

Kensington Primary School Food Policy.

Background Information.

Kensington Primary School presently has 459 pupils aged 3-11 years on role who come mainly from the residential area of Kensington.

Currently 319 pupils are entitled to free school meals. All pupils in Key Stage 1 have this entitlement and the school encourages families to apply for their entitlement in Key Stage 2.

Within each year group there are identified pupils with special educational needs and pupils who have English as an additional language. RPJ3 is the catering provider for school lunches. K. Barka is the school cook, with Mrs K Davies, Headteacher having overall responsibility for ensuring that food in school meets the required standards and adheres to the Government guidelines.

The school was awarded the Liverpool Healthy Schools Award in April 2017, which included reference to food in school.

Policy Formation.

The policy has been written with regard to Government guidelines, which came into force in December 2014 and January 2015, as well as tackling the raising of awareness about healthy eating across the whole school community.

It is a priority of the school to support the school community in raising awareness of healthy eating as part of a healthy lifestyle.

Aims of Food Policy.

Kensington Primary School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school recognises the role the school can play, as part of the wider community to promote family health.

- To ensure that all aspects of food and nutrition in school promotes the health and well being of pupils, parents and staff.
- To provide a consistent planned curriculum of food education to equip all pupils with the knowledge and skills to make healthy life choices.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food which meets guidelines and a safe, easily available water supply during the school day.
- Present consistent, informed messages about healthy eating within school through school practices.
- Ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff for example medical, allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.

The school will work towards these aims in partnership with the parents and the wider community.

Objectives of Food Policy.

- To include the whole school community in the promotion of healthier lifestyles.
- To regularly review the food and drink served in school.
- To create a pleasant eating environment that encourages social interaction.
- Involve the wider community including parents in activities, which promote balanced eating and enjoyment of food.
- To contribute to improved and sustained pupil behaviour and health, helping them to achieve their learning potential.
- To provide easy access to free, fresh drinking water across the whole school day.
- To ensure that school food and drink provided across the school day reflects the government food standards.
- Ensure catering staff and supervisory assistants are involved in the school community are well trained and understand why they are serving healthy food.
- Involve the wider community, including parents, in activities which promote balanced eating, enjoyment of food and local food sources.

Food in the school curriculum and throughout the school day.

Food and nutrition education forms part of the formal curriculum through English, Science, RE, Geography and DT. It adheres to the statutory requirements of the Curriculum 2014 document.

Other school policies which have relevance to food and nutrition are:

- PSHE and Citizenship
- DT
- Science
- Behaviour
- PE
- Geography
- RE
- Medical
- Health and Safety
- Anti-bullying
- Foundation Stage.
- Teaching and Learning
- Safeguarding.

Food throughout the school day.

School Fruit and Vegetable Scheme

The school is part of the change for life fruit and vegetable programme and receives a delivery which ensure each child in the Foundation Stage and Key Stage 1 has access to fresh fruit and vegetables every day.

Breakfast Club

The school provides a breakfast club, which is run by the cook with support from teaching assistants on a rota basis.

Fruit and vegetables are offered alongside healthy items such as cereal, milk, fruit juice, water and toast. Pupils can attend breakfast club on a daily basis at a cost of 40p per child per day. If a family has 3 or more children, the cost is £1 per day for the family.

Pupils are also encouraged to play games together as the breakfast club is viewed as an important part of the day for social interaction.

A breakfast club for parents is run on Thursday mornings. This provides opportunities for parents to come into school for a chat and a cup of tea and toast.

School Meal Provision

RPJ3 provide the school lunchtime food and their contract is reviewed every *****
School meal provision meets government standards.

Training for staff is adhered to as set out in the government guidelines.

The school monitors pupil's choices and takes this into account when planning menus. Mrs Barka has meets with the school panel to discuss this and taster sessions are arranged. Special themed days are also planned to give pupils an opportunity to taste different dishes.

To ensure that all pupils and staff are catered for there is always a vegetarian option available. There are hot food choices available as well as a 'deli bar'. Pupils have a choice of desert and drink.

Menus are displayed on outside notice boards and in each classroom window and change on a 3 weekly rota basis.

Lunch time is from 11.45 for Foundation stage pupils and 12 pm for Key stage 1 pupils until 1pm. For Keys Stage 2 pupils 12.15pm until 1.15pm. Early and late dinner arrangements are sometimes made with regard to outside school activities.

Free School Meal Provision

The school encourages all families entitled to free school meal provision to access this assistance. Monitoring of uptake is undertaken confidentially.

Packed Lunches

For pupils who do bring to school a packed lunch we would prefer lunch boxes to contain a sandwich or wrap with filling, a piece of fruit and a small treat such as a biscuit or cake. Drink should be water, milk or real fruit juice of no more than 150mls.

We would prefer it if lunch boxes did not include sweets, chocolate or other confectionary, high sugar cereal bars or cartons of real fruit juice of no more than 150mls. Regular flyers are sent out to parents of pupils who have packed lunch to encourage healthy choices when preparing lunches. The school web site also has a dedicated section which provides ideas for making healthy packed lunches.

Milk and Water Provision

All pupils have access to drinking water at all times within the school. Every pupil has their own water bottle, which they are encouraged to use and fill when they need to. Milk is available for Foundation and Key Stage 1 pupils at snack times.

Dining Room Environment.

Meals are taken in the school hall. Pupils sit together regardless of whether they are having a school meal or a packed lunch. On average 23 members of staff have a school lunch.

Regular theme days are organised and pupils are encouraged to try new foods. Taster days are organised so pupils can give their opinions on what they would like to see on the menu. The Pupil Panel also liaise with the Headteacher with regards to giving a pupil voice to the choices that are available on the menu.

School Food Ethos.

- Staff provide good role models for food choices, e.g. eating fruit and snack alongside pupils, selecting healthy choices for after school cookery club.
- Foundation Stage staff stay with pupils during lunch time in dinner hall.
- Reception class pupils go into lunch first to ensure they have adequate time to eat their meals.
- Pupils are encouraged to see lunch time as a social time for eating together with friends.

Healthy Snacks.

In the Foundation Stage pupils are offered a mid- morning snack every day, which includes

In Key Stage 1 snack is given every other day.

In Key Stage 2 toast is offered on 3 days per week.

Rewards and Celebrations.

The reward for the class with 100% attendance, drawn from the attendance box on Fridays, is an ice cream treat which is served as part of the lunch time service. Pupils who bring cakes into school to celebrate birthdays or other events have their cakes cut and wrapped up and it is given out at home time. Treats given for team points are given out during the day but children have to take them home. These occasions are recognised and promoted as being part of having occasional treats. By getting the children to take the treats home then it is up to parents to choose if and when their children have them.

Allergies

School policy on allergens adheres to government guidance. Parents inform the school if a pupil suffers from an allergy, identifying the foods to which s/he reacts and the usual symptoms of the reaction. All staff members are aware of the school's medical, and health and safety procedures. Pupils with allergies are known to staff in the kitchen.

Hygiene.

Pupils are encouraged to wash their hands after using the toilet and before handling food. Hygiene and why it is important is also taught as part of the science curriculum. All government regulations appertaining to food hygiene are complied with. Cleaning schedules are regularly inspected by the health and safety co-ordinator.

Food Poisoning.

In the event of a food poisoning outbreak advice will be sought from the LEA Health and Safety Department and the local environmental office.

Policy has been updated January 2017

And will be reviewed in January 2020.