



Whole School Food Policy

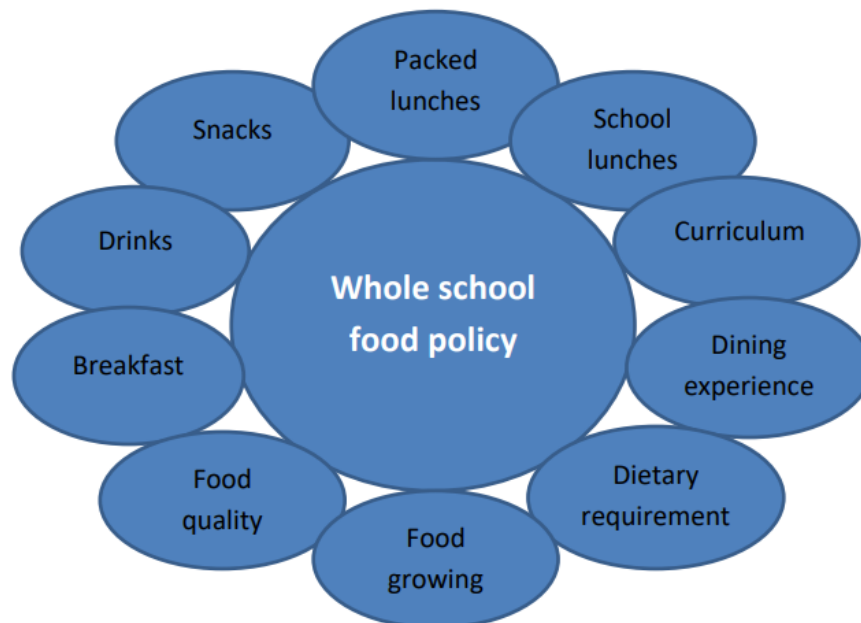
UNCR Article Relevant to the Policy

Article 24 Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy. s.

Policy last adopted	September 2023
Policy due for review	September 2026

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1. INTRODUCTION

Colindale Primary School shows an understanding of the importance of healthy eating in children's education. Our school aims to make a positive contribution to children's health, by encouraging healthy eating habits.

KEY CONTACTS:

Named member of staff leading on healthy food: Andrea Grigoriadou (Healthy Schools London) and Jane Walsh (Healthy Early Years London)

2. FOOD POLICY AIM

We aim to make a positive contribution to children's health, by encouraging healthy eating habits, through ensuring that all food consumed in school, including school dinners, snacks, food provided at our breakfast and after school clubs and packed lunches brought from home, are healthy and nutritious and meet national standards.

Some of the ways in which we promote an environment that supports healthy eating are: ☑ Staff members eating their lunch with children, in the school lunch hall ☑ Water and milk provided for all children at lunchtimes

- Staff members bringing healthy packed lunches for their own consumption on school trips
- Displays around the school which promote healthy eating and how to look after our teeth
- Cross-curricular health education, in science, PHSCE and PE, throughout the school
- Workshops for parents demonstrating, for example, how they can prepare healthy meals at home

3. FOOD AND DRINK PROVISION THROUGHOUT THE DAY

• Breakfast

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals. At Colindale Primary School we ensure the children have a healthy breakfast by providing a breakfast club.

These are some of our healthy breakfast options:

- fresh fruit,
- low sugar cereals,
- a variety of different types of bread for sandwiches and toast, including wholegrain varieties,
- toppings for toast and bread.

• Snacks

At Colindale Primary we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The National fruit and vegetable scheme entitles all children in the EYFS and KS1 to one piece of fruit and/ or vegetable per day.

During our parent workshops we provide healthy snack advice for parents. We do

not allow children to bring in unhealthy snacks as part of their packed lunch. Lunch boxes are monitored by nursery nurses in the Early Years and senior members of staff in KS1 and KS2, to control and discourage the bringing of unhealthy snacks.

- **School lunches**

Food prepared by the school catering department meets the national nutritional standards, and is provided by **Barnet's catering team**, which ensures all ingredients are of the desired quality. The choice of meals is appealing and reflects the needs of the pupils. A salad bar is available with a good variety of fresh vegetables such as cucumber, tomatoes, sliced peppers, grated carrot, cooked beetroot, and lettuce. The school council meets with the caterers and has the opportunity to give its views on the meals which are provided.

In September 2023 the Government introduced universal free school meals for all children from reception to year 6. All parents are advised, at "Meet the Teacher" sessions, at the start of the academic year, to opt for school lunches for their children, as it can be an easier way of ensuring they get a nutritionally balanced meal.

