

FOOD AND DRINK POLICY

St. John's School

Friern Barnet N11

Promoting healthy eating and making informed life-style choices

AIM

St John's Primary School is committed to ensuring that all aspects of food and nutrition in school promote the health and well-being of pupils, staff, their families and visitors. This improvement in health awareness will encompass an increased knowledge of food issues, promoting long term healthy eating habits; an understanding of what constitutes a healthy and environmentally sustainable diet; the need for hygienic food preparation and appropriate storage methods.

OBJECTIVES

- ❖ To ensure information relating to food and nutrition in different curriculum areas is consistent and up-to-date
- ❖ To encourage the school community to make informed choices on a healthy balanced diet
- ❖ To ensure that pupils have access to free drinking water throughout the school day
- ❖ To encourage fruit and vegetable snacks at break times and to be part of the School Fruit and Vegetable Scheme
- ❖ To provide access to healthy options at lunchtime which include improved school lunch menu and salad bar and healthy packed lunches
- ❖ To provide a safe, clean and welcoming environment to eat, that encourages the positive social and cultural interaction of pupils and teachers
- ❖ To ensure that healthy eating messages are displayed as a visual reminder of the importance of making healthy choices
- ❖ To encourage healthy food and drinks to be brought into school (e.g. for snacks, packed lunches)
- ❖ To promote opportunities for pupils to grow, cook and prepare food in school (e.g. cross-curricular approach- PSHE, science, food technology)

- ❖ To ensure that all staff have an understanding of basic food hygiene when preparing or handling food
- ❖ To provide a forum for the whole school community to input their views and suggestions on school food and drink opportunities (e.g. School Council questionnaire on packed lunches; food taster opportunity for parents)

GUIDELINES

How are we going to meet our objectives?

Promoting healthy eating and understanding about food will be embedded in the curriculum in many different ways:

- ❖ Through cross-curricular work, establishing where and how food is grown, manufactured, packaged and sold.
- ❖ Through debates and discussions, exploring the concepts of organic food, free-range food, genetically modified food, sustainable food and farming practices.
- ❖ Through special projects (e.g. Mozambique focus), investigating the effects of food and drink shortage and the ways we can help.
- ❖ Through food technology, enabling children to cook together and be creative with new ingredients.
- ❖ Through ‘Charity Breakfast’ appeals, where the school community can share food together and raise money for good causes.
- ❖ Through nutritious school meal provision, following Government guidelines, promoting good choice for children (meat, vegetarian, salad bar etc.) ensuring children understand the need for carbohydrates, proteins, vitamins and minerals in their diet.
- ❖ Through the improvement in the quality of packed lunches, led by the School Council in consultation with their class peers.
- ❖ Through maintaining good relationships with local food providers such as supermarkets (for interviews, surveys and sponsorships), and local allotment owners (to view the crops growing, to be educated on environmental matters, to stimulate their curiosity and answer their questions and to help with the harvesting).
- ❖ Through participating in the ‘National Fruit and Vegetable’ scheme, and ‘Milk’ scheme for primary schools.
- ❖ Through the encouragement to drink water throughout the day, from the water fountains or from water bottles brought in to school, to sustain concentration.
- ❖ Through the provision of a pleasant dining room environment, whereby displays are attractive and promote healthy eating messages.
- ❖ Through the opportunity for children to socialise and interact with each other whilst eating, promoting fun and encouraging friendships, and displaying appropriate table manners.
- ❖ Through the insistence on ‘clean hands’, whereby children are reminded of the importance of hygiene and are encouraged to wash hands frequently, especially before handling food.
- ❖ Through schemes that discourage the consumption of excessive chocolate treats e.g. ‘Donate a birthday book’ to mark a child’s birthday.

- ❖ Through parental participation opportunities (helping with cooking sessions, providing multi-cultural food on organised occasions etc.).

THE SCHOOL DINING EXPERIENCE

School Dinners

The children eat in a spacious dining room, with circular tables to encourage a social and interactive experience. Reception children eat first and are well supported by staff. Emphasis, for all children, is placed on developing good manners at the table and on using utensils correctly. Children collect their own food, carrying their tray, and clearing up afterwards. All school dinner children are provided with water throughout their meal. There is a salad bar every day and children are encouraged to help themselves from at least six different salad varieties as part of their meal. Children are expected to be polite and courteous and to talk without shouting.

