

LIGHTCLIFFE CE (VA) PRIMARY SCHOOL

WHOLE SCHOOL FOOD POLICY

RATIONALE

This policy has been formulated to enable Lightcliffe Primary School to develop and maintain a shared philosophy on all aspects of food and drink.

Lightcliffe primary school recognises the important connection between a healthy balanced diet and a pupil's ability to learn effectively and achieve high standards in school.

Whilst acknowledging that we have a key role to play we believe that parents have the foremost responsibility to monitor their children's diet and weight and influence their eating habits and lifestyles.

AIMS

Through our healthy eating policy we will aim to:

- Give all pupils access to safe, tasty, nutritious food prepared in an attractive and appetising manner and ensure that appropriate choices are available for all pupils throughout lunchtime.
- Use as much local and organic food as possible whilst still recognising limited resources and budgets.
- Give all children access to drinking water during the school day.
- Encourage children to make informed choices about the importance of food and nutrition. The menu for the week will be displayed on the website in order for parents to discuss the meal content and options.
- Encourage parents who provide their child with a lunch from home to provide healthy lunchboxes whilst actively discouraging some packed lunch foods. Fizzy drinks are not allowed on grounds of health and safety. Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.
- Include nutrition in our taught curriculum in order for our children to understand the science of food.
- Help children to develop an understanding of how the school ethos and the curriculum support a healthy lifestyle.
- To develop a welcoming eating environment that encourages the positive social interaction of pupils and adults.
- Ensure that food provision in the school reflects the ethical and medical requirements of pupils and staff (religious, ethnic, vegetarian, medical, and allergic needs).
- Encourage pupils to either bring a piece of fresh fruit or purchase a school made snack for their morning break.
- Encourage all Foundation and Key Stage 1 children to have a piece of fruit at the afternoon break as provided through the Government scheme to all Primary Schools.

RESOURCES

We are in the fortunate position of the school having its own kitchen for the preparation of school meals (re-furbished 2003).

We have a Chef, Assistant Cook and 3 Kitchen Assistants who provide the school lunch and the mid morning snack.

The food is sourced from local and reputable suppliers.

Children at Foundation and Key Stage 1 may buy milk at a subsidised cost through the government scheme to be drunk at breaktime.

The drinking of water has been recognised as a factor that may improve behaviour and concentration. All children are encouraged to provide a plastic water bottle for which they are responsible for cleaning.

There are water coolers which provide constant chilled, fresh water, stationed at appropriate places throughout the school and children are encouraged to drink water throughout the school day. Foundation and Key Stage 1 children have the opportunity to eat a piece of fruit at the afternoon break as provided through the Government scheme. Children at both key stages may buy a 'Healthy biscuit' from the school —baked by the school kitchen— or bring a piece of fruit from home to eat at the morning breaktime.

EQUAL OPPORTUNITIES

All children and adults are actively encouraged to follow the school policy and the Government's legislation regarding nutrition and healthy lifestyle.

We are committed to ensuring equality of opportunity and education for disabled pupils, staff and all those receiving services from the school. We aim to develop a culture of inclusion and diversity in which people feel free to disclose their disability and to participate fully in school life.

HEALTH AND SAFETY

Food containing nuts is not allowed in school on grounds of health and safety considerations to nut allergic members of the school community. Commercially bought sweets and chewing gum are not allowed in school, although treats may be given to the children at the end of the day to celebrate birthdays if a parent so requests.

Parents who provide a packed lunch for their child/children are actively encouraged to provide a balanced and healthy lunch. Soup, chocolate and fizzy drinks are not allowed to be brought from home. The lunchtime supervisors monitor lunch boxes.

The water coolers are maintained and serviced on a regular basis at the direction of the Premises Supervisor.

We work within the food regulation requirements as directed by the Food Standards Agency and seek guidance from them when required.

We create a pleasant and safe eating environment at lunchtime that is appropriate to the age of our children. The lunchtime is managed by a Principal Lunchtime Supervisor and a team of 10 people.

All members of the kitchen team have completed at least a 'Basic Hygiene 'course. The kitchen is led and managed by the Chef who ensures the kitchen is safe and clean at all times.

MANAGEMENT ISSUES

The Headteacher has ultimate responsibility for promoting healthy lifestyles within the school and meets regularly with the team leaders (at least once a term) in a formal group meeting. This is in addition to frequently meeting informally with team members and individual leaders.

The school obtained the Healthy School status in May 2003 and was reassessed in 2009. The school regularly reviews and actively promotes the standard across the school. This promotes and strengthens the work we do as part of the ECM agenda within school.

REVIEW

This policy will be reviewed by regularly by staff and Governors before ratification by the Curriculum Committee.