



Food Policy

This policy has been developed to ensure that national and local guidelines for healthier eating in school are followed. This policy covers fruit and fresh water provision, break-time, lunchtimes, birthdays and Christmas treats.

Date agreed by Governors	April 2019
Signed by the Headteacher	<i>Erica Pienaar</i> <small>Erica Pienaar (May 13, 2019)</small>
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1. Introduction

1.1 At John Ball we recognise the importance of food in our lives. We know that healthy eating combined with an active lifestyle is vital for good health and wellbeing. We understand there is a strong link between a healthy diet and effective learning. We also recognise the importance of food-related skills in enriching our social development and in celebrating, nurturing our appreciation of cultural diversity. Our goal is to make eating in school a pleasurable experience and to provide a welcoming environment for the children to enjoy their lunch with friends. We believe all children should have access to a healthy nutritious lunch to enable them to cope with the physical and mental demands of the school day.

2. Aim

2.1 Ensuring that all aspects of food and nutrition in school promote the health and wellbeing of all.

3. Objectives

3.1 To promote a knowledge of food and its nutrients

3.2 To promote a positive attitude towards healthy food choices and an active lifestyle

4. Water Provision

4.1 Water is available throughout the school day within the class settings as well as in the playground. Water, milk and soya milk are available to all pupils at lunchtimes.

4.2 Children may bring a labelled water bottle with them and use it throughout the day.

5. Fruit Provision

5.1 All Foundation Stage and Key Stage 1 pupils have access daily to a free piece of fruit or a vegetable. This is eaten during the morning at some point.

5.2 Pupils are encouraged to eat the fruit, or at least try it. If there is fruit left over, pupils have access to it during afternoon play.

5.3 KS2 Children are allowed to bring a piece of fruit or vegetable to eat at morning break.

6. Nut Free Policy

6.1 At John Ball we have children with severe allergies and therefore have a "No Nut" policy.

6.2 Please do not include any nuts or "may contain nuts" in any item that is brought to school. Please check all labels if you are including pre-packaged food as even those with the warning "*may contain nuts*" could cause a risk to these children.

6.3 Please note that this includes chestnuts.

7. School Dinners

7.1 John Ball staff work closely with Chartwells to ensure that all food-based requirements are met and that a varied and balanced menu is offered.

7.2 Menus are displayed on the school website and at the entrance to the dining halls.

7.3 The school is continually monitoring the food provided by Chartwells to ensure that the food standards are met and the lunches provided are appetising and appeal to a range of culinary tastes.

7.4 In addition to this the LA inspect the contract each year.

8. Packed Lunches

8.1 If your child is bringing a packed lunch to school we have set out the following guidelines to help your child develop healthy eating habits and ensure that they get the energy and nutrients they require to help them cope with the school day.

8.2 Packed lunch guidelines apply to those bringing packed lunches on a daily basis and for school trips.

8.3 The following is not an exhaustive list but we hope it might give you some ideas as to the diversity a packed lunch can offer.

8.4 As a general rule it is important to provide a wide range of foods across the week. Variety is key.

8.5 Try to include EVERY DAY:

- At least one portion of fresh fruit (such as - satsuma, plum, kiwi, pear, dates, raisins, banana)

- At least one portion of vegetables or salad (such as - tomatoes, cucumber, celery, pepper, carrots, broccoli, salad leaves)
- A portion of meat, fish, eggs, beans or other source of non-dairy protein (such as - tuna, egg, chicken, salmon, pork, beef, lamb, hummus, mixed beans, lentils)
- A portion of starchy food such as bread (wrap, pitta, bagel, roll etc), pasta, rice, couscous, noodles or potatoes.
- A portion of dairy - milk is provided at lunchtime for both school meal and packed lunch children but you might like to include cheese, yoghurt, fromage frais, creamed rice.
- School lunch children have access to a dessert each day in the form of yoghurt, fruit, fruit based cakes, small biscuits. Please feel free to provide your child with a similar dessert (such as - flapjack, fruit scone, biscuit, plain popcorn, date slice, jelly)

8.6 Please *do not include* confectionary, chocolate, sweets or crisps for your child to eat at lunchtime.

8.7 All children at John Ball have access to water, milk and cutlery at lunchtime so it is not necessary to provide it for them. Children also have access to water throughout the school day.

