



Gwladys Street Primary and Nursery School
Food and Nutrition Policy
September 2021

Policy Agreed by.....

Date Agreed:.....

Review Date:.....

‘Golden Opportunities for Achievement and Learning.’

Vision Statement:

"To provide the stepping stones for a successful future and fulfilling future with the Gwladys Street Family, celebrating generations of success."

Aims

We want our school to be one:

1. Where everyone has access to an engaging, creative and challenging curriculum that promotes a love of learning.
2. Where everyone feels safe, happy and secure in our learning community.
3. Where everyone works in partnership with the wider school community.
4. Where Golden Opportunities are provided in an Inclusive Setting.
5. Where everyone respects each other and works as a team to achieve our GOALS.
6. Where children develop lively, enquiring minds, self-confidence and independence.
7. Which promotes a healthy lifestyle and positive, spiritual and moral values.
8. Where children, staff and families are supported with health, mental health and wellbeing.

Policy formation and consultation

This is a working policy and the consultation process consists of the Head teacher, the healthy school coordinator and the chair of governors at the school

Rationale

Our school is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. Our staff can provide a valuable role models to pupils and their families with regard to food and healthy eating patterns. We actively support healthy eating and drinking throughout the school day.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Why a healthy eating policy is needed

A healthy diet is one of the best ways of maintaining young people's health, physical and mental wellbeing, both now and in the future. Recent research has shown that diets of some young people are not meeting government recommendations for optimum growth and development.

Immediate benefits from healthy eating include:

School ensures basic needs are being met in order to thrive and develop

- Preventing dental decay, obesity and anaemia.
- Improving concentration and behaviour.
- Raising achievement.
- Improved concentration and attention span, enabling us to think more clearly and feel more alert.

Longer term health benefits include:

- Prevention of coronary disease
- Reduced risk of some cancers
- Prevention of osteoporosis (brittle bones)
- Prevention, development and management of diagnosed mental health problems

The 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 programme.
- 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.

Objectives

- To teach accurate factual information about food and nutrition through topics, as part of the curriculum.
- The School Kitchen will continuously provide healthy eating menus and food choices.
- Healthy Lifestyles are to be promoted daily through positive role models within the school community.
- To promote fresh fruit and milk to all children
- To promote the importance of drinking water and allow children access to water bottles in the classrooms.
- To promote a healthy balanced menu at lunchtime through school and packed lunches.
- Any specific medical/ cultural requirements concerning food and nutrition will be respected and treated individually.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers will be regularly reminded of our packed-lunch and snack policies.

Food through the School Day

The school governors and Head Teacher has overall responsibility for food within the school and throughout the school day. However, all members of staff within Gwladys Street Primary and Nursery School work together to support each other and the children.

We have a breakfast and lunch provision for the children, our catering team holds all the necessary food handlers hygiene certification required. Details and costs are available from the school office.

Drinks

- The school supplies every child with a water bottle, these are taken into their classrooms and are encouraged to drink water whenever they feel thirsty. They are allowed to refill their water bottles when needed.
- Mid-morning milk is ordered for children in EYFS.
- At dinner time children will be offered water or milk or water.

Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- The breakfast club operates on a daily basis in the school for all children. We particularly encourage children who we know have little or no time for breakfast in the mornings at home.
- The food offered is healthy and is consistent with a healthy diet.
- We also provide bagels for all children in partnership with the DFE National Schools Breakfast program

School Meal Provision

Gwladys Street Primary and Nursery School recognises the value a good school lunch can have on our children's development. We work in partnership with Food for Thought a non-profit organisation to deliver a health balance diet for pupils. Staff are support with up to date training and support throughout the year. We encourage the children to participate and feed back to the school council on lunch time ideas. We expect the food served at the school to adhere to the Governments School Food Standards and have impartial audits to monitor the menu and food service.

Our school meals are provided by Gwladys Street CP & Nursery School employees and offer a healthy, balanced meal. Menus are offered on a 3-week cycle and a hot meal, vegetarian option, and jacket potatoes are offered daily. There are also regular meals to celebrate special events.

