

ROTHERHITHE PRIMARY

WHOLE SCHOOL FOOD POLICY

(September 2017)

Introduction

Our school recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards. We also recognise the role we can play, as part of the larger community, to promote family health. Rotherhithe has one of the highest levels of obesity in London. 56% of adults are considered obese or over weight. 30% of the children in year six last year were classified as obese and 14% overweight.

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. At Rotherhithe, we work closely with our health colleague's, children centres and other partners in early help to support all parents with the appropriate advice and support to ensure the best health outcomes for their family. Our food policy sets out to ensure all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors.

We are also aware that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships and inter-generational bonds.

Aims

- To promote the health and well-being of the whole school community through food and nutrition.
- To help establish a healthy lifestyle within the school community through exercise and the promotion of health enhancing habits.
- To improve the health of students and staff by influencing their eating habits by increasing their knowledge and awareness of food issues. This will include what constitutes a healthy diet, the consequences of unhealthy choices and hygienic food preparation.
- To ensure pupils are well nourished at school and that every child has access to safe, tasty and nutritious food and a safe, easily available water supply during the day

Objectives – What we want to achieve

- To continue to promote healthy choices for all members of the whole school community by providing the information they need to make these choices. This will include making links with school nurses and relevant outside agencies.
- To continue to promote a healthy life style, through regular physical activity, of at least two hours, within each week within the school day. This will include links with relevant consultants e.g. School Sports Coordinator Programme (Bacons College)
- To continue to promote healthy eating and drinking though explicit teaching, (PSHCE and Science curriculum, cross curricular cooking), and modelling, (healthy lunchtime menus etc.) Messages about healthy food and drink will continue to be consistent across the school day.
- To continue to work with the school's catering contractor to promote and trial healthy breakfast and lunchtime menus.
- **To maintain Champion Healthy School Status**

- **to continue to enhance healthy eating at school through the healthy schools status. (see healthy schools report)**
- To work with the school caterers, school staff, school council, pupils and parents to improve and monitor the children's diets at lunchtimes.

Food throughout the school day

Breakfast

We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and to maintain energy levels without it. Breakfast should provide 25% of a child's energy requirement

Our Breakfast Club has space for up to up to 60 pupils and has a long waiting list. We prioritise vulnerable families and working families. Some free places are offered. In addition to this if a child comes to school and has not had breakfast, they will be provided with one. A healthy breakfast is promoted. We provide fruit, wholemeal cereals, wholemeal bread, porridge, a hot breakfast which may include scrambled eggs, mushrooms, baked beans, hash browns. The Breakfast Club is run by Chart wells catering company.

Snacks

Children in Nursery to Year 2 are provided with at least one piece of fresh fruit daily. The School Fruit and Vegetable Scheme funds the fruit in Key Stage One. Fruit consumed by Key Stage two is funded by the school and the children have access to fruit and vegetables every day.

School Lunches

School meals are provided by Chart wells and served between 11.30am and 1.30pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian Option. A salad bar and a fruit bar are available every day. The school meals menu can be found on our school website.

Packed Lunches

Only 17 children at Rotherhithe opt to bring in a packed lunch. This is due to Southwark's free school meals policy for all children in primary schools from reception to year six. A 'Healthy Packed Lunch' is promoted at Rotherhithe. Parents will be consulted and made aware about healthy choices through the school website nurses.

Lunches are checked by meal supervisors and they hold discussions and talks with parents where there are issues arising.

Packed lunches are stored in boxes in the classrooms so that the children collect them independently and take them to the lunch hall.

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, Couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school that are described in the school behaviour policy.

Consultation and dissemination

This policy will be effective immediately but will be agreed by the Governing Body in the Autumn Term of the academic year 2017 -2018. The school council will discuss the policy and disseminate its aims and objectives to pupils, who will be encouraged to feed back their views through the same body.

The policy will be put on the website for parents to view. Parents will be invited to give feedback and make suggestions for future development.

The PSHCE coordinator will take overall responsibility for the ongoing development and coordination of the Whole School Food Policy. However many other people are involved in ensuring its implementation, including:

- The PSHE Co-ordinator – Nina Hall
- Leadership Team – Galiema Amien –Cloete ,Kellie Ansell, Lisa Christianson, Sue Davies, Jenny O’Cofaigh
- Senior Midday Supervisor
- Catering Staff – Chart wells
- School Health Nurse- Natasha Sinclair
- School Sports Co-ordinator – Rebecca Wear

This policy also contributes towards other policies in school which are already in place. Some examples are set out below.

Policy	Example of how this relates to the WSFP
Behaviour	<ul style="list-style-type: none">• Do not use food as reward• Note research indicates that healthy food can influence and improve behaviour• Note importance of rewarding positive behaviour relating to food and drink• Drinking water increases concentration
PSHCE	<ul style="list-style-type: none">• The aims of a PSHCE policy/schemes of work include developing healthy lifestyles
SRE	<ul style="list-style-type: none">• Lessons include explorations of topics such as, what is “Beauty”, having a healthy body image and high self-esteem.

