

Rise Park Infant School

Food Policy

Vision Statement

We are committed to the individual child, the family and the community. The traditional values and high academic standards of the school are upheld within a secure, happy and caring environment.

Rationale

Rise Park Infant School is committed to giving our pupils consistent messages about all aspects of health in order to help them understand the impact of particular behaviors and to encourage them to take responsibility for the choices that they make. This policy should be read alongside the school's PSHE, Drug, Non-Smoking and Sex Education policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We evaluate all aspects of our work to ensure that we promote health awareness in all members of the school community. We are aware that we provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

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 that supports a healthy lifestyle.

Aim

To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors. To develop the children's knowledge to make the right choice in adult life.

The Curriculum

Pupils are taught about healthy lifestyles through the Science, DT, PSHE and PE curricula. These are reinforced by practice within school, ensuring information relating to food and nutrition is up to date. Parents are informed of any cooking that is scheduled to be taught and all ingredients that will be used.

Provision of Food at School

The Eating Environment

Loud and boisterous behaviour during mealtime is discouraged by the Lunchtime Assistants. To promote social responsibility all pupils are encouraged to clear their table and empty their waste into bins provided.

Snacks

All children receive a snack of fruit or vegetables during the morning as part of the National Fruit and Vegetable Scheme initiative to provide all infants with free fruit and vegetables during the day. Teachers are encouraged to set a good example by eating the fruit or vegetables with the pupils.

Drinks

Water is freely available from fountains in each classroom; the school encourages children to bring in water bottles from home. Water is also available during lunchtime meals. A daily carton of milk is available as a snack for those children whose parents pay termly for the service. Staff have a water cooler in the staff room for their use.

School Lunches

Healthy School lunches are prepared in the Junior school by Havering Catering Service for pupils and staff. The menu is available in advance to parents. It follows the nutritional guidelines as set out by the DfE and uses organic and locally sourced meat and vegetables wherever possible. Cartons of juice and milk are available to purchase, in addition to free access to water. The children are well supported in choosing and eating their food by the lunchtime supervisors and cooks. Menus are available to parents, pupils and staff throughout, displayed on noticeboards, the dining room and the school website. An annual meeting is held every year for the parents of the new reception intake, advising and encouraging them to pack healthy lunches and also what they serve in hot school dinners.

Packed Lunches

Parents have been given guidance over what to include in a Healthy lunchbox. The school gives guidance to parents through its brochure and regular newsletters as to what types of food and packaging should be avoided, particularly in relation to other pupils' food allergies. Students are encouraged to bring healthy packed lunches on school trips.

Extra-Curricular Activities

Rise Park Out of School Club provides a snack for the children during each session. This snack follows the nutritional guidelines. Year 1 and 2 children participate in a variety of before school sports clubs. The children are able to bring a bottle of water for refreshment during these activities.

Quality Assurance

The Local Authority is responsible for ensuring that the quality of the food offered by Havering Catering Service meets nutritional standards and National guidelines. Staff teaching nutrition ensure a consistent approach and have baseline knowledge of healthy eating. Outside visitors, including after school club, are made aware of this policy and the ethos of the academy towards healthy eating. All lunchtime supervisors and catering staff sign a Personal Hygiene agreement.

Monitoring and Evaluation

Catering Supervisor monitors school food choices and this will form the basis for menu planning and reporting nutritional standards. A wide range of food choice is available. The school will co-operate with the PCT to measure students' height and weight. The academy's cashless system, allows the tracing of individual student purchasing. This information is available on request by parent/carer.

Meeting the Needs of Students with Special Dietary Needs

Student medical records are updated with any known food allergies or medical conditions as they become known. At least one vegetarian dish will be provided daily. Catering staff and labelling will alert all consumers of foods that contain nuts. Faddy and fussy eaters are encouraged by catering staff and lunchtime supervisors to try new foods and to eat "a bit more". The academy's cashless system allows restricted diets to be enforced.

Communication

Parents/carers are consulted throughout any change process, and any comments are acted upon where appropriate. Students are regularly consulted about food provision and curriculum. Ideas will be channelled through, and discussed by, the Student Council.

Date adopted: October 2019

Review date: October 2022