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1. Introduction

Staff and governors of Hawthorn Tree School recognise that we have a part to play in promoting a healthy lifestyle, including encouraging healthy eating options. Hawthorn Tree Primary School 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. Hawthorn Tree staff recognise and are committed to the fact that healthier children learn more effectively.

Although we recognise that this cannot be guaranteed, Hawthorn Tree aims to be a Nut-Free school. Within this policy (see section 8), we have aimed to set out all measures to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. The school aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. We do not allow nuts or nut products in school lunch boxes.

2. The Rationale for the School Food and Nut Free Policy

- Diet is central to health and a child's diet can influence both current and future health, as well as affecting learning potential. A good diet in childhood can help protect against chronic diseases when older.
- Poorly nourished children, including the overweight and obese, often experience social and psychological problems, which can also impact on their behaviour and performance at school.
- As children spend an average of one quarter of their waking lives in school, schools need to promote healthy food and drink choices throughout the school day.
- The school environment, staff and pupil attitudes and what children learn in the classroom, have a major influence on their knowledge and understanding of health issues.

3. The Aims of the School Food Policy

Through implementation of this policy we aim to:

- Set out a co-ordinated approach to food and drink to increase the availability of healthier options
- Ensure quality of access and participation for all
- Reinforce appropriate messages relating to food and drink
- Engage the entire school community
- Establish effective partnerships
- Achieve greater sustainability through planned action
- Respond to the needs and desires of our families
- Communicate our shared vision, ethos and values to children, staff, parents, governors and the wider community.

4. Policy Development

This policy was developed with the input of following people:

- Healthy School Coordinator
- Senior Leadership Team
- Parents
- Governors
- Teaching Staff

- Pupils
- Mid-day supervisors

5. Implementation

a. Healthier Eating

At Hawthorn Tree School, healthy eating choices are promoted consistently.

Snacks

- The only permitted snacks allowed during the school day are fruit.
- 'Cool Milk' provide cartons of milk to Hawthorn Tree School. The milk is offered free of charge to disadvantaged pupils and pupils under the age of 5. Parents can also choose to buy milk for their child if they wish.
- A range of free fresh fruit or vegetables are offered to children in EYFS and KS1 during morning play.
- Children in Key Stage 2 are permitted to bring only a healthy snack for their break snack.

Packed Lunches

- Children are encouraged to show their packed lunches to a member of staff before and after they have eaten especially in Foundation Stage and Key Stage 1.
- All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits.
- Confectionery is not permitted in lunch boxes and dinner ladies ensure any such item is returned home. Confectionery includes any sweets and chocolate bars other than chocolate covered wafers or biscuits (e.g. penguin, blue ribbon, breakaway).
- Children should bring a suitable still drink (sugar free juice or water). Carbonated/sugary drinks (including fruit shoots which are high in sugar) are not permitted in school.
- We have a regular Healthy Lunch Box checks when staff and members of the Healthy School Task group eat with the children. On such occasions children demonstrate very good knowledge of which food is good and which food is bad for them.
- Our dinner ladies encourage children to eat savoury food first and reward good manners.
- Unhealthy food may be removed by staff and returned to the child at the end of the day.
- Parents are consulted by a class teacher or our family liaison officer if lunch boxes do not contain a balanced diet. Healthier options are discussed and 'healthy packed lunch box' workshops are offered.

Hot School Meals

- Food is provided by Willoughby Foods, and the menus have been checked by the Children's Food Trust to ensure they are adhering to all new food standards.
- Willoughby Foods hot meals are promoted at the EYFS intake new parents meetings.
- Free school meals are provided for all children in EYFS and Key Stage One, and disadvantaged children in Key Stage two.
- Children are encouraged to try different foods each day by lunchtime staff.
- Children are expected to choose with their parents and pre-order from a selection of four meals – a main, a vegetarian, a jacket potato and a cold 'packed lunch' option, as well as from two desserts (including a healthy fruit/yogurt option)
- Members of staff regularly sit with children and eat their meals with pupils.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- EYFS go for dinner first to allow them chance to get their meals before the hall becomes busier, and also to allow them longer to eat their lunch.
- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed.

- Teaching staff and lunchtime staff are informed about children who have special dietary needs or allergies and this information is kept in a medical information booklet.
- The school occasionally has themed days related to a topic or the time of the year such as Christmas and a Cultural Week.

a. Eating Environment

- Lunch boxes are stored together close to each class.
- All pupils eat in the dining hall, which is kept clean and inviting for all children.
- Long tables enable more children to be seated with their classmates and more time for them to eat lunch.
- Colourful displays including children's work and healthy eating messages make the dining halls inviting and educating for pupils.

b. Water Provision

- Drinking water is available throughout the school, in corridors in key stage one and two and in individual classrooms in EYFS.
- In KS2 Children are encouraged to bring water bottles to school every day.
- Water bottles should not be shared – each bottle should be clearly labelled.
- Bottles should be filled up at home before being brought to school each day and should be taken home every night and thoroughly washed.
- Water bottles will be kept in the classroom, as directed by class teachers (either on tables or in an agreed and accessible place).
- Children have opportunity and encouragement to drink throughout the school day.
- Children who do not have a water bottle in school may still access water to drink from the water fountains in the cloakroom areas.
- Water bottles must not be used near computers or other electrical equipment.

