

# **The Grange School**

## **(Whole School)**

### **Food Policy**

**May 2016**  
**To review May 2019**

# Whole School Food Policy

*'A healthy school is one that is successful in helping pupils to do their best and build on their achievements. It is committed to ongoing improvement and development. It promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health. A healthy school understands the importance of investing in health to assist in the process of raising pupil achievement and improving standards. It also recognizes the need to provide a physical and social environment that is conducive to learning.'*

*National Healthy School Standard (DfEE 1999)*

The Governing Body at The Grange School recognizes the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The Governing Body also recognizes the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

The Governing Body recognizes that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

## **1. Mission**

The educational mission is to improve the health of the entire community by teaching pupils and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom. Through effective leadership, the school ethos and curriculum, we aim to create an environment which supports a healthy lifestyle and celebrates cultural diversity.

## **2. Objectives**

- To improve the health of pupils, 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.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
  - To 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.
  - To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
  - To make the provision and consumption of food an enjoyable and safe experience.
  - To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

### **3. Settings for the School Food Policy**

In accordance with the mission and objectives of this policy, the policy will apply to the following settings in the school:

#### **Snacks**

Snacks are provided during the morning session. It consists in KS1 of a choice of milk or water to drink and a piece of fruit or vegetable. Reception and Key Stage 1 pupils receive a free piece of fruit or vegetable from the Government Fruit and Vegetable scheme.

In KS2 the pupils are able to purchase from a variety of choices a healthy snack which may be either hot or cold, as well as fruit, milkshakes and water, which are prepared by the schools hot meals service.

Food containing nuts or nut products are not allowed in school on the grounds of health and safety considerations to nut allergic members of the school community. Sweets and chewing gum are not allowed in school.

#### **Water**

A plentiful supply of drinking water for pupils is recognized as improving behaviour and concentration. At The Grange School, drinking water is freely available and all pupils are encouraged to fill their own drink bottle for use throughout the day which is

provided for them at the beginning of the school year. All pupils are reminded to drink water especially during warmer weather.

### **School Lunches - Packed Lunches**

The Grange School is committed to encouraging parents to provide healthier lunchboxes for pupils. When pupils enter Reception, the school provides a recommendation to parents of what constitutes a healthier lunchbox and this message is reinforced throughout the school. The guidance is consistent, realistic and stresses the importance of a balanced and varied diet.

The contents of a packed lunch can vary for different reasons, including dietary requirements or intolerance and religious observance. Due to this we do not allow pupils to share or exchange food from packed lunches. Food not eaten in a packed lunch is taken home by the pupil to ensure that parents are aware of what their child has or has not eaten. Lunchtime Supervisors also monitor the contents of lunchboxes and whether or not a child is eating and drinking sufficiently at lunchtime.

The schools hot meals service also provides a healthy packed lunch which is available to all pupils and parents can order these on a daily basis. These packed lunches are produced with the guidance of County Catering at Northamptonshire County Council.

### **School Lunches – Hot Meals**

In 1990 The Grange School established their hot meals service in response to the LEA withdrawing hot meal provision from schools. The company runs successfully with the full support of the Governing Body and adheres to the 'Healthy Eating for Schools' initiative and works very closely with County Catering at Northamptonshire County Council. The schools hot meals service, operated by TnS Catering, provides pupils with a good quality hot meal whilst still being affordable to parents. Menus are prepared half-termly and parents receive these on a regular basis. Every half term the hot meals service holds a special lunch which provides the pupils with a meal from countries around the world, celebrating their culture and language.

During the current academic year, The Grange School has also introduced social dining to lunchtimes. This means that the children eat together and have a social experience, serving one another and not leaving the table until nearly everyone has finished their meal. We also ask staff to volunteer to have their lunch with the pupils and this is done on a rota basis.

## **Eating Environment**

Packed lunches are eaten in the KS1 hall whilst Hot Meals are eaten in the KS2 hall. In all situations we aim to provide a calm, ordered environment conducive to mutual respect and good behaviour. All table surfaces are disinfected before any eating commences. The school is also committed to:

- Encouraging pupils to wash their hands before eating
- Encouraging all pupils to eat the food they have been provided with
- Ensuring, that on the grounds of safety, all pupils remain seated until everyone has finished eating
- Actively supporting children who find some aspects of packed lunch or hot meals difficult, e.g. opening tubs, packets, cartons, bottles, cutting up foods etc.
- Ensuring that lunch is a sociable occasion, with children eating for a sensible amount of time; neither rushing or taking too long to eat

## **Breakfast**

We recognise the importance of eating a balanced breakfast and realise that skipping breakfast can mean poor energy and concentration levels for pupils in the first half of the school day. Our breakfast club has improved punctuality and attendance, as well as performance in the classroom.

Breakfast Club operates on a daily basis and is available to all pupils. The food offered is healthy and is consistent with a healthy diet. We provide a range of options for the pupils to choose from, these can be from toast and jam to a full English breakfast.

## **Celebrations and Festivals**

At The Grange School we believe it is important to celebrate cultural, personal or community events and recognize that food has a role in such celebrations as birthdays, religious festivals, or end of term. Any food provided at such events should comply with this policy.

## **Curriculum**

Food is of vital importance to us all and should be used to enrich the school curriculum. The curriculum can then enrich pupils' experience of food and healthy eating. Curriculum content will include the following:

- The importance of food groups and the role they play in promoting growth
- The development of a strong healthy body
- What constitutes a balanced diet

- How food is produced
- An understanding and appreciation of cultural diversity
- The development of respect and understanding towards the beliefs and attitudes of others

Visits by outside agencies also promote health awareness. In addition, whole school and class assemblies are an opportunity to explore health and food related issues.

### **Beyond the Curriculum**

The Grange School offers a wide range of extra-curricula activities and sports clubs which take place at various times throughout the academic year. These include team sports, athletics, gymnastics, and dance, drama, cycling proficiency, cookery club and aim to contribute to the healthy physical development of pupils and help to support a healthy lifestyle and to which the aims and objectives of this Food Policy apply.

### **Cookery Club**

This club covers various aspects of food and nutrition, from identifying, selecting and measuring ingredients to designing menus, creating recipes and sampling different foods. It reinforces the curriculum in many areas ranging from nutrition and hygiene to appreciating cultural diversity. The club also provides an opportunity for pupils to be creative with food and can help develop their social skills and boost confidence.

### **Extended Schools**

The Grange School requires that the Schools Child Care Service or school-organised club, e.g. breakfast or after school club, follows the principals of a healthy lifestyle as detailed in this policy.

### **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. This is not always easy but our school is well placed to lead by example. Parents and carers are regularly updated on our water and packed lunch policies through school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when pupils may drink juice or squash. During out of school events, eg school discos etc., the school will

encourage parents and carers to consider the Food Policy in the range of refreshments offered to the pupils.

### **Role of the Governors**

Governors monitor and check that the school policy is upheld.

### **Monitoring and review**

The Breakfast Club Committee is responsible for ensuring that the food served is in accordance with this policy. All staff are responsible for the curriculum development of the Food Policy. The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy.