



ROMAN ROAD

Policy for Whole School Food Policy

Date: May 2023
Review Date: July 2026

Rationale

At Roman Road Primary School we recognise the importance of a healthy lifestyle and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning. Our school aims include: Provide a calm and positive environment, where children and staff are safe, healthy, happy, confident and motivated.

Aims and Objectives

At Roman Road Primary we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically;
- To give our children, parents and staff the information they need to make healthy choices;
- To ensure that we are giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet;
- To ensure that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience;
- To build the confidence of parents in the school meal service;

- To support the provision of healthy packed lunches and snacks;
- To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, e.g. catering for religious groups and vegetarians and people with food-related allergies.

Food across the Curriculum

Opportunities to reinforce healthy food and lifestyle choices occur throughout the curriculum. However, we provide focussed opportunities for children to learn about healthy eating patterns and the practical skills needed to understand where food comes from, such as shopping, preparing and cooking food.

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 health and how the body responds to exercise.

In RE children have the opportunity to discuss the role of certain foods in the major religions of the world. Children can experience different foods associated with religious festivals.

Food Technology as part of our Design & Technology programme provides the opportunity to learn about where food comes from. The healthy eating message is reinforced through practical work with food, including preparation and cooking.

The PSCHE curriculum encourages children to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. The new Jigsaw curriculum encourages children to assess how food plays an essential part in keeping our bodies healthy and functioning to the best it can.

Geography provides a focus on the natural world and offers 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. Cultural days and food events in school provide children to think about the different types of foods

around the world, where they come from and how they can benefit our lives. It also allows for children to become explore new food groups.

Our PE curriculum, which now extends to two hours each week for each child, provides opportunities to develop physically and reinforce the healthy lifestyle message of the practical impact of sport, exercise and other physical activities.

Extra-Curricular Events

During out of school events such as discos, school bazaars, international food day, we try to consider the Food Policy in the range of refreshments/foods offered for sale to the parents, children and other people in the community.

Our Partnership with Parents

The partnership between school and parents is crucial in shaping the way our children behave, especially regarding health matters. Consequently we send out regular reminders about our morning snack and packed lunch policy and monitor both periods of the day regularly. We talk sensitively with any parents who may be unsure of what to send for their children on these occasions.

Theme weeks, reward schemes and assemblies will also be used to explore health and food-related issues.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.

It is also committed to the following:

- Help for children (particularly young children) who find the physical process of school dinners or packed lunch difficult – for example, carrying trays, opening tubs or packets;
- Encouraging all children to eat the food they have been provided with;
- Provision of water jugs, containing clean water and beakers;
- Encouraging the labelling of food served to encourage a balanced, healthy diet;

- Encouraging children to wash their hands before eating.

School Meal Provision and Packed Lunches

Children have the choice of having a free school's meal or bringing a packed lunch from home. Staff at Roman Road Primary School has the choice of purchasing a school meal or bringing a packed lunch from home.

The school works to create a sociable dining environment and to encourage the development of good table manners. Children are split across the two lunch halls and eat along-side their peers. They are encouraged to take their time to eat their dinner and to eat as much of it as possible. A salad bar is available daily for children to select from and fresh water is accessible for all children throughout the entirety of lunch.

The school is dedicated to providing a balanced menu of school dinners. The head, has the responsibility for ensuring that the school meals providers offer a wide range of nutritious and attractive meals to children that meet the Government nutritional standards for school lunches and to ensure children with individual dietary needs, due to medical, cultural or religious reasons are catered for appropriately.

Feedback will be sought from parents and children, to monitor and evaluate the food provision.

Parents are encouraged to support the school's healthy eating policy by providing a healthy, balanced packed lunch. The school actively discourages some packed lunch foods and snacks. These include the following – crisps, sweets, chocolate bars, squash with added sugar and/or sweeteners and fizzy drinks.

Provision of food and drink during the school day

Breakfast Club

Breakfast Club takes place daily for our children. The food offered is healthy and consistent with a healthy diet. We provide a range of healthy option

cereals, bread or toast (white or brown), low fat spread, fruit jam, yoghurt, fruit and cheese. Children choose water or juice to drink.

A 15 minute physical activity session is planned into the daily programme for the children who attend.

Mid-Morning Snacks

Throughout Key Stage 1 the children are encouraged to choose from the fruit or vegetables provided, or they may bring their own snack from home. This should consist of fresh or dried fruit, healthy food bars or plain biscuits. Children are not permitted to bring biscuits coated in chocolate.

In Key Stage 2 children's snacks should similarly consist of fresh or dried fruit, healthy food bars or plain biscuits. They are not permitted to bring biscuits coated in chocolate.

In the Nursery our children choose from juice or milk and a snack of cut and washed fresh fruit or vegetables which are organised by the Nursery teacher.

The introduction of bagels means that parents are able to request an additional morning snack across the school.

Milk is still provided to EYFS and Year 1 children

We do not currently have a tuck shop or use vending machines in our school, however, if we decide to do so in the future, the food policy will be applied to all items sold.

After-school care is currently provided by members of staff and they also follow the school food policy.

Water for all

Everyone has a right to access clean drinking water. We encourage children and staff to drink water at school. There is a chilled water dispenser in the staff room and fresh drinking water from taps and from outdoor fountains in the playgrounds, to enable children to have free access to water. Each class has been provided with water jugs and a set of class cups to allow access to drinking water in each classroom- these are cleaned and refreshed daily.

Children also have the option to bring in their own water bottles which can be kept in the class throughout the day.

Rewards

The school recognises that pupil achievement should be celebrated and rewarded when appropriate, and that food can play a role in such celebration. Food given, as a reward for achievement, will be very limited and form part of a balanced, healthy diet. Staff will be discouraged from giving foods or drinks high in sugar, such as sweets or squash, as rewards.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food. Classrooms, toilets and break-out areas are monitored regularly to ensure there is soap readily available for hand washing. There is also hand sanitizer available in classrooms if needed.

These are re-iterated again in every lesson involving food. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

Monitoring

The healthy schools coordinator, the head-teacher, classroom staff and lunchtime staff monitor this policy on a day-to-day basis.

Evaluation of the progress, made by the school in implementing and sustaining the aims and objectives of this policy, will be made by the governor with responsibility for healthy schools and the head teacher.

The arrangements for providing school meals during the Covid-19 pandemic

- At lunchtimes the pupils do not mix with pupils from other groups
- The children have lunch sittings in their classrooms and the food is taken to them
- Hot or cold food are provided during the week.

- Cups and jugs of water are provided in all classrooms where children have access to during the day
- Children sanitise their hands and cleaners wipe down surfaces before lunch and after lunch.
- While possible two staff rooms have been provided for staff
- No food events until further notice
- No birthday cakes allowed from parents
- Started Breakfast Bagel Scheme until March.
- Breakfast club is postponed, as it is not possible for bubbles not to mix –to be reviewed half-termly.

Most covid-19 restrictions have been lifted. Children are now able to have lunch in the lunch hall with other year groups, but they are kept in their key stages. Breakfast bagels have continued post- Covid and breakfast club has resumed.