c. Supporting Food Policy Through the Curriculum

- The message of healthy living is threaded through the New Primary Curriculum and through a range of extra-curricular activities. There are many opportunities to include links to food related topics within the curriculum. This is positively promoted and encouraged. The following illustrate the cross-curricular teaching and learning opportunities presented to our children:
 - English: following and writing instructions / invitations
 - Maths: sorting / classifying / weighing / measuring / estimating / costing ingredients
 - Science: observing and predicting changes in materials, growing and consuming produce e.g. carrots, radishes, potatoes, strawberries, beetroot and green beans.
 - History: food from different periods and civilisations
 - Geography: food from different countries
 - R.E: special food / harvest / pancakes/ Chinese New Year
 - PSHE: healthy eating / food and personal hygiene / working together
 - P.E: food for fitness / exercise
 - Art: observational drawings of fruit
 - D &T: food units, including a focus on savoury cooking
 - EYFS: Teddy Bears' Picnic, healthy cooking

d. Healthy Schools Programme

- Everyone at Hawthorn Tree enthusiastically embraces the opportunity to be part of the Healthy Schools Programme. As a result of participation the following improvements have been achieved:
 - Availability of water to drink / understanding of why it is good for us to drink water
 - Emphasis on food that is good for us and healthy lunch boxes
 - Additional emphasis on sport and physical activity

- Additional communication with parents in the form of dedicated Healthy School insertions in our school newsletters
 - Introduction of Playground Mediators/Helpers to improve playground behaviours and support new children
 - Better use of the outdoor environment and introduction of additional play equipment
- Members of the school community have worked on a School Travel Plan which links with, and supports, the Healthy School Programme. This has resulted in:
 - Introduction of an annual Road Safety programme
 - Encouragement to walk or cycle to school
 - Provision of a cycle storage area in the grounds

e. School Staff

- Staff are encouraged to eat healthily themselves.
- Staff members are encouraged to choose to have a school dinner, eating with the children.
- Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued.

f. Parents

- Parents are supported with information about healthy living/eating choices, school meals and lunch box choices, food hygiene and safety tips via newsletters, leaflets and the school website.
- Parents have been consulted regarding the content of the food policy, with opportunity to offer opinions and suggestions about the lunchtime meals in particular.

g. Other Issues

- Sweets or chocolates for special occasions, such as birthdays, are permitted and each child may consume 1 sweet or chocolate to help celebrate the occasion. Parents will be notified via ParentMail regarding any sweets which are going home with pupils.
- Multicultural food is encouraged during parties such as Christmas and Cultural Week.
- The use of sweets for rewards is kept to a minimum. Instead, children are rewarded with praise, visits to other classes to celebrate their work, stickers, certificates and non-food related treats.
- Leftover fruit from Key Stage 1 is given to Key Stage 2 when possible.

6. Health and Safety

- Children wash their hands before snack and lunch.
- Basic hygiene rules are always followed when engaging children in an activity involving food preparation.
- Any such activity will not make use of any product containing nuts.
- Details of children with specific nut allergies are sought from parents and made available to all staff. First aid training for the school's appointed First Aider and all staff includes training on procedure and treatment following an allergic reaction.

7. Monitoring and Review

- This policy reflects the consensus view of all staff and the governors, in consultation with parents and members of the school's healthy school task group/school council, and was adopted by governors.
- It will be reviewed annually and amended, as and when required, in the light of ongoing government initiatives and to ensure it reflects the views of our parents.

8. Nut-Free Policy

Our "Nut-Free Policy" means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- **Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)**

- Cakes made with nuts

We have a policy to not use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces. We cannot give out any homemade confectionery as birthday treats as traces of nuts cannot be guaranteed.

a. Definition

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal. Anaphylaxis is your body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, although sometimes the reaction can happen hours later.

b. Staff

Staff and volunteers must ensure they do not bring in or consume nut products in school and ensure they follow good hand washing practice.

Caution must be taken at certain times of year such as Easter and Christmas. If Staff distribute confectionery, care must be taken to ensure that no nuts are included in the product. Fruit sweets such as Haribo are a better alternative. Particular products that are a cause for concern are: Celebrations, Roses, Heroes, Quality Street and Thornton's selections.

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in school. Packaging must be checked for:

- Not suitable for nut allergy sufferers;
- This product contains nuts;
- This product may contain traces nuts;
- Indicating this is unsuitable for school consumption.

Epi Pen trained staff are named First Aiders. Please check the school office, medical room and the Staffroom noticeboard for a list of qualified staff.

c. Parents and Carers

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to the child's care plan and if necessary a meeting organised with the school nurse. Homemade snacks or party food contributions must have a label detailing all ingredients present and the kitchen environment where the food was prepared must be nut free. If you are unsure about a selection please speak to a staff member before bringing the food item into school.

The school requests that parents and carers observe the nut-free policy and therefore **do not** include nuts, or any traces of nuts, in packed lunches.

d. Children

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise children are reminded and carefully supervised to minimise the act of food sharing with their friends.

e. Health Plans and Emergency Response

We have individual Healthcare plans for children with allergies and Allergy Lists are displayed highlighting Healthcare plans in place, triggers, medication (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy).

f. Symptoms

The symptoms of anaphylaxis usually start between three and sixty minutes after contact with the allergen. Less commonly they can occur a few hours or even days after contact.

An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

g. Other symptoms:

- Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema)
- Itching
- Sore, red, itchy eyes
- Changes in heart rate
- A sudden feeling of extreme anxiety or apprehension
- Itchy skin or nettle-rash (hives)
- Unconsciousness due to very low blood pressure
- Abdominal cramps, vomiting or diarrhoea, or nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people it can cause sudden death. If symptoms start soon after contact with the allergen and rapidly worsens, this indicates that the reaction is more severe.

h. Legal framework

- The Human Medicines Regulations (2012)

i. Further guidance

- Managing Medicines in Schools and Early Years Settings (DfES 2005)

j. Other useful Pre-school Learning Alliance publications

- Medication Record (2010)
- Daily Register and Outings Record (2012)