 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/673FF09985FF29FF80256F72003D5B0C?Opendocument>
- Milk will be offered free of charge to those pupils entitled to free school meals at morning break at KS1 and lunchtime at KS2.
- A snack shop is available for children at KS2 providing healthy snacks at reasonable prices for all children.

Drinking Water

- Children are encouraged to bring water to school to drink throughout the day.
- The Schools have water fountains in the playgrounds.

Curriculum

- The formal curriculum develops pupils' knowledge of healthy eating through Design and Technology and cross-curricular links.
- The profile of healthy eating is developed through focus on science and DT topics.
- In Key Stages 1 and 2 children learn the importance of healthy living in Science, DT and PHSE. 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 though Design and Technology.

Provision for Staff

- Staff are encouraged to eat healthily themselves.
- Some staff members choose to have a school dinner.
- Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and that the opinions of staff and pupils are valued.
- The cooks have received chef training.
- Staff involved in food preparation at Twilight Club have food hygiene certificates.

Parents

- Information about school meals is shared with parents via menus sent home and available at the school office and on the ISS website at www.feedinghungryminds.co.uk

Other Issues

- During SATs week all Year 6 pupils are offered bananas and a biscuit before a test.
- Leftover fruit from Key Stage 1 is offered to Key Stage 2 children when possible.
- 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.

Actions Carried Out Recently

- A modernisation plan is underway to provide a kitchen at the Infant School to cater for the increased number of children having school meals regularly.

Policy agreed: June 2015

Review Date: June 2018

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Chair of Governors