



# Blueberry Park Primary School

## Food Policy



## **BLUEBERRY PARK PRIMARY SCHOOL FOOD POLICY**

### **BACKGROUND INFORMATION**

Blueberry Park Primary School presently has 350 girls and boys aged 2 -11 on roll who come from the residential areas of Dovecot and surrounding local areas. Within each year group there are identified pupils with special education needs.

This rationale links with the aims of Every Child Matters; that every child has the opportunity to:

- Be Healthy
- Be Safe
- Enjoy and Achieve
- Make a Positive Contribution
- Achieve Economic Well-being

### **AIMS OF FOOD AND NUTRITION**

Blueberry Park 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 also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to:

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- Ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food, and a safe, easily available water supply during the school day
- Present consistent, informed messages about healthy eating within school through all school practices
- Improve the dental health of pupils through the inclusion of dental health education within the planned PSHE / SEAL programme / Science Schemes of Work
- 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.

Food and nutrition education forms part of the formal curriculum through Science, RE, Geography, PSHE / SEAL and DT.

The food and nutrition element within the PSHE / SEAL programme focuses on the four strands of the national curriculum framework:

- Personal development - developing confidence and responsibility and making the most of their abilities
- Active citizens - preparing to play an active role as citizens
- Health and safety - developing a healthy, safer lifestyle
- Relationships - developing good relationships and respecting the differences between people

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

- PSHE
- Teaching and Learning
- Positive Behaviour
- Special Educational Needs / Inclusion
- Physical Education
- Drug and Substance Misuse
- Safeguarding
- SEN and Inclusion
- Administration of Medication
- Anti-bullying
- Equal Opportunities

## MORAL AND VALUES FRAMEWORK

The food and nutrition education element of the science, geography, RE, PSHE, and DT programmes will reflect the school's over-arching aims, and demonstrate and encourage the following values:

- respect for self
- respect for others
- responsibility for their own actions
- responsibility for their family, friends, school and wider community

## EQUAL OPPORTUNITIES

This school is committed to working towards equal opportunities in all aspects of school life. All resources used will support this commitment.

## CONTENT

Topics and themes will be revisited from year to year taking account of the pupils' development.

## ORGANISATION

The food and nutrition element of the formal curriculum will be co-ordinated by the subject leaders for science, PSHE and DT, in close co-operation with the Senior Leadership Team.

Delivery will be:

- as topics
- through planned aspects of PSHE, science, DT, Geography and RE
- addressed occasionally in assembly time
- through special performances
- through pastoral time e.g. circle time
- through story time
- through the personal, social and emotional development area of learning in the foundation stage e.g. snack time
- through extra-curricular activities e.g. Sports coach, cookery clubs, gardening clubs
- through special projects e.g. healthy eating sessions, tasting sessions, competitions
- Annual 'Health, Fun and Fitness Week'

Active learning methods which involve pupils' full participation will be used.

## SPECIFIC ISSUES STATEMENTS

### Breakfast Club

The school provides a breakfast club which is run by a school support staff and volunteer parents. Fruit and vegetables are offered alongside healthy items such as cereal, milk, fruit juice, water and toast.

### Toast

The Pastoral Care Manager organises and provides wholemeal toast at playtime for the class who has the best punctuality the week earlier. This is free to children.

### School Meal Provision

School meal provision meets government nutritional standards. Food is provided which meet the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils. Sandwiches, salads, jacket potatoes, fruit and vegetables are readily available for all. The school continuously works with the school meal providers to increase the number of healthier school dinner options. Menus are on display in the school. Themed school meal weeks are also provided throughout the year.

As 'food' is now a standard item on the agenda, The School Council regularly reports on school meal provision during their meetings with the Pastoral Care Manager. They will

consider the organisation of the dining experience and the food provided. They are also involved in sampling new dishes from the Cook.

Dining room supervisors are supported with an in-service training programme which includes sessions on food and nutrition awareness (including allergies), hygiene and behaviour strategies. Catering staff monitor the temperature of food daily. Regular meetings are held between the catering manager and the head to ensure a good working relationship where the catering environment and the food provision are reviewed.

#### Packed Lunches

Parents are encouraged to provide healthy packed lunches for their children. Fizzy drinks, chocolate and sweets are not permitted in packed lunches or as snacks. Healthy packed lunch suggestions are available on request, and parents are reminded regularly through our newsletter. A parents' workshop on creating a healthy packed lunch was included within a number of parents' sessions on healthy eating. All packed lunches are stored away from direct sunlight at a cool temperature. Pupils are encouraged to bring packed lunches in a cool bag.

#### Water Provision

All pupils have access to drinking water at all times. They are provided with their own personal refillable water bottle. Water is also available during sport activities.

#### Dental Health Education

The school uses the dental health resources provided jointly by the LEA and the Directorate of Community Dental Health. The children are supported with their dental health work by the School Health Practitioners and Sure Start.

#### Health, Fun and Fitness Week

As part of the school's annual Health, Fun and Fitness Week outside providers are invited to work with the children to promote healthy eating and healthy lifestyles. These include; Liverpool Football Academy, School Health Practitioners, Sportslinx, Dental Health, ASDA. All the children were involved including the Nursery pupils. The school cook used this week to further promote healthy choices.

#### Cookery Club

Following training provided by Sportslinx, the school has run an after school cookery club. The sessions relate to the five food groups of the Balance of Good Health plate model with recipes and activities supporting the key messages. A risk assessment form, identifying allergies, is initially completed and updated with pupil changes. School has also received funding from Yew Tree Children's Centre to run a 'Cooking on a Budget' club for parents and pupils.

### Special events

The school ensures that healthy options are available at special events. If a pupil brings a birthday cake to school the pieces are divided up for distribution at home time.

### Reward systems

All staff recognise the need for consistent messages about healthy eating within school. A fruit bowl in the staffroom is regularly filled for use by the school staff. Sweets are not used to reward good behaviour or work.

### 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.

### Hygiene

Pupils are encouraged to wash their hands after going to the toilet and before handling food. All government regulations appertaining to food hygiene are complied with by food service providers. Cleaning and disinfectant schedules are regularly inspected by the Health and Safety co-ordinator and the catering service provider. Staff employed in food preparation hold a basic food and hygiene certificate. An independent food hygiene inspection of food storage, meal preparation and food serving areas is carried out annually. The water supply is regularly tested.

### Allergies / Dietary information

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. To ensure all staff, including supply staff, are aware of pupil allergies a list of class health problems is attached to every class register.

Parents are asked to inform school of any dietary information / requests.

All staff members are aware of the school's medical, and health and safety procedures.

### 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 health office.

### Outside Agencies

Outside agencies will be used to support and assist the teachers in the development of the classroom based work. If the school or a parent has any concerns regarding a specific pupil the head will initially seek advice from the school nurse.

The policy will be reviewed in the summer term 2018 using a consultative process which identifies staff, pupil and parent feedback on food and nutrition provision and education within the whole school community.

An annual report will be made by the Head teacher to the Governors (part of the Head teacher's report) and a summary will be given in the annual report to parents.

### Food and nutrition resources – Key Stage 1 & 2

- School Fruit and Vegetable Scheme lunchbox of resources (Foundation Stage and Key Stage 1)
- Health for Life – Noreen Whetton and Trefor Williams, Nelson
- Energy Balance Pack (KS2), Flour and Grain Programme
- Great Grub Club – World Cancer Research Fund (KS1)
- Arty Beat Club – British Heart Foundation (KS2)
- Healthy Choices – Milk Development Council
- Liquids mean life – British Soft Drinks Association

### Leaflets

Feeding your growing baby FSA/0454/0602 available from Food Standards Agency 0845 606 0667

Feeding your growing toddler FSA/0455/0602 available from Food Standards Agency 0845 606 0667

Help my child won't eat! – A guide for families (British Dietetic Association Paediatric Group available from Health Promotions

Feeding your growing child FSA/0456/0602 available from Food Standards Agency 0845 606 0667

The balance of good health (Food Standards Agency) available from Health Promotions

Eat 5 fruit and vegetables (Comic Company) available from Health Promotions

Fruit and vegetable bookmarks also available from Health Promotions

Get kids on the go! (British Heart Foundation) G80 3/2003 available from Health Promotions

### Websites

Wired for Health - Well Town (KS1), Galaxy H (KS2)

[www.wiredforhealth.gov.uk](http://www.wiredforhealth.gov.uk)

Well Town

[www.wellfield.gov.uk](http://www.wellfield.gov.uk)

Galaxy H

[www.galaxy-h.gov.uk](http://www.galaxy-h.gov.uk)

Grab 5! project

[www.grab5.com](http://www.grab5.com)

5 A DAY sites

[www.dole5aday.com](http://www.dole5aday.com)

[www.freshforkids.com.au](http://www.freshforkids.com.au)

[www.5ADAY.nhs.uk](http://www.5ADAY.nhs.uk)

Food in schools

[www.foodinschools.org](http://www.foodinschools.org)

Nutrition information

[www.nutrition.org.uk](http://www.nutrition.org.uk)

[www.coolfoodplanet.org](http://www.coolfoodplanet.org)

British Nutrition Foundation

[www.nutrition.org.uk](http://www.nutrition.org.uk)

British Heart Foundation

[www.bhf.org.uk](http://www.bhf.org.uk)

British Dietetic Association

[www.bda.uk.com](http://www.bda.uk.com)

Food Standards Agency

[www.food.gov.uk](http://www.food.gov.uk)

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

Health Education Trust

[www.healthedtrust.com](http://www.healthedtrust.com)

Milk

[www.milk.co.uk](http://www.milk.co.uk)

School lunches

[www.dfes.gov.uk/schoollunches](http://www.dfes.gov.uk/schoollunches)

[www.foodinschools.org](http://www.foodinschools.org)

[www.food.gov.uk](http://www.food.gov.uk)

Breakfast clubs

[www.breakfastclubs.net](http://www.breakfastclubs.net)

[www.foodinschools.org](http://www.foodinschools.org)

Vegetarian Society

[www.vegsoc.org](http://www.vegsoc.org)

The Alliance for Better food and farming

[www.sustainweb.org/grab5\\_index.asp](http://www.sustainweb.org/grab5_index.asp)

Every Child Matters

[www.dfes.gov.uk](http://www.dfes.gov.uk)

Date policy reviewed: Summer 2019

Date of next review: Summer 2021

Signed: \_\_\_\_\_ (Chair of Governors)