Packed Lunches

Much emphasis has been placed on keeping packed lunches healthy and varied. The School Council has undertaken a survey of children's views and the results have been incorporated into the requirements for packed lunch provision. In line with school dinner policy, nut products, fizzy drinks, sweets and confectionary (including chocolate bars) have been completely banned as they do not promote healthy eating. Other products have been placed on the 'cautious' list (squash drinks, any artificially 'sweetened' food varieties) and a great variety of food products are encouraged and promoted as healthy and nutritious. The School Council has been very proactive and has tasted many products! Children eating packed lunches are expected to have provided a healthy drink (fruit juice, water etc.). Children sit together to eat their packed lunches.

The meal-time supervisors encourage the children to eat as much of their lunch as possible. Any food not eaten in packed lunches will be taken back home for the parents to monitor. Children are aware that others may be allergic to, or intolerant of, certain foods therefore no sharing of food is allowed- children must eat only the food that has been provided for them by their parents. If a child is consistently not eating enough at lunch time then the parents will be informed and their instructions followed.

Snacks and Treats

Snacks permitted on school trips, or for special occasions, must follow the packed lunch rules. Any food purchased by the class teacher must take into account the allergies and requirements that exist in that class. Treats sent in by parents must be checked by the class teacher before distributing to the children, but they must not be eaten until the children are outside the classroom and have obtained their parent's permission.

MONITORING AND EVALUATION

This policy will be monitored by the PSHCE co-ordinator on a regular basis to ensure that it reflects current legislation. At each review it will be brought before the 'Wellbeing Governors Sub-Committee' and then to the whole Governing Body if necessary.

This policy needs to be embraced by

- ❖ Governors

- ❖ School Management
- ❖ Teachers and Support Staff
- ❖ Children
- ❖ Parents
- ❖ Food Providers

‘Food’ plays an important part in many other curriculum areas and it will therefore be cross-referenced with other policies (especially PSHCE, Science, R.E., Art, Design and Technology, PE, Geography).

References

LA advisory teacher
Food in School’s Toolkit
The Grab 5!

Consultation process: School Council
Children via Class Councils
School staff
Parents via school dinner ‘taster’ sessions
Governors Wellbeing Sub-Committee

Reviewed March 2020

Next review date March 2025

Packed lunch Survey

We, the School Council members, have researched into food provision for packed lunches. We have gathered the views of all the children who have packed lunch from Year 2 to Year 6. We have visited local supermarkets and have taken advice and food samples back with us to taste. We all want our packed lunches to be exciting and varied, and something to look forward to after a hard morning's work! We hope the information below will be useful when you plan your meals for the week. Put it on the fridge door!

Type of food	Examples of food and drink choices	
NO THANK YOU!	Nut products Chocolate bars Sweets 'sweetened' products	Fizzy drinks
OCCASIONALLY	Pancakes Cakes Biscuits Crisps products	Croissant pizza Squash
GO! GO! GO!	Wholemeal/brown bread 'best of both' bread chapatti Pitta bread with filling Rolls and fillings Sandwiches and fillings Salads with meat/fish Rice salad Pasta salad Soft cheese spread Hard boiled egg Chicken drumsticks Cheese and crackers Potato salad Houmous Raw vegetable sticks	Couscous Sushi Quiche Raisins Yogurt Fruit jelly Any fruit Dried fruit Trifle Yogurt drink Fruit juice Milk Water Iced tea Smoothies

WE LOVE TO COOK!

Hygiene and safety procedures for children

Tie your hair back

Put on your apron

Wash and dry your hands with soap and keep them clean

Do not lick your fingers or spoons

Do not touch your clothes or face, other surfaces or other people while cooking

Wash the table well

Use equipment properly and safely- be careful of sharp knives or electrical items

Use a chopping board for cutting fruit and vegetables

Handle raw food carefully (such as eggs)

Always listen to the adult helping you

Do not touch hot things

Help to clear up afterwards

Wash your hands with soap before going back to class

We love to cook

Hygiene and safety procedures for adults

Wash the tables well and use a sterilizing spray

Use washable table covers where possible

Always check for food allergies/ religious requirements/ vegetarians etc when planning 'cooking'

Show children how to handle all equipment to be used safely

Use the designated cooking area (dining room) wherever possible

Ensure children tie long hair back, wear aprons and wash their hands with soap before and after cooking

Be clear with instructions and adopt the 'step-by-step approach, ensuring that all children are encouraged to 'have a go'

Keep food covered, or put in fridge, if necessary

Ensure all surfaces, equipment and utensils are washed and dried thoroughly and put away

Ensure all food is placed in suitable containers to take home, and labelled with the child's name

Cooking procedures and guidelines are to be followed every time (including incidental one-off occasions)