



School Food Policy

This policy is informed by 'School Food in England: Departmental Advice for Governing Boards', DFE, 2016.

Aims

- To provide good quality, healthy food in school whilst respecting the environment;
- To promote and encourage the health and well-being of pupil, staff and visitors on the premises;
- To equip pupils and their families with the knowledge the make healthy choices;
- To promote health awareness;
- To consult and update the whole school community on school food issues;
- To encourage the involvement of both home and school in the implementation of this policy.

Lunchtimes

At Robin Hood Primary School we recognise the importance of providing a healthy, balanced and nutritious lunch. We will achieve this by:

- Ensuring lunchtime supervisors are well trained and familiar with Robin Hood Primary School's food policies.
- Ensuring lunchtime supervisors support children in carrying, cutting and eating their lunch. They will feedback to teachers any difficulties children have experienced at lunchtime, this will then be passed on to parents to help to support children in positive eating experiences.
- Providing an enjoyable lunchtime experience and environment, in part through promoting a happy and healthy environment.
- Providing food of consistent nutritional quality at lunchtimes which as a minimum meets the current Government's food regulations. Please see our packed lunch policy for further information; e.g. food should be wholegrain whenever possible, contain no additives, be low in sugar and provide at least one portion of fruit and vegetables.
- Ensuring that reception pupils, and other pupils who may require it, receive extra support in the dining room to allow them to feel confident at lunchtimes.
- Ensuring all dietary needs are catered for. Children received personalised lunch time cards to outline their individual dietary needs.
- Offering extra support and guidance to families on the benefits of healthy eating if appropriate.

Dining Room

The school is aware of the importance that the physical environment of the school dining room can have on the eating of a healthy diet. Children are given the autonomy to choose their lunch each day. This is chosen each morning allowing for less queueing time in the dining hall leading to a calmer environment. Pupils and staff are encouraged to eat at school and interact with one another.

We will encourage the children to:

- Take a seat whilst they eat, take their time and enjoy what they are eating as much as they can.
- Enjoy a chat with their friends but please don't shout.
- Use a knife and fork to eat their dinner and a spoon for their pudding.
- Make sure they have at least one drink every lunch time.
- Be kind and remember to use their manners to say 'please and thank you'.
- To keep the hall tidy. If they spill something they will be encouraged to let a lunch time helper know.
- Clean away their tray or their lunch box.
- Remember the Robin Hood Primary School Code and to adhere to the behaviour policy.

Packed Lunches

To promote healthy eating for a balanced packed lunch please try to include one each of these healthy food types and drinks. You will see that there are five components, plus a drink, which make up an 'ideal' lunch:

1. Fruit: Essential for vitamins and minerals and fibre. Try to include at least one portion of fruit (fruit juice can count as one portion).
2. Vegetables: Again for vitamins and minerals and fibre. Try to include at least one portion of vegetables.
3. Protein: Required for muscle growth. Add some protein, for example lean meats, fish, eggs, tofu, pulses, nuts or beans.
4. Starchy foods/carbohydrates: Starchy foods are great for energy. These include bread, rice, chapattis, and pasta. Unprocessed types are best such as wholemeal bread rather than white.
5. Milk and dairy foods: Crucial for healthy bones and teeth. Choose from milk, cheese or yoghurt.

Please try to avoid:

Crisps, chocolate and snacks which are high in fat, sugar or salt

Drinks:

- *Water: Fresh, cooled water will be freely available for your child on the table at lunchtime.*
- *Healthy drinks: If you would like to put a drink in your child's packed lunch please try to include water, milk, fresh fruit juice or fruit smoothies. Please try not to include any drinks sweetened with sugar or artificial sweeteners.*

We will ensure that pupils are encouraged to drink healthy drinks throughout the school day to maintain optimum hydration.

We will achieve this by:

- *Providing pupils with access to free, clean and palatable drinking water throughout the day. The consumption of water is encouraged regularly by classroom staff in classrooms (at least once in the morning and once in the afternoon) and by lunchtime supervisors at lunchtimes.*
- *Ensuring that when other drinks are provided by school, they should be fruit or vegetable juices, milk or milk/yoghurt based drinks. Drinks provided by school should not contain added sugars or sweeteners.*
- *When pupils bring drinks into school we will encourage them to bring similarly healthy drinks.*

Break time Snacks

All Foundation Stage children have a break time snack of fruit, which is shared in a family setting for all class members. Children are given responsibility for passing the fruit to others and for helping to clear it away.

Children in Key Stage 1 are given a break time snack of fruit. As with the children in

Foundation Stage, this is provided through the Free Fruit and Vegetables Scheme. They are given responsibility to distribute the fruit and vegetables to others.

Children in Key Stage 2 can bring a healthy snack for break time. We encourage them to ensure that this is fruit or vegetables.

N.B All members of staff are asked to encourage and promote healthy snacks by following the same guidelines.

School Visits and Events

School Trips:

Pupils will be encouraged to bring a healthy packed lunch along on school trips.

We will achieve this by:

- *Including a brief reminder of what constitutes a healthy packed lunch in the school trip letter sent out to parents.*

Parties/School Events:

Pupils will be encouraged to realise that fun party food can be healthy too.

We will achieve this by:

- *Encouraging a wide variety of food to be brought into school through a class rota. This may include cakes and biscuits as well as healthier savoury snacks such as sandwiches and bread sticks and fruit such as strawberries, grapes and sliced apples.*
- *Fizzy drinks will not be permitted.*

Food and Nutrition in the Curriculum

A well planned curriculum, including practical sessions, that covers nutrition, food hygiene and ethical food production will be provided. Children will develop their knowledge of food and nutrition through science, PSHE and DT lessons.

We will achieve this by:

- *Helping pupils to understand the importance of a well-balanced diet.*
- *Giving pupils the opportunity to plan, prepare and cook healthy, tasty meals.*
- *Giving pupils the opportunity to learn about the growing and farming of food and its impact on the environment.*
- *Encouraging pupils to eat and cook with vegetables that they have grown at home and/or within school.*
- *Maths can offer the possibility of understanding the labelling for nutrition, calculating quantities for recipes, weighing and measuring ingredients, including budgeting.*
- *Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to good health. There is also the opportunity to learn about how the body responds to exercise.*
- *RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.*
- *PSHE and Citizenship encourage young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and address issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising, sustainable development.*
- *Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.*
- *Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity, such as dance, walking and swimming.*

Extra-Curricular Activities

By offering extra-curricular activities such as: cooking club and growing fruits and vegetables at the allotment, the school is showing its commitment to healthy eating through the development of practical skills and knowledge. These activities demonstrate links to the wider curriculum and enhance the teaching of healthy eating messages.

Celebrations and Rewards

We feel at Robin Hood that we teach the children about choosing a varied and balanced diet and that treats can be part of a sensible healthy diet. By giving the gift of a small sweet or item of confectionary for example at Christmas and Easter, and allowing children to bring small sweets at birthday times, (non-food and healthy options are also encouraged) we feel we meet this ethos while still promoting the School Food Standards. All treats are taken home and enjoyed as part of their evening meal.

Parties that celebrate religious festivals are exempt from the standards for school food, however we aim to provide healthy options and encourage children to bring healthy party food along to the celebrations.