Policy	Example of how this relates to the WSFP
Healthy School Policy	<ul style="list-style-type: none"> Promote and ensure a whole school approach to health and diet
Equal Opportunity and Inclusion	<ul style="list-style-type: none"> Cater for relevant cultural food requirements Pupils with allergies are adequately catered for in the dining hall
Work with partner agencies	<ul style="list-style-type: none"> We are a champion Healthy school

After school clubs

The snacks and drinks that children bring to after school clubs follow the same guidelines as the healthy lunch boxes.

The school has run a gardening club for many years. This year the club will involve children from year one to year six. Children will be planting a range of fruit, vegetables, herbs and flowers all over the school and in a community allotment on the Silwood estate.

Water provision

All children have access to fresh drinking water. There are 4 fully operational water fountains in the playground and two in junior toilets. Some children bring a sports style water bottle, which is filled daily. Water in jugs is also available during lunch time for all children. All water is from safe sources.

Messages given by the school

Curriculum

Early years

In the early years the children are encouraged to identify their own needs, such as when they are hungry and thirsty and the changes in their body when they exercise. A snack area offering a range of fruit and vegetables, water and milk is on offer throughout the session. Meal times take a "family service" approach where adults sit with the children to discuss the food, encourage the children to try new things and discuss what is healthy and why.

Cooking is a core activity and a group of children cook each week. The cooking activities include a range of foods that reflect the many different cultures represented in the school. Lessons emphasise what is good for the body and what is not. Role play areas often include a healthy food focus. For example this year the reception class set up a working smoothie making shop as a role play area.

Key stage one and two

In key stage one and two, we recognise that food has a great potential for cross - curricular work and we exploit opportunities within the current curriculum to discuss and work with food.

There are topics in the PSHCE and Science curriculum which develop children's understanding of nutrition, food and health related issues.

The enabling enterprise programme involved many examples of baking and preparing food to sell. This allowed children to apply and consolidate their knowledge in a real life situation.

This year we are working with Garden Organic to enable the children to make full use of all of the growing areas across the school. This includes an herb garden, flower beds and planting beds for fruit and vegetables. Organic gardens have also secured some growing beds within the local community where the children will visit and be taught how to plant a kitchen garden and also how to do this in a limited space such as on a balcony. The produce they grow will resource class cooking sessions. Parents workshops focussing on making healthy meals on a small budget will also be offered throughout the year.

Events

The school participates in a number of national events and initiatives, which have a food basis. Including the – Healthy School Programme and School Fruit and Vegetable Scheme. We celebrate healthy food from all cultures through our international day.

A balanced diet is promoted at all school events and staff INSETS. Healthy options are made available for all staff at school during these INSETS.

The whole school community

Children

Children are actively consulted about the process of becoming a healthy school through the school council .Children are able to give their views on school meals.

Children take part in evaluating the schools provision. For example, this year as part of our healthy school gold award, year six children surveyed all attendees of the breakfast club. They investigated the choices children were making and if they were healthy. They then used this information to promote healthy eating in a follow up assembly for the rest of the school.

Staff

Staff are actively consulted about becoming a healthy school through our staff and communication meeting so they have been part of the policy development process.

The school subscribes to the Well Being Project which encourages staff to adopt a healthy work/life balance.

All families and staff working in Southwark have free access to the sports centres on Fridays

Parents

All school menus are on the website for parents to view. They are also displayed outside of the lunch hall. Parents are supported and given advice regarding healthy packed lunches.

Parents will be involved in coffee mornings where healthy and balanced diets and the preparation of food will be discussed. Organic gardens will be running workshops on healthy eating and making healthy meals on a small budget.

Children and their families are referred to health services in the children centre, including “Shop cook and eat “classes, breast feeding support and advice, weaning and nutritional advice.

Governors

Our school governors have been part of the policy development process. They vigorously uphold our ethos on healthy choices.

External support

The wider community are involved in the school. The Healthy schools Advisor offers support with our Healthy schools award.

Review and monitoring

The PSHE co-ordinator is responsible for monitoring and evaluation which take place in a number of ways e.g. marking of children’s work, feedback from children, parent questionnaires.

Midday meal supervisors will inform the Leadership Team regularly of food consumption issues and this will be used to support development of work on healthy eating and work with parents.

A food questionnaire is completed annually by the children to establish the quality of provision, the children’s preferences and future concerns as they arise. The coordinator is responsible for the analysis of the data and the inclusion of the findings in the yearly review and action plan.

The policy will be reviewed annually in conjunction with the evaluation of the current action plan, new developments in the field and changes in the school.
Review Date: September 2018

Kellie Ansell
September 2017