You can find out more information by following the link on our website;

<http://www.gwladysstreet.org/lunch-time-provision/>

The current cost for children paying for their meal is 2.00 per day (September 2021)

Non-payment of school meals see appendix 1

Our regular catering hygiene inspections are undertaken by the Local Authority Environmental Health Inspectors.

Our premises were awarded a Food Hygiene Rating of 5 (Very Good) by Liverpool City Council November 2021.

Free school meals and funding

Currently the government are providing a lunchtime meal free of charge to all Reception, Yr.1 and Yr. 2 children regardless of their social, economic background. However the school is entitled to additional funding (pupil premium) for all those children registered for a free school meal, this is an important element of the schools income and supports the education of the children. The way in which this money is spent can be viewed on the school website.

We encourage all those parents who think their child would be entitled to register for free school meals to sign up even if they do not intend to consume a meal from school. Our administration staff are available to support all parents in this. Please come to school where this can be undertaken, alternatively you can log on to the link below and complete the form online

<http://liverpool.gov.uk/schools-and-learning/grants-and-funding/free-school-meals/application-form>

Packed Lunches

Children may bring a packed lunch to school. This should be clearly labelled with your child's name and class. In line with our healthy schools policy please try to ensure that you provide your child with a healthy packed lunch. Fizzy drinks and Energy drinks are NOT allowed. As part of our on-going commitment to the environment, we recommend that you use insulated lunch boxes and reusable plastic containers.

To enable parents to view what their child/ren have consumed all uneaten food will be returned home except "opened wet items" such as yoghurt pots.

- Our school aims to support parents in making healthy choices when preparing packed lunches.
- We encourage parents and carers to provide healthy and nutritious lunches.
- To promote this we have sent out information on healthy choices, and will update this as necessary.

Allergies

From time to time we have children that suffer with nut allergy. To ensure these children are not adversely affected by contact with nuts, we ask that parents do NOT use peanut butter or Nutella as a sandwich filling, or provide cakes or biscuits that may contain nuts.

The school does not have the facility to keep packed lunches cool and therefore we recommend that packed lunch boxes have an ice pack or cooling cushion that will reduce the

risk of harmful bacterial growth in food whilst the boxes are kept in ambient conditions such as classrooms/school hall.

Dining Room Environment

Hot dinner and packed lunch pupils all sit together to ensure no segregation to support the health and wellbeing of our children. The aim is to make sure that they eat their lunch and do not need to rush.

We encourage our pupils to play an active part in improving the dining hall environment by taking their ideas to the school council and then involving the whole class group in the decisions taken.

There are two sittings and groups are rotated on a termly basis to ensure not the same year groups are last in the dining room.

Playtime Snacks

Children are encouraged to drink water throughout the day and each year group has filtered water available. Fruit is provided for children in Early Years and KS1. Key stage 2 children can purchase fruit on a daily basis.

Fruit is supplied by a local supplier to reduce the carbon footprint.

Drinks and Water

The school recognises that hydration plays an important part of development and we encourage children to drink plain water throughout the school day.

Milk is available to all children at the school.

Special diets, allergies, diet related disorders

Parents are asked to inform the school if a pupil suffers from any medical diagnosed allergy, intolerance or food related conditions, identifying the foods to which s/he reacts and the usual symptoms of the reaction. This is done through completing the 'Pink' medical form which is sent out at the beginning of each academic year.

Absolutely Catering also provide an allergy form which is passed to their Catering Manager for their records.

If stating your child has an allergy then you MUST provide a written document from your child's GP or Hospital.

Pupils with allergies are also identified to kitchen, staff and on the office noticeboards. All staff members are aware of the school's medical, and health and safety procedures.

Our catering staff have been trained up to the Food Information Regulations 2014 – Allergen labelling and are on site to discuss any allergenic ingredients that may be in the dishes/recipes.

Please make an appointment through school to meet our catering manager to discuss allergens or any other medically diagnosed conditions that affect food consumption. We provide a vegetarian option for children who do not eat meat; this is covered through the food standards and non-dairy protein items are included at least three times each week on the menu.

Food Information Regulation Allergen Labelling – From 13th December 2014

At Gwladys Street Primary and Nursery School we provide food throughout the school day for our pupils/students, staff and visitors.

Our premises are regularly inspected by the Local Environmental Health Officer who uses the Food Hygiene Rating Scheme to rate the hygiene standards of our school.

The school catering company Absolutely Catering is responsible for the food provision at the school.

Our catering manager is based in the school kitchen between 8.30am and 1.30pm.

Please contact the school office and make an appointment if you would like to discuss any allergen issues your child may have.

Religious and Ethical Diets

A vegetarian option is available on a daily basis, our menus can be viewed in the reception area of school. On three days each week the vegetarian option will be made up of a non-dairy protein option in line with the current school food standards as set out by the government.

Special occasions and Rewards

Special occasions, such as Christmas, and the end of terms are a time when teachers and pupils like to have a class party or treat. Class parties should reflect our ethos on having a balanced diet and sweet and fatty foods will be given in moderation.

Sweets will not be given in school as rewards for behaviour and good work.

Under no circumstances will sweets, chocolate, crisps or fizzy drinks be used as a reward for outstanding work and/or behaviour.

Food Hygiene

- Children will be reminded to wash their hands after going to the toilet and before eating.
- Water bottles and lunch boxes should be taken home every Friday to be washed.
- When handling food in lessons both staff and children will have clean hands, hair tied back and a clean surface to work on.

Learning Opportunities- Curriculum

The school follows a specific PSHE, DT and Science scheme of work, which covers all areas of healthy eating & drinking, food preparation & hygiene and the effects of unhealthy eating & drinking.

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from

Key stage 2

- understand and apply the principles of a healthy and varied diet

- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

Participation in national and local events and initiatives

Food may be the medium used to celebrate international and local events such as Chinese New Year, Diwali, great British breakfast, and national scouse

Monitoring and Evaluation

This is a working policy – this draft will go to consultation with the whole school community; including children, parents, school staff, catering staff, governors, school nurse and Healthy Schools Officer.

The Healthy Schools Coordinator will develop the policy accordingly.

The designated catering contractor is responsible for ensuring that the quality of food offered is of a high standard and compliant with legislation.

This policy will be reviewed annually to take account of new developments.

The policy will be accessible to everyone, including children, parents and extended staff, online and by request of a hard copy.

Teacher's planning, children's work, discussion, observation, displays, photographs etc. will form the basis of evaluation of pupil learning

Conclusion

It is hoped that by adapting a healthy food policy that the school can promote health and wellbeing while also educating the children to take the practices of the school into their daily lives. Subsequently this will help them to make informed health decisions for the rest of their life.

Appendix 1

School Meals

The school provides lunchtime school meals for all children attending full time school. Many children will be entitled to a school meal free of charge, dependant on the family circumstance.

If you are required to pay for your child/ren's meals these will be charged at a daily rate of £2.00 per day.

School will collect the dinner money via our ParentPay online system for the forthcoming week, all parents will be sent a code to register for ParentPay upon admission.

The school can also offer access to Liverpool's on line checking system for parents so that eligibility for free school meals can be accessed immediately.

Non Payment of school dinner money

Parents/carers/guardians are reminded that if you are not in receipt of free school meals then meals need to be paid for at least one week in advance.

If anyone is experiencing any financial difficulty they are invited to come into school to discuss the situation before non-payment becomes an issue.

Non-payment of school meals by parents/carers or guardians will result in a debt for school and has a knock-on effect on the school's financial performance.

The school's governing body has a legal responsibility to follow up all outstanding debts through the local authority's official debt recovery service.

In the event of non-payment of school meals for at least 5 days, schools will not continue to provide a hot meal for the child/ren.

Parents will be asked to provide a packed lunch for consumption during the lunchtime or to take the child/ren home for lunch until any outstanding payment is made in full to the school.