

BEREWOOD PRIMARY SCHOOL



Food Policy

Spring 2021

Revised by School	January 2021
Responsible Person	Ricky Leigh (head teacher)
Responsible Committee	Full Governing Body
Ratified by GB	February 2021
Next Review	January 2024



BEREWOOD PRIMARY SCHOOL

A distinctive vision

At Berewood Primary School we see education as a journey of discovery to fire the imagination, to establish a sense of self, and to gain the confidence to take full part in the wider world.

An ethos of local partnership

Berewood Primary School and the University of Chichester Academy Trust share the belief that education has the power to transform society. Our school is deeply rooted in its locality and encourages the involvement and interest of parents and the community, recognising that strong and vibrant communities have partnership and inclusion at their heart.

FOOD POLICY

Purpose of the policy

The purpose of this policy is to provide clear information about the roles and responsibilities of our school and the Governing Body in relation to healthy eating activities.

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should therefore be read in conjunction with our PSHCE, Drug, and Sex and Relationships Policies.

The school recognises the important connection between a healthy diet and the ability to learn effectively.

Rationale

Berewood Primary School is a healthy school. We consider all elements of our work to ensure that we promote health awareness in all members of the school community. We aim to provide a valuable role model to our pupils and families with regard to food and healthy eating patterns.

Aims and objectives

- To ensure that we are giving consistent messages about food and healthy eating
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community

Role and responsibilities

The Governing Body monitors and evaluates the implementation of the food policy.

The Head teacher ensures that this policy is implemented and monitored in the day-to-day work of the school. Donna Smallman has attended a one day basic food hygiene training course and is able to offer guidance on food preparation and cooking within the curriculum to staff. A Food Hygiene Code of Practice is displayed in the technology room and included within this policy.

Implementation of the policy

We do not use vending machines in our school.

Snacks

All children may bring a healthy snack of a piece of fruit or vegetable to eat at playtime.

Special dietary needs / allergies

The school supports pupils with dietary needs whenever possible.

Forest School Food

During forest schools, children are given a hot chocolate and toasted marshmallows over the fire. All food is prepared in line with the food hygiene code of practice and has been discussed with member of staff who holds a basic food hygiene certificate.

School lunches

Many children bring a packed lunch to school. Chocolate, sweets, fizzy drinks and all foods which contain nuts are not allowed.

Packed lunches, as well as a hot school lunch are available to all children and staff. It is provided by the HC3S, following their healthy food policy, and with regard to nutritional balance and healthy options.

Lunch times

There is a layered lunch plan which enables the whole school to sit and eat together within the given hour. This is working well and enables children to spend time with friends in other classes.

Children are reminded to wash their hands before eating their lunches and are encouraged to talk with their classmates and enjoy eating together. They are responsible for keeping their tables clean and tidying up after they have eaten. The pastoral care of pupils at lunch time is of great importance and is overseen by the lunch time supervisors in the first instance. Playtime buddies also take turns as monitors to help the younger children both in the hall at lunchtime and then on the playground.

Water for all

All children have access to drinking water during the day. They may drink their water at any time, except during assembly, and are expected to take responsibility for the care and cleanliness of their bottles. Children must have their water ready and available at the start of each lesson and may not fill their bottles during lessons. Water fountains are available for children who have not got a bottle in school.

Food across the curriculum

Many aspects relating to food are covered in all areas of the curriculum and these are clarified in the appendix to the policy.

School Council and the pupil voice

The responses of the School Council will be sought on matters relating to food policy and the implementation of the policy in their regular meetings.

Occasionally a whole school audit is undertaken, and outcomes are used to inform future action plans.

Food as rewards

Sweets are not used as rewards by the school, and options such as fruit or stationery are promoted as prizes in fund-raising events.

Partnership with parents and carers

The partnership of home and school is vital in shaping how we work together to secure healthy lifestyles for our children.

Parents and carers are required to keep the school up-to-date about any allergies to food, including severe peanut allergies, enabling the school to plan for individual needs and requirements.

Parents and carers are regularly informed in newsletters, about water and packed lunch policies.

At the beginning of the autumn term, all Reception parents are invited into school to discuss the lunch options available to their children and to advise on what makes a healthy lunch. Parents are offered support for those tricky eaters and advised on where to find additional support. All are in line with advice given on the NHS Healthy Eating website which we offer to help increase knowledge and raise awareness about healthy eating. During out of hours events, such as school discos and the fair, the school will expect the food policy to remain in place, offering a range of refreshments on sale to children.

Monitoring and Evaluation

This policy will be reviewed by all staff and Governors as part of the 3 year policy review cycle.

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Food hygiene Code of Practice

- Hands should always be washed before and after working with food, and rewashed after a break, visit to the toilet or nose blowing.
- No form of communal towel should be used to dry hands.
- Loose garments should be avoided.
- Always use clean or disposable aprons that are only used for food work.
- Hair should be tied back.
- No nail varnish is ever worn at school by children and this includes for cooking.
- No finger licking.
- No licking of spoons etc. during cooking.
- Surfaces are wiped before and after use with an antibacterial cleaner.
- Any spills are wiped up immediately.
- Food preparation equipment should not be used for other purposes.
- Following a cooking lesson in the practical room, all surfaces, utensils and sink should be effectively cleaned.
- When tasting food (e.g., for seasoning or in a fair test) never re-use a spoon unless it has been washed.
- Any cuts or sores to hands should be properly covered with a waterproof dressing. If it is not possible to cover the wound the child should not handle food. Gloves may also be worn.
- Any child suffering from any form of food poisoning symptoms or ear, nose or throat infection should not handle foods until he/she has recovered.