8.8 Children may bring a labelled water bottle with them and use it throughout the day.

8.9 In addition to encouraging a balanced diet we also like to promote good table manners and independence.

8.10 It would be most helpful, if you do include items that are pre packaged, that you check that your child is able to open them independently without the assistance of an adult.

8.11 If a child does not have an adequate packed lunch in terms of quality or quantity or does not eat the contents, Midday Meal Supervisors will endeavour to provide a meal from the school meal provision and inform both the class teacher and the Pastoral Care Manager.

9. Dining room environment

9.1 Research shows that pupils' surroundings have an impact on their sense of well – being.

9.2 The dining room is a pleasant environment for the children to eat in, with noise levels kept to a reasonable limit. Children should be encouraged to talk to those

children around them and on the same table.

9.3 All children are encouraged to find their own space once they have their meal. Year 5 & 6 children act as mentors to the EYFS and KS1 children by having their lunch with the younger children and helping in the dining hall and in the playground.

9.4 Children are encouraged and to use good table manners and reminded how to hold and use cutlery. Often they will need to be shown how to hold and use cutlery appropriately.

9.5 Slow eaters are encouraged to make sure they eat their meal leaving time to play.

9.6 As children finish eating, they clear their own plates and are sent out to play with lunchtime support staff waiting to receive them. Children are not kept waiting in the hall. In KS1, Y5 and 6 children support school staff to guide the children from the dining hall to the KS1 lower playground.

9.7 Lunchtime support staff use the rotas provided. Lunchtime support staff receive on going training in behaviour management and nutrition.

9.8 During the last 6 weeks of summer term, a picnic style lunch is served with the option of two hot courses should the children wish to eat hot food.

10. Teaching & learning

10.1 At John Ball we feel that it is important for the children to recognise that there are no 'good foods' or 'bad food' but that a balance is required.

10.2 Food, nutrients and food technology are taught as part of the John Ball Primary School curriculum throughout all years. Healthy eating and food choices are also promoted as part of wider school activities including dedicated assemblies.

10.3 Occasionally staff will use food to enhance part of children's learning e.g. as an entry point to a theme or topic. This in the past has included activities such as planning, organising and cooking for a street food market and growing vegetables in order to make soup.

11. Treats and parties

- 11.1 At John Ball we understand the importance of healthy eating but also that occasional treats can be included in moderation a part of a healthy diet and active lifestyle.
- 11.2 As we are teaching the children about healthy choices and a positive attitude to food we feel that allowing occasional treats reinforces this message.

12. Birthday Treats

- 12.1 All children's birthdays are celebrated in Celebration Assembly each week during term time.
- 12.2 Children often like to bring in small treats to share with their friends on their birthday. When providing such treats parents should be aware of the school policy surrounding food and provide items that are nut free and not excessively high in fat or sugar.
- 12.3 A small packet of sweets/lollipop or biscuit can be provided for children to take home. Alternatively, children may bring non food alternatives as treats such as stickers, pencils or a game which can be used during golden time.
- 12.4 In researching this aspect of food policy at other primary schools nationally it was discovered that bringing non-food items as Birthday treats is becoming more common place.
- 12.5 Please do not provide your child with whole cakes to share as staff are unable to cut up and distribute to the class.

13. School End of Term Parties

- 13.1 Parents are sometimes asked to donate food for these parties. When drawing up suggestions of food lists, staff are aware of asking for a balance of sandwiches, cheese, fruit and vegetarian options alongside a minority of biscuits and cakes.
- 13.2 Fruit squash should be requested. Fizzy drinks will not be requested with the exception of the KS2 Christmas Lunch, where a small cup of fizzy juice will be served.

14. Cake Sales

- 14.1 Whilst we appreciate that cake sales are good fundraisers for both the school and charities that the school support we will limit to a maximum of 1 per playground per half term

15. Nutritionist

- 15.1 A nutritionist employed by Chartwells is available, by appointment, to discuss and food related issues you or your child have.
- 15.2 Special menus are written up for any children who have medically-related dietary issues. A special menu has to be supported by medical evidence provided by parents or guardians. All special menus are agreed by parents before going live in school