Chalkwell Hall Schools
Food Policy

Agreed by Extended Schools Governing Body: 20th March 2018

Review date: Spring 2021
At Chalkwell Hall Schools we have due regard for our duties under the Equality Act 2010. Through the delivery of the PHSE curriculum, we will ensure that we eliminate discrimination, advance equality of opportunity and foster good relations.

From September 2014, a New National Curriculum was introduced. The main change to the PSHE Food curriculum includes the introduction of Food Technology and hygiene throughout the school.

**Aims**

To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our schools.

**Objectives**

- To improve and vary the options available to children for school dinners.
- To continue to involve the school council in changes to the menu.
- To encourage parents to provide their children with healthier, more balanced packed lunches.
- To continue with the free ‘Fruit and Veg’ scheme for Early Years and Infant children.
- To continue to offer milk.

**Snack time/Play time**

The school is participating in the ‘free fruit and veg’ scheme which allows us to offer the children a piece of fruit or a vegetable for their morning snack. The KS1 children can take this outside with them and eat it in the playground. Children are not forced to take snack but are encouraged by staff to try new things or take a ‘few bites’. The children are not allowed to bring their own snack to school, therefore encouraging them to try the healthy options available. This is also true for FS, where they are encouraged to have a piece of snack and milk during the morning activity session, where they are expected to sit in the snack area to encourage them to eat their food safely.

Milk is also offered at a weekly cost via the ‘Cool Milk’ company (free to the under 5s). All children are encouraged to drink water throughout the day and are required to bring a water bottle from home which may contain water only.
Methods

The SLT and the Health and Wellbeing Team take the responsibility of overseeing the development, implementation and monitoring of this policy.

An understanding and ethos is developed within the school, of safe, tasty and nutritious food, through both education and example through the following curriculum areas:

- **Art** - observational drawing of food, healthy eating poster/lunchbox design.
- **PSHE** - cultural diversity, menu planning, nutrition.
- **Design & Technology** - healthy eating cookery workshops, designing tools, Food Technology and hygiene.
- **Literacy** - food diaries, writing instructions.
- **Geography** - what food grows where, transporting food, waste/recycling, sustainability
- **History** - past diets, discoveries.
- **ICT** - recording results of a food survey, website review.
- **Maths** - weights and measures, graphs.
- **P.E.** - links between healthy eating and exercise.
- **Science** - effects of heat on food, plant growth.
- **Cookery** – Preparing and cooking healthy food

Examples of activities at Chalkwell Schools which support curriculum work

- Relationships with local food businesses, e.g. shop visits.
- Cookery in class
- An environment has been created, physical and social, conducive to the enjoyment of nutritious food.
- The dining area is safe, pleasant, attractive and clean. There are sufficient experienced midday assistants who ensure pupils have sufficient time to eat
- Good manners and respect for fellow pupils is encouraged and expected.

Lunchtime

The Reception children begin their lunch before the rest of the school, giving them time to settle before the older children arrive. All children eat their school meal or packed lunches in the dining hall. Children are encouraged to eat all of their school dinner with a reward of a sticker given, Lunchtime Monitors (Year 2s) are also there to support the younger children and act as good role models.

Children are also encouraged to use good table manners and help to clear up after themselves, with minimal waste.
**School Dinners**

The school has been in charge of the lunchtime catering for hot meals since April 2005. The inclusion of processed food is kept to a minimum using fresh produce where possible.

The menu runs on a 2 week rolling programme and a copy of this is sent home to parents at the beginning of every term and displayed on the school website. This is done in the hope that children eating the school dinners will do so on days when they know there is something they will like on the menu. Children can either choose a ‘hot dinner’ or a ‘cold dinner’ which consists of a roll/sandwich or jacket potato with fillings and raw vegetables. Whilst in the lunch hall children are encouraged to eat as much as they can and this is always done in a positive and caring manner.

We adhere to all criteria of the Government’s food-based standards for school lunches from the Food School Trust.

**Packed Lunches**

Parents are able to provide a packed lunch for their child, if they wish. They are not allowed nuts (due to allergies), chocolate (in any form), sweets or fizzy drinks in their lunchboxes. To conform to our school dinners and to adhere to healthy eating guidelines, packed lunches should contain a balance of carbohydrates, fruit/vegetables and sources of protein. Parents are asked to provide a lunch that is suited to their child’s appetite. Where we have concerns about the contents of a child’s packed lunch, we will speak directly with the parents.

**Water**

Children are permitted to bring a water bottle to school, to which they have access throughout the day. Children are able to refill their water bottles if the need to. This activity is encouraged by staff, particularly in the warmer weather.

**Breakfast and After School Clubs:**

A healthy breakfast is served to those children who attend the Breakfast Club, for example: cereals such as Weetabix, Rice Krispies, porridge, Shreddies and Shredded Wheat, bagels, pancakes, toast with various toppings, apple or orange juice. Children who attend the After School Club are provided with a snack and a drink, for example: crumpets, toast with beans or spaghetti, Marmite sandwiches, fruit, water or milk.

**Staff**

While staff members are obviously responsible for their own lunch content, they are also able to have a school dinner, accessing the same healthy menu as the children.
Children with Special Education Needs

All members of staff are made aware of any medical/allergic conditions of individual children through effective communication with the school office. Information relating to individual needs is discussed with all parents before their child’s admission to the Foundation Stage. Infant children are provided with a card on a lanyard which they wear, so that any dietary needs are clearly visible to the kitchen and Midday staff. Infant pupils with severe allergies, who carry medication, are identified by wearing a blue wristband at lunchtime.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food.

Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; wearing a food preparation apron, using clean equipment, always washing hands before and after working with the food and using an individual spoon etc. when tasting food.

Monitoring and Evaluation

How do we know our objectives are being met?

- SLT and Healthy Schools Task group liaise with catering committee in order to continue to improve and vary the options available to children for school dinners.
- During Pupil Voice meetings, reps will be consulted about and asked for opinions on changes to the school dinner menu and other food issues e.g. snack.
- Send questionnaires to parents and children with regards to food in school.
- Take up of options at snack and lunch times.