4. FOOD AND DRINK BROUGHT INTO SCHOOL

- **Packed lunches**

Parents are encouraged to provide healthy, well-balanced packed lunches. We have a separate packed lunch policy which all parents (who provide a packed lunch for their child) receive so that they understand the importance of providing a healthy packed lunch. All parents are also directed to the Change for Life website and the resources are used in lessons.

- Preparing a balanced child's lunchbox, include:
 - starchy foods – these are bread, rice, potatoes, pasta and others
 - protein foods – including meat, fish, eggs, beans and others
 - a dairy item – this could be cheese or a yoghurt
 - vegetables or salad and a portion of fruit
 - a healthy drink such as water, milk or unsweetened 100% fruit juice.

Water is always available on the table.

INCLUDE
<ul style="list-style-type: none"> - Minimum of 1 portion of fruit and 1 portion of vegetables everyday - Meat/ fish eggs and non-dairy protein e.g. pulses everyday - Oily fish at least once every few weeks - Starchy food such as bread, pasta, rice, potatoes - A dairy product milk, cheese and yoghurt - Water or milk (semi-skimmed or skimmed).

LIMIT
<ul style="list-style-type: none"> - Meat products sausage rolls, pies, sausages etc - Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack - Fruit juice 150mls per day

DO NOT INCLUDE
<ul style="list-style-type: none"> - Salty snacks such as crisps nuts etc - Sweets and chocolate - Sugary soft drinks - Any product containing nuts

For more information: www.childrensfoodtrust.org.uk

- **Drinks**

The school food plan states that water should be available for all pupils throughout the day, free of charge. Milk is available for children under the age of five each day. We ensure that water is provided on every table in the lunch hall. Children are encouraged to bring in a bottle of water to drink throughout the day. All classrooms allocate a space for water bottles. There are drinking fountains in the playground. We do not allow the drinking of squash or smoothies, due to the sugar content.

- **School events**

We are a nut free school. Whenever there are events when parents are invited to bring in food, they are made aware of this. We also ask them to list the ingredients of any food items they provide.

5. COOKING AND FOOD EDUCATION IN THE CURRICULUM

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3.

- We ensure food and nutrition is taught at an appropriate level throughout each key stage.
- We identify food and nutrition links to different subject areas.
- We address healthy eating through different teaching methods: leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils learning.

Extra curricular activities

- Each year group has been allocated a gardening area so that every child has the opportunity to learn about growing food, which provides continued learning around leading a healthy lifestyle.

- We invite parents to cook with children for events such as our summer fair or occasionally for special cultural celebrations including Chinese New Year.
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6. SPECIAL DIETARY REQUIREMENT

- Religious and ethnic groups
- Vegetarians and vegans
- Food allergy and intolerance

All staff are aware of all food allergies/intolerances and other dietary requirements of the children. On the lanyards worn by all our staff there is a list of those children with food intolerances. All teaching assistants and nursery nurses have been trained in the use of the Epi-pen administration. All classrooms, the school kitchen, welfare room and the school office have a list of children with food intolerances. Halal and vegetarian food options are provided for those children who have school lunches. Canteen serving staff are aware of those children who have specific requirements.

7. THE DINING EXPERIENCE

We have made changes to the queuing system, meaning that children have to queue for less time. We will do further work in this area. We have purchased trays for the junior children, so they do not have to queue up a second time for their dessert. We have an attractive salad bar, monitored by a member of staff.

8. FOOD SAFETY

We ensure food safety at all stages of food preparation and storage. There are adequate facilities, suitable equipment, and all food handlers are appropriately trained, and all possible hazards identified.

9. BREAST FEEDING

We understand that sometimes a mother may need to feed her child in school. We have a family room which is available for any parent wishing to feed their child in privacy.

10. MONITORING AND EVALUATION

We will ensure our healthy school food plan is regularly monitored and that there are opportunities for parents and children to give their views on the plan, through parents' meetings and through our school council. - PSHE and science coordinators ensure that healthy eating and healthy lifestyles are covered in the curriculum for all year groups - Colindale Primary School works with Barnet council to promote our healthy school food plan.

11. SHARING THE POLICY

This policy will be shared with parents via the school website and with children in their PSHE lessons and with the school council.

USEFUL WEBSITES

<http://www.schoolfoodplan.com>

<https://www.nhs.uk/healthier-families/>