

# WOOTTON WAWEN CE PRIMARY SCHOOL –WHOLE SCHOOL FOOD POLICY



## **RATIONALE**

Wootton Wawen Church of England Primary School understands that knowledge and understanding of nutrition is essential for good health and effective teaching and learning. Aside from the obvious physical benefits to be gained, we recognise there is a connection between a healthy, balanced diet and a child's ability to learn and play effectively to achieve their full potential. This policy sets out to improve and strengthen the development of its commitment to being a Healthy School.

## **2. Policy Responsibility**

The member of staff responsible for pastoral care, Julie Hemming, is the member of staff responsible for implementation, co-ordination and review of this policy.

## **3. Aim**

The aim of this policy is to ensure that the entire school community promotes consistent messages about food and healthy choices across the curriculum and throughout the school day. Individual, medical, cultural and ethical needs will be taken into account in all areas.

## **4. Objectives**

The policy seeks to achieve the following objectives:

- To educate children about food sources and methods of food production e.g. farming including organic farming, and manufacturing, in appropriate curriculum opportunities
- To promote an understanding of the role of food and its production in achieving economic wellbeing and the meaning and role of Fair Trade
- To enable children to learn and experience foods from different cultures
- To educate children about food and how to achieve a balanced diet in appropriate curriculum opportunities e.g. PSHE and Science, enabling them to make informed choices
- To educate children about food hygiene in appropriate curriculum opportunities e.g. PSHE and Science
- To maintain the health of pupils, their families and staff by providing information/guidance on healthy eating and food issues as appropriate including promoting awareness of the 5 a day campaign
- To reinforce parental knowledge about the components of a balanced diet
- To make the provision and consumption of food an enjoyable and pleasant experience that enhances the social development of all pupils
- To encourage healthy eating and drinking habits at break times and lunchtimes, that will last beyond the pupil's time at school.
- To encourage adequate water consumption by pupils throughout the school day.

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### **5. How the policy was formulated/ developed**

The policy was developed in consultation with parents ( parents' forum), governors and staff. Guidance on the development of this policy was sought from the Schools Food Trust and National Healthy Schools Standards. The policy is available to parents and other interested parties.

A hard copy can be obtained from the School Office.

### **6. Food in the Curriculum**

There are many opportunities to develop pupils' knowledge, understanding and experience of both a variety of foods and healthy, balanced eating, across the curriculum. We will actively seek to do this and develop cross curricular links wherever appropriate in the following areas.

English/Literacy: looking at food and food related issues as a stimulus for written work.

Maths: understanding nutrition percentages, calculating quantities/weights.

Science: types of food and its composition; where it comes from; digestion; contribution to the body's maintenance, micro organisms and decay

RE: role of food in all religions; exploring which foods are associated with a variety of religious/cultural festivals.

PSHE: experience of foods from other countries; balanced diet; and Fair Trade.

ICT: to record or report data in the above subject areas; to research food issues, recipes etc.

Design and Technology: understanding the balanced plate; designing and making healthy sandwiches.

History – wartime rationing and recipes.

### **7. Food Hygiene and Safety in the Classroom**

#### Guidelines for Use of Equipment

- All equipment will be kept in good condition, fit for its purpose, easy to clean and to be used for food activities only.
- Wherever possible hand-held equipment will be child-sized and suitable for both right and left handed pupils.
- Ovens and microwaves will be reserved for food use only.
- Food equipment will be stored separately from other equipment.
- Equipment will be cleaned and dried before being put away.
- Separate and easily identifiable washing-up bowls and cloths will be reserved for food use.

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- Only electrical equipment owned, serviced and regularly checked for safety, may be used. No such equipment should be brought from home. It must be washed and dried by an adult.
- Regular checks for electrical equipment are organised by the health and safety representative in liaison with the headteacher.
- The DT co-ordinator will ensure that equipment is in good condition and will be responsible for replacing it.
- Cutting boards will be reserved for food use only.
- Utensils must be appropriate used for the task i.e. Wooden and not metal spoons in hot liquids.
- Sharp knives are only to be used by adults.

### Guidelines for storing ingredients and equipment

- Food will be stored for as short a time as possible in a hygienic area.
  - Ingredients should be used in rotation. Staff are responsible for checking “sell by” and “use by” dates of perishable foods.
  - Food may be kept in labelled sealed containers where appropriate.
  - Only insulated boxes, fridges and dry cupboards may be used for storage.
  - Spills must be cleaned up as soon as they occur.
  - Waste food must be disposed of in plastic bags.
  - If food is taken home, staff are responsible for making sure that it is transported safely.
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- Parents will be asked to sign a reply slip permitting their son or daughter to take part in lesson where certain ingredients are being used and to notify the school if their child is allergic (or is suspected of being allergic) to any of the ingredients to be used.

### **Supervision of food activities.**

- There must be adult supervision where anything hot is being handled or electrical equipment is being used.
- No child may be left on their own during such activities and therefore it is likely that a second adult will have to be on hand. Parent helpers may be appropriate and staff must acquaint them with the guidelines in this document.

### **8. Use of Food as a Reward**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic achievements . Sweets and treats are occasionally given out on social occasions eg birthdays . However, children are instructed that they need to check with the parent/carer before eating them.

### **9. Snacks**

The School subscribes currently to the County wide initiative to provide all EY and KS1 children with free fruit and vegetables to be consumed during morning break. All children

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are also allowed to bring in their own healthy fruit or vegetable snack. This must be fresh or dried fruit and vegetables.

### **10. Cooked Lunches**

A cooked lunch is available at the school. Their menus are checked, to ensure they comply with the government's guidelines. A vegetarian options is available every day. The menu is fully compliant with the latest food and nutrient standards. Where a child has allergies or other conditions that require a special diet the school will liaise with the caterers and parents to ensure that the child can be provided with an appropriate meal

### **11. Packed Lunches**

Wootton Wawen CE Primary School believes that it is not its role to dictate what is provided for children in their packed lunches. It is recognised, however, that it can have role to play in providing relevant information about healthy eating and can provide pupils and parents/carers with externally sourced recommendations (e.g. from the Schools Food Trust, the British Nutrition Foundation etc.) on healthy lunchboxes. It is the intention of the school that this supports/ reinforces parents' own knowledge. In line with this, the school asks parents to moderate the inclusion of high fat and/or sugary foods e.g. crisps, chocolate, confectionery), in lunchboxes and to consider restricting consumption of these foods to out of school hours. This will help to consolidate children's learning about healthy eating, balanced diets and the consumption of particular food items in moderation.

### **12. Lunchtime Supervision**

The Lunchtime staff take their responsibilities seriously and endeavour to ensure that children have eaten an adequate amount to sustain them through the remainder of the school day. Lunchtime staff check lunches and encourage children to eat more where possible. If a child is seen to be leaving food on a regular basis and lunchtime staff are concerned that a trend is developing, the lunchtime supervisor will report any concerns to the classteacher. The classteacher, in turn, will discuss the situation sensitively with the child's parents to ensure the well being of the child is not compromised.

### **13. Food Allergies**

Special diets, in terms of being free from dairy, wheat, gluten, egg and nuts, can be catered for by the school caterer. All pupils and staff are prohibited from sharing their food or drinks with other pupils in order to minimize the risk of incurring an allergic reaction in a pupil with an allergy.

N.B. All staff, including the school caterer, are aware of which children have food allergies (photographs of the children with their names and details of their allergy are posted in the medical room). A number of staff members are specifically trained to deal with adverse allergic reactions to food including how to use an EpiPen.

### **14. Drinks**

It is widely agreed that children need plenty to drink throughout the day. Thorough

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hydration is essential to maintain good health and keep minds alert. Children are encouraged to bring a drink bottles every day. Given the effects on dental health from the consumption of drinks containing sugars and the known effects on behaviour from the consumption of carbonated, flavoured drinks, the school requests that drinks bottles contain water alone. Children have access to drinking water taps where they can refill their bottles during the school day. Bottles should be clearly labelled and taken home regularly to be washed.

### **15. Staff Development**

As part of their induction, new staff will be made aware of this policy and asked to ensure compliance at all times. The school will access training and relevant support materials, as available, to enhance the quality of teaching in the delivery of education relating to food: food sources; methods of production; fair trade; foods from other countries; healthy eating; food safety; food hygiene etc.

### **16. Linked policies**

This policy should be read in conjunction with other related school policies: including:  
PSHE Policy  
Design and Technology  
Teaching and Learning Policy

Name:

Role:

Signed:

